Nutrition Facts

Serving size: 1 serving Steak Bites (280 g)
Servings per container: 1

Amount per serving	
Calories	607
Total Fat	34 g (≈43%)
Saturated Fat	13 g (65%)
Trans Fat	1 g
Cholesterol	240 mg (80%)
Sodium	90 mg (4%)
Total Carbohydrate	0 g (0%)
Dietary Fiber	0 g (0%)
Total Sugars	0 g
Includes Added Sugars	0 g (0%)
Protein	73 g (≈145%)
Vitamin D	0 μg (0%)
Calcium	25 mg (2%)
Iron	4.2 mg (23%)
Potassium	670 mg (14%)

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving size: 1 Blackened Chicken Bowl
Servings per container: 1

Amount per serving	
Calories	634
Total Fat	17 g (≈22%)
Saturated Fat	2 g (10%)
Trans Fat	0 g
Cholesterol	110 mg (37%)
Sodium	250 mg (11%)
Total Carbohydrate	72 g (≈26%)
Dietary Fiber	9 g (32%)
Total Sugars	3 g
Includes Added Sugars	0 g (0%)
Protein	51 g (≈102%)
Vitamin D	0 μg (0%)
Calcium	45 mg (4%)
Iron	1.5 mg (8%)
Potassium	890 mg (19%)

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving size: 1 Tuna Poke Bowl (≈ 632 g)
Servings per container: 1

Amount per serving	
Calories	1086
Total Fat	62 g (≈79%)
Saturated Fat	7 g (35%)
Trans Fat	0 g
Cholesterol	35 mg (12%)
Sodium	720 mg (31%)
Total Carbohydrate	85 g (≈30%)
Dietary Fiber	7 g (25%)
Total Sugars	6 g
Includes Added Sugars	0 g (0%)
Protein	45 g (≈90%)
Vitamin D	0.8 µg (4%)
Calcium	60 mg (5%)
Iron	2.9 mg (16%)
Potassium	720 mg (15%)

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving size: 1 Power Bowl (≈ 463 g)
Servings per container: 1

Amount per serving	
Calories	774
Total Fat	36 g (≈45%)
Saturated Fat	12 g (60%)
Trans Fat	0 g
Cholesterol	130 mg (43%)
Sodium	1050 mg (46%)
Total Carbohydrate	32 g (≈11%)
Dietary Fiber	5 g (18%)
Total Sugars	5 g
Includes Added Sugars	0 g (0%)
Protein	76 g (≈152%)
Vitamin D	0.3 µg (2%)
Calcium	180 mg (14%)
Iron	2.5 mg (14%)
Potassium	800 mg (17%)

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving size: 1 Taco Salad (≈ 470 g) - Beef
Servings per container: 1

Amount per serving	
Calories	719
Total Fat	47 g (≈60%)
Saturated Fat	13 g (65%)
Trans Fat	1 g
Cholesterol	110 mg (37%)
Sodium	880 mg (38%)
Total Carbohydrate	28 g (≈10%)
Dietary Fiber	3 g (11%)
Total Sugars	4 g
Includes Added Sugars	0 g (0%)
Protein	46 g (≈92%)
Vitamin D	0.2 µg (1%)
Calcium	350 mg (27%)
Iron	2.8 mg (16%)
Potassium	520 mg (11%)

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving size: 1 Taco Salad (≈ 486 g) - Chicken
Servings per container: 1

Amount per serving	
Calories	646
Total Fat	29 g (≈36%)
Saturated Fat	12 g (60%)
Trans Fat	0 g
Cholesterol	135 mg (45%)
Sodium	850 mg (37%)
Total Carbohydrate	28 g (≈10%)
Dietary Fiber	3 g (11%)
Total Sugars	4 g
Includes Added Sugars	0 g (0%)
Protein	67 g (≈134%)
Vitamin D	0.2 μg (1%)
Calcium	350 mg (27%)
Iron	1.5 mg (8%)
Potassium	520 mg (11%)

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving size: 1 Cobb salad (≈ 415 g)
Servings per container: 1

Amount per serving	
Calories	799
Total Fat	52 g (67%)
Saturated Fat	20 g (100%)
Trans Fat	0 g
Cholesterol	330 mg (110%)
Sodium	1280 mg (56%)
Total Carbohydrate	26 g (9%)
Dietary Fiber	3 g (11%)
Total Sugars	3 g
Includes Added Sugars	0 g (0%)
Protein	71 g (142%)
Vitamin D	1 µg (6%)
Calcium	220 mg (17%)
Iron	2.6 mg (15%)
Potassium	620 mg (13%)

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.