

Bison Burger Pita**Chicken Kabob****Tofu Kabob****Chicken Breast Pita**

Bison 1/3 lb precooked

Yogurt Spread (see yogurt spread)

White onions

Spinach

Tomatoes

Pita (see pita)

Chicken Breast

Zucchini

Red Bell Peppers

Onion

Marinade (see marinade)

Tofu

Zucchini

Red Bell Peppers

Onion

Marinade (see marinade)

Chicken Breast

Spinach

Tomato

Yogurt Spread (see yogurt spread detail)
Pita (see pita detail)**Ingredients**

Calories		279	219.2	168	292
Protein		31	14	10	16
Total Fat	17.46 grams	5.8 grams	5.5 grams	21 grams	
Cholesterol	94 mg	60 mg	0 mg	82 mg	
Sodium	315 mg	288 mg	19.5 mg	539 mg	
Total Carbs	44 grams	10.2 grams	3.7 grams	43 grams	
Dietary Fiber	2.73 grams	3.24 grams	4.3 grams	2.5 grams	
Sugar	4.4 grams	5.8 grams	6.6 grams	4 grams	

Turkey Spinach Pita Wrap**Tuna Salad Veggie Wrap**

Turkey Breast

Spinach

Granny Smith Apple

Red Onion

Yogurt Spread (see detail yogurt spread)

Pita (see pita detail)

Tuna (see detail tuna salad)

Kale

Pita

Ingredients

Calories		256	512
Protein		25	14
Total Fat	14.75 grams	18.5 grams	
Cholesterol	69 mg	14 mg	
Sodium	182 mg	14 mg	
Total Carbs	48 grams	46 grams	
Dietary Fiber	3.8 grams	2 grams	
Sugar	8.4 grams	2 grams	

Turkey Avocado**Chicken Caesar****Kale Veggie Wrap**

Turkey		Kale
Avocado	Chicken	Summer Squash
Red onion	Romaine	Zucchini
Romaine	Parmesan Cheese	Onions
Chipotle-lime (see detail chipotle-lime)	Caesar Dressing (see Caesar dressing)	Balsamic Dressing
Pita (see detail pita)	Pita (see pita details)	Pita (see pita details)

Ingredients

Calories		266		322		169
Protein		24		14		5
Total Fat	17.5 grams		24 grams		14 grams	
Cholesterol	61 mg		88 mg		14 mg	
Sodium	240 mg		720 mg		243 mg	
Total Carbs	46.28 grams		42 grams		51 grams	
Dietary Fiber	4.2 grams		2.5 grams		7 grams	
Sugar	3 grams		2.6 grams		6 grams	

Kale Apple Walnut Salad**Caesar Chicken salad****Roasted Veggie salad**

Kale
 Granny Smith Apples
 Walnuts
 Celery
 Golden raisins
 Raspberry vinaigrette

Romaine lettuce
 Chicken
 Parmesean cheese
 Caesar dressing

Zucchinni
 Summer Squash
 Onions
 Romaine lettuce
 Balsamic Dressing

Ingredients

Calories		230	400	106
Protein		6	14 grams	3
Total Fat	16 grams		30 grams	7 grams
Cholesterol	0 mg		90 mg	0 mg
Sodium	5 mg		5 mg	46 mg
Total Carbs	51 grams		51 grams	12.6 grams
Dietary Fiber	4 grams		4 grams	8 grams
Sugar	11 grams		12 grams	7 grams

	Mediterranean salad	Fresh Green salad	Kids grilled cheese
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		Spinach	
	Tomatoes	Kale	
	Cucumbers	Romaine	
	Onions	Tomato	
	Chick peas	Cucumber	American cheese
	Olives	Red onion	French bread (see
	EVOO	Balsamic	French bread detail)

Ingredients

Calories		388	111	562
Protein		9	2	12
Total Fat	25 grams	1 gram	18 grams	
Cholesterol	0 mg		116 mg	
Sodium	472 mg	9.5 mg	906 mg	
Total Carbs	36 grams	7 grams	68 grams	
Dietary Fiber	13 grams	3 grams	2 grams	
Sugar	3 grams	1.5 grams	10 grams	

Grilled cheese and turkey**PBJ****Black bean salad**

American cheese
 French bread (see French
 bread detail)
 Turkey breast

All natural peanut butter
 All natural jelly
 French bread (see detail
 French bread)

Black beans
 EVOO
 Tomatoes
 Cilantro
 Scallions
 Lime juice
 Chipotles
 Agave

Ingredients

Calories		646		683		180
Protein		31		14		8
Total Fat	18 grams		24 grams		12 grams	
Cholesterol	163 mg		86 mg		0 mg	
Sodium	935 mg		443 mg		480 mg	
Total Carbs	68 grams		443 mg		16 grams	
Dietary Fiber	2 grams		3 grams		12 grams	
Sugar	10 grams		26 grams		3 grams	

Chickpea salad

Chick peas
 Carrots
 Golden raisins
 Mint
 EVOO
 Lemon juice
 Garlic
 Cumin
 Paprika

Quinoa salad

Quinoa
 Parsley
 Mint
 Cucumber
 Lemon juice
 Scallions
 EVOO
 Tomatoes
 Garlic

Ingredients

Calories		122	80
Protein		3	1.5
Total Fat	5 grams	4.2 grams	
Cholesterol	0 mg	0 mg	
Sodium	180 mg	8 mg	
Total Carbs	18 grams	12 grams	
Dietary Fiber	1.2 grams	1.8 grams	
Sugar	5 grams	6 grams	