

Personal Trainer Food Nutrition Information

Menu Item		Servings Per Package	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrates (g)	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	Protein (g)	%DV Protein	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
A	Cheddar Omelet + Maple Sausage	1	5.0	380	280	32	49	12	60	1	295	98	760	32	5	2	0	0	4	17	34	12	0	16	9
B	Western Omelet + Maple Sausage	1	5.0	340	250	28	43	10	48	0	310	103	620	26	6	2	0	0	4	15	30	8	2	6	10
C	Plain Omelet + Maple Sausage	1	4.5	315	242	27	42	6	30	0	302	101	505	21	5	2	0	0	4	14	27	7	0	5	9
D	Cheddar Omelet & 2 Bacon	1	3.9	274	176	20	31	7	37	1	272	91	862	36	3	1	0	0	2	16	32	12	0	16	8
E	Egg White Omelets + Chicken Sausage	1	4.5	165	82	9	14	2	9	0	35	12	570	24	5	2	0	0	3	17	33	2	0	1	2
F	Plain Omelet & 2 Bacon	1	3.4	209	138	15	23	1	7	0	279	93	607	25	3	1	0	0	2	13	25	7	0	5	8
G	Plain Omelet + Breakfast Sausage	1	5.0	375	302	33	51	8	40	0	312	104	615	26	3	1	0	0	2	17	33	7	0	5	9
H	Western Omelet + Breakfast Sausage	1	5.5	400	310	34	52	12	58	0	320	107	730	30	4	1	0	0	2	18	36	8	2	6	10
I	1 Plain Omelet + 1 Egg Patty	1	4.8	235	162	18	28	2	9	0	420	140	480	20	4	1	0	0	2	13	26	11	0	20	11
J	Cheddar Omelet & Breakfast Sausage	1	5.5	440	340	38	58	14	70	1	305	102	870	36	3	1	0	0	2	20	40	12	0	16	9
K	1 Egg Patty + 2 Maple Sausage	1	4.8	430	340	39	60	14	69	0	208	69	725	30	6	2	0	0	5	15	29	4	0	15	8
L	Farmhouse Omelet + Maple Sausage	1	5.5	410	308	34	52	13	65	0	240	80	950	40	6	2	0	0	2	19	38	6	10	6	6
M	Frittata Omelet + Maple Sausage	1	4.5	324	234	27	42	10	50	0	270	90	824	34	4	1	0	0	3	16	32	10	6	13	9
N	Frittata Omelet + Breakfast Sausage	1	5.0	384	294	33	51	12	60	0	280	93	934	39	2	1	0	0	1	19	38	10	6	13	9
O	2 Egg Patties + 1 Breakfast Sausage	1	5.5	410	320	36	55	12	58	0	335	112	810	34	3	1	0	0	1	17	34	8	0	30	10
P	Cheddar Omelet + Chicken Sausage	1	5.0	295	195	22	34	8	39	1	300	100	780	33	4	1	0	0	3	19	37	14	0	17	9
Q	Cheddar Omelet + Maple Apple Chicken Sausage	1	5.0	275	170	19	29	7	34	1	295	98	750	31	6	2	0	0	4	19	37	12	0	17	9

Contact customer support if you have any questions about our menu items: 1-800-273-1686

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A	Homestyle Meatloaf Patty	1	3.2	170	90	10	15	4	20	0	45	15	440	18	6	2	1	4	2	17	34	2	4	2	10
B	Mesquite Chicken	1	4.0	160	32	4	5	1	5	0	85	28	730	30	2	1	0	0	1	31	62	0	0	2	6
C	Prime Rib Fajita Strips	1	4.0	242	143	16	25	7	34	0	71	24	941	39	5	2	0	0	0	19	39	0	0	2	11
D	Breaded Chicken Patty	1	3.5	250	140	15	23	3	15	0	40	13	480	20	13	4	1	4	0	15	30	2	0	4	10
E	Angus Burger	1	3.0	220	150	17	26	7	35	0	70	23	290	12	0	0	0	0	0	19	38	0	0	0	8
F	Rotisserie Chicken Breast	1	3.2	120	25	3	4	1	5	0	65	22	430	18	1	0	0	0	0	23	46	0	0	0	0
G	Diced Chicken Thigh	1	4.0	160	67	8	12	3	13	0	107	36	587	24	3	1	0	0	1	20	40	0	0	0	5
H	Teriyaki Chicken	1	4.8	242	113	13	20	3	16	0	113	38	708	30	0	0	0	0	0	31	61	0	0	0	10
I	Meatballs	1	4.0	267	160	17	27	6	30	0	60	20	560	23	8	3	1	5	1	19	37	0	0	8	11
J	Spicy Breaded Chicken Breast	1	4.0	200	60	7	11	1	5	0	40	13	1010	42	17	6	1	4	0	18	36	0	0	2	6
K	Chicken Burger	1	3.4	200	120	14	22	4	18	0	100	33	450	19	1	0	0	0	0	18	36	0	0	0	2
L	Cranberry and Cognac Sausage	1	3.2	180	110	13	20	4	20	0	50	17	370	15	5	2	0	0	3	14	28	0	0	2	4
M	Zesty Tenders	1	3.4	210	130	14	22	4	20	0	60	20	810	34	3	1	0	0	0	18	36	0	0	2	4
N	Apple and Gouda Juicy Sausage	1	3.2	190	130	14	22	5	23	0	50	17	420	18	3	1	0	0	2	16	32	0	0	4	4
O	Green Onion Sausage	1	4.0	380	300	32	49	12	60	0	50	17	800	33	2	1	0	0	2	16	32	0	0	0	8
P	Works Burger	1	2.9	190	110	12	18	6	30	1	40	13	390	16	8	3	1	4	5	11	22	4	15	6	8
Q	Italian Chicken Breast Strips	1	4.0	133	27	3	5	1	3	0	60	20	853	36	5	2	0	0	1	20	40	0	0	3	3
R	Monterey Jack Chicken Sticks 2 ct	1	5.8	371	162	19	29	6	29	0	70	23	1114	46	26	9	0	0	2	28	56	5	0	19	14
S	Dill Chicken Bites	1	3.2	170	70	7	11	1	5	0	45	15	310	13	7	2	1	4	1	17	34	2	2	2	4
T	Bacon & Cheese Chicken Sticks 2ct	1	5.0	328	138	16	24	4	22	0	60	20	1724	72	24	8	0	0	2	26	52	10	17	10	10
U	Buffalo Ranch Chicken Sticks 2ct	1	5.0	310	103	12	19	4	22	0	52	17	1466	61	26	9	0	0	3	24	48	10	3	17	10
V	Dillicious Chicken Fillet	1	4.0	220	102	11	17	2	10	0	42	14	765	32	13	4	1	4	2	17	34	0	0	2	4
W	Fajita Chicken for Salads	1	4.8	159	24	2	4	0	0	0	72	24	908	38	6	2	1	5	3	27	54	0	0	0	0
Y	Savory Cheeseburger Stick	1	3.2	290	220	24	37	9	45	1	70	23	450	19	4	1	1	4	0	15	30	4	0	10	8
Z	Garden Turkey Burger	1	4.0	190	80	9	14	3	13	0	110	37	250	10	11	4	1	4	4	16	32	2	0	10	4
ZA	Butter Roasted Chicken Breast	1	3.7	139	27	3	4	1	3	0	64	21	545	23	3	1	0	0	1	25	49	0	2	2	4

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ZB	Meatballs with Onions	1	4.1	103	61	7	10	3	13	0	23	8	213	9	3	1	1	3	1	8	15	0	1	2	5
ZC	Gluten Free Breaded Chicken	1	3.5	152	47	5	8	1	6	0	35	12	420	18	12	4	0	0	0	13	26	0	0	0	0
ZF	Peppered Chicken	1	4.0	160	45	5	8	2	8	0	70	23	860	36	4	1	0	0	2	22	44	2	4	2	6
ZG	Smoked BBQ Pork Rib	1	3.0	190	110	12	18	4	20	0	35	12	470	20	9	3	1	4	6	14	28	2	2	4	8
ZM	Santa Fe Veggie Burger	1	4.2	190	60	7	11	1	5	0	0	0	540	23	22	7	8	32	2	17	34	0	0	8	10

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						Fat (g)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrates (g)	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	Protein (g)	%DV Protein				
A	Broccoli Florets	1	4.0	40	0	0	0	0	0	0	0	0	27	1	5	2	3	11	3	1	3	0	67	3	0
B	Venice Blend	1	4.0	38	0	0	0	0	0	0	0	13	1	6	2	1	5	4	3	5	5	56	3	3	
C	Mixed Vegetables	1	4.0	77	0	0	0	0	0	0	103	4	15	5	3	10	5	4	8	26	10	0	3		
D	Cauliflower Florets	1	4.0	33	0	0	0	0	0	0	33	1	5	2	1	5	3	1	3	0	47	0	0		
E	Green Beans	1	4.0	41	0	0	0	0	0	0	0	0	7	2	3	11	3	1	3	3	8	6	3		
F	Normandy Blend	1	4.0	29	0	0	0	0	0	0	35	1	5	2	2	9	2	1	2	30	32	2	1		
G	Yellow Squash	1	4.0	20	0	0	0	0	0	0	7	0	4	1	0	0	3	0	0	1	0	0	0		
H	Green Zucchini	1	4.0	21	0	0	0	0	0	0	7	0	4	1	1	6	0	1	3	3	0	0	0		
J	Caribbean Blend	1	4.0	38	0	0	0	0	0	0	38	2	8	3	3	10	4	3	5	3	38	3	5		
K	Garden Blend	1	4.0	33	0	0	0	0	0	0	27	1	5	2	1	5	3	1	3	13	33	3	0		
L	PTF Blend	1	4.0	50	0	0	0	0	0	0	50	2	9	3	3	11	4	1	3	21	21	3	6		
M	Capri Blend	1	4.0	34	0	0	0	0	0	0	29	1	6	2	2	9	3	0	0	29	2	2	0		
N	Italian Blend	1	4.0	40	0	0	0	0	0	0	53	2	8	3	3	11	3	1	3	20	20	3	0		
P	Sicilian Blend	1	4.0	35	0	0	0	0	0	0	29	1	6	2	2	9	4	1	2	24	29	2	0		
Q	Scandinavian Blend	1	4.0	53	0	0	0	0	0	0	93	4	9	3	3	11	4	3	5	20	5	3	3		
R	California Blend	1	4.0	38	0	0	0	0	0	0	46	2	6	2	2	6	3	0	0	23	38	3	0		
S	Oriental Stir Fry	1	4.0	37	0	0	0	0	0	0	37	2	7	2	1	6	3	0	0	15	22	3	0		
T	Brussels Sprouts	1	4.0	47	0	0	0	0	0	0	33	1	7	2	4	16	4	4	8	8	107	3	3		
V	Riviera Blend	1	4.0	41	0	0	0	0	0	0	21	1	6	2	3	11	3	0	0	21	6	6	0		
W	Nantucket Blend	1	4.0	59	0	0	0	0	0	0	41	2	11	4	2	9	7	1	2	18	35	2	5		
X	Omaha Blend	1	4.0	67	0	0	0	0	0	0	107	4	12	4	4	16	3	3	5	11	8	5	5		
Y	Seasons Mix	1	4.0	38	0	0	0	0	0	0	31	1	5	2	3	10	3	1	3	0	63	3	0		
Z	Key West Blend	1	4.0	41	0	0	0	0	0	0	48	2	8	3	3	11	4	0	0	28	14	3	6		
ZA	Norway Blend	1	4.0	42	0	0	0	0	0	0	36	2	7	2	2	10	4	1	2	18	30	2	5		

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A	Smoked Almonds	2	1.5	255	210	24	37	2	8	0	0	0	225	9	8	3	5	18	2	9	18	0	0	12	9
B	Roasted Almonds	2	1.5	258	196	24	36	2	9	0	0	1	0	8	3	4	17	2	9	18	0	0	12	9	
C	Sunflower Seed Kernels	2	1.5	249	180	21	32	3	15	0	0	2	0	9	3	5	18	2	9	18	0	2	3	11	
D	Pistachio Nuts	2	1.5	232	164	19	29	3	14	0	0	300	13	12	4	4	16	4	8	16	0	0	5	8	
E	Edamame	1	3.0	91	17	2	3	0	0	0	0	0	0	11	4	7	27	2	6	11	5	17	7	9	
F	Lemon & Rosemary Green Olives	1	1.1	50	50	6	9	1	4	0	0	250	10	0	0	0	0	0	0	0	0	0	0	0	0
G	Pumpkin Seeds	2	1.5	219	149	18	28	3	15	0	0	242	10	6	2	2	6	2	14	27	3	2	2	35	
H	Beef & Cheese Sticks	1	1.1	120	80	10	15	5	25	0	18	6	440	18	1	0	0	0	0	7	14	4	3	7	2
I	Mozzarella String Cheese	1	1.0	80	45	5	8	3	15	0	15	5	190	8	1	0	0	0	1	7	14	4	0	20	0
J	Colby Jack Cheese Stick	1	1.0	110	80	9	14	5	25	0	30	10	180	8	1	0	0	0	1	7	14	6	0	20	0
K	Salami Sticks	1	1.1	110	75	8	12	4	20	0	27	9	450	19	1	0	0	0	1	7	14	4	0	6	2
L	Teriyaki Sticks	1	1.0	110	70	7	11	3	15	0	25	8	400	17	5	2	0	0	4	6	12	0	0	0	2
M	Chili & Oregano Green Olives	1	1.1	50	50	6	9	0	0	0	0	0	240	10	0	0	0	0	0	0	0	0	0	0	0
N	Chili & Garlic Black Olives	1	1.1	60	50	5	8	1	6	0	0	0	280	12	0	0	0	0	0	0	0	0	0	0	0
S	Cajun Almonds	1	1.5	258	196	23	36	2	8	0	0	0	144	6	8	3	5	19	2	9	18	0	0	12	8
T	Chili Almonds	1	1.5	258	196	23	36	2	8	0	0	0	144	6	8	3	5	19	2	9	18	0	0	12	8

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Personal Trainer Food Ingredient Information

Menu Item	Ingredients
A Cheddar Omelet + Maple Sausage	Cheddar Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color).] Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]
B Western Omelet + Maple Sausage	Western Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Ham water added (Cured with: Water, Salt, Dextrose, Sodium phosphate, Smoke flavoring, Sodium erythorbate, Sodium nitrite), Onions, Red peppers, Green peppers, Pasteurized process cheddar cheese (Cheddar cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color, with Cellulose powder added to prevent caking), Pasteurized process monterey jack cheese (Monterey jack cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Salt, Sodium hexametaphosphate, with Cellulose powder added to prevent caking), Modified food starch, Salt.] Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]
C Plain Omelet + Maple Sausage	Plain Omelet [Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid.] Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]
D Cheddar Omelet & 2 Bacon	Cheddar Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color).] Bacon [Bacon cured with: Water, Salt, Sugar, Natural smoke flavor, sodium phosphate, Sodium erythorbate, Sodium nitrite]
E Egg White Omelets + Chicken Sausage	Egg White Omelets [Egg whites, Soybean oil. Contains 2% or less of the following: Modified food starch, Whey, Salt, Xanthan gum, Guar gum, EDTA.] Chicken Sausage [Chicken, Seasoning (Dextrose, Spices, Corn syrup solids, Autolyzed yeast extract, Natural flavor, Maltodextrin), Cultured sugar (Cultured sugar, Vinegar), Salt, in a Beef collagen casing.]
F Plain Omelet & 2 Bacon	Plain Omelet [Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid.] Bacon [Bacon cured with: Water, Salt, Sugar, Natural smoke flavor, sodium phosphate, Sodium erythorbate, Sodium nitrite]
G Plain Omelet + Breakfast Sausage	Plain Omelet [Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid.] Breakfast Sausage [Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed yeast, Lime flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]

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	Menu Item	Ingredients
H	Western Omelet + Breakfast Sausage	Western Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese, (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Ham water added (Cured with: Water, Salt, Dextrose, Sodium phosphate, Smoke flavoring, Sodium erythorbate, Sodium nitrite), Onions, Red peppers, Green peppers, Pasteurized process cheddar cheese (Cheddar cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color, with Cellulose powder added to prevent caking), Pasteurized process monterey jack cheese (Monterey jack cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Salt, Sodium hexametaphosphate, with Cellulose powder added to prevent caking), Modified food starch, Salt.) Breakfast Sausage [Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed yeast, Lime flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
I	1 Plain Omelet + 1 Egg Patty	Plain Omelet [Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid.] Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, Salt, Natural and artificial flavor (Medium chain triglycerides, Butter fat, Partially hydrogenated soybean oil and cottonseed oil, Natural and artificial flavors, Egg powder, Annatto extract), Xanthan gum, Citric acid, Water, EDTA.]
J	Cheddar Omelet & Breakfast Sausage	Cheddar Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color).] Breakfast Sausage [Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed yeast, Lime flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
K	1 Egg Patty + 2 Maple Sausage	Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, Salt, Natural and artificial flavor (Medium chain triglycerides, Butter fat, Partially hydrogenated soybean oil and cottonseed oil, Natural and artificial flavors, Egg powder, Annatto extract), Xanthan gum, Citric acid, Water, EDTA.] Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]
L	Farmhouse Omelet + Maple Sausage	Farmhouse Omelet [Egg Patty: (Whole eggs, Whey, Russet potatoes (Canola oil, Sea salt, Pepper), Water, Bacon bits (cured with Water, Salt, Sodium phosphates, Sodium erythorbate, Sodium nitrate. May also contain Sugar, Brown sugar, and Natural smoke flavor). Contains 2% or less of the following: Soybean oil, Dried cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Non-fat dried milk, Sodium phosphate), Modified corn starch, Salt, Natural sauteed garlic and onion flavor (Maltodextrin, Cornstarch-modified, Sunflower oil, Garlic powder, Onion powder, Natural flavoring), Natural brown butter type flavor (Maltodextrin, Potato maltodextrin, Soybean oil, Gum acacia, Sunflower oil, Natural flavoring, Skim milk powder, Mixed triglycerides, Sugar, Constarch-modified), Xanthan gum, Citric acid.) Filling: Pasteurized process cheddar cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Apocarotenal (color)), Pasteurized process monterey jack cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), water, Milkfat, Sodium phosphate, Salt, Sodium hexametaphosphate, Potassium sorbate, Natamycin (preservatives)). Contains 2% or less of the following: Water, Full moisture parmesan cheese (Pasteurized part skim milk, Cheese culture, Salt, Enzymes, Modified food starch, Sugar, Salt, Pepper.)), Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]

Personal Trainer Food Ingredient Information

	Menu Item	Ingredients
M	Frittata Omelet + Maple Sausage	Frittata Omelet [Whole eggs, Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color), Water, Ham with natural juices, smoke flavor added (Ham, Water, Salt, Dextrose, Sodium phosphates, Smoke flavoring, Sodium erythorbate, Sodium nitrite), Onions, Green peppers, Red peppers, Soybean oil, Whole milk, Modified corn starch, Salt, Xanthan gum, Citric acid.], Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]
N	Frittata Omelet + Breakfast Sausage	Frittata Omelet [Whole eggs, Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color), Water, Ham with natural juices, smoke flavor added (Ham, Water, Salt, Dextrose, Sodium phosphates, Smoke flavoring, Sodium erythorbate, Sodium nitrite), Onions, Green peppers, Red peppers, Soybean oil, Whole milk, Modified corn starch, Salt, Xanthan gum, Citric acid.], Breakfast Sausage [Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed yeast, Lime flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
O	2 Egg Patties + 1 Breakfast Sausage	Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, Salt, Natural and artificial flavor (Medium chain triglycerides, Butter fat, Partially hydrogenated soybean oil and cottonseed oil, Natural and artificial flavors, Egg powder, Annatto extract), Xanthan gum, Citric acid, Water, EDTA.] Breakfast Sausage [Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed yeast, Lime flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
P	Cheddar Omelet + Chicken Sausage	Cheddar Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color).] Chicken Sausage [Chicken, Seasoning (Dextrose, Spices, Corn syrup solids, Autolyzed yeast extract, Natural flavor, Maltodextrin), Cultured sugar (Cultured sugar, Vinegar), Salt, in a Beef collagen casing.]
Q	Cheddar Omelet + Maple Apple Chicken Sausage	Cheddar Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color).] Maple Apple Chicken Sausage [Chicken, Apples, Water, Seasoning (Sugar, Maple Sugar, Spices [Including Cinnamon and Sage], Brown Sugar, Spice extractives), Contains 2% or less of the following: Salt, Cultured celery jice powder, Vinegar, in a Beef collagen casing.]

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
A Homestyle Meatloaf Patty	Beef, Water, Vegetable protein product [Soy protein concentrate, Caramel color, Zinc oxide, Niacinamide, Ferrous sulfate, Copper gluconate, Vitamin A palmitate, Calcium pantothenate, Thiamine mononitrate (B1), Pyridoxine hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Tomato ketchup (Tomato concentrate, Corn syrup, Distilled vinegar, Salt, Natural flavorings, Onion powder, Spice, Garlic powder), Onions, Bread crumbs [Bleached wheat flour, Soybean oil, Dextrose, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate), Why, Oleoresin paprika], Bell peppers, Seasoning (Dehydrated onion, Dextrose, Autolyzed yeast extract, Spice extractive), Salt, Dried whole eggs, Sodium phosphates. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.
B Mesquite Chicken	Boneless skinless chicken breast filets with rib meat, Water, Seasoning (Dextrose, Salt, Sea salt, Yeast extract, Dried chicken broth, Contains less than 2% of Natural flavors, Dried molasses, Sugar, Maltodextrin), Modified food starch, Sodium phosphates, Soy protein concentrate. COMMON ALLERGENS PRESENT: Soy.
C Prime Rib Fajita Strips	Boneless beef, Water, Beef base (Roasted sirloin and beef stock, Salt, Sugar, Corn starch, Dried potato, Beef fat, Caramel color, Corn oil, Onion powder, Natural beef grill flavoring [from Beef fat], Garlic powder, Soy lecithin, Grill flavor, Disodium inosinate, Disodium guanylate), Less than 2 percent Seasoning mix (Modified food starch [Tapioca], Whey protein concentrate, Carrageenan, Sodium citrate), Salt, Caramel color, Sodium phosphates, Natural flavor (Soy lecithin), Garlic powder, Onion powder, Beef fat, Maltodextrin. Contains Milk and Soy.
D Breaded Chicken Patty	Chicken breast with rib meat, Water, Vegetable protein product (Isolated soy protein, Magnesium oxide, Zinc oxide, Niacinamide, Ferrous sulfate, Vitamin B12, Copper gluconate, Vitamin A palmitate, Calcium pantothenate, Pyridoxine hydrochloride, Thiamine mononitrate, Riboflavin), Dried whole egg, Seasoning (Salt, Onion powder, Modified corn starch, Natural flavor) and Sodium. Allergens: Egg, Soybeans, Wheat
E Angus Burger	Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Natural Flavoring.
F Rotisserie Chicken Breast	Boneless skinless chicken breast with rib meat, Water, Seasoning (Salt, Modified food starch, Maltodextrin, Soy protein concentrate, Spice, Autolyzed yeast extract, Onion powder, Yellow corn flour, Garlic powder, Natural smoke flavors, Natural flavoring, Disodium inosinate, Disodium guanylate, and Oleoresin paprika), Sodium phosphates. Contains: Soy
G Diced Chicken Thigh	Chicken thigh meat, Water, Potato starch, Salt, Dextrose, Isolated soy protein with less than 2% soy lecithin, Sodium phosphates, Carrageenan, Chicken broth, Caramelized sugar syrup.
H Teriyaki Chicken	Boneless skinless chicken thighs, Water, Seasoning [Maltodextrin, Soy sauce (Wheat, Soybeans, Salt), Salt, Garlic powder, Sugar, Spice, Yeast Extract, Disodium inosinate and disodium guanylate, Caramel color, Oyster juice, Modified corn starch, Vinegar solids, Natural flavor, Natural smoke flavor], Sodium phosphates. Contains: Shellfish, Soy, Wheat
I Meatballs	Pork, Beef, Water, Breadcrumbs (Bleached wheat flour, Salt, Yeast, Dextrose, Soybean oil), Seasoning (nonfat milk, onion powder, spices, garlic powder, dehydrated parsley, Romano cheese [Part skim cow's milk, Cheese cultures, Salt, Enzymes]), Soy protein concentrate, Textured vegetable protein (Soy protein concentrate, Caramel color), Salt.
J Spicy Breaded Chicken Breast	Skinless boneless chicken breast fillets with rib meat, Water, Seasoning (Rice flour, Salt, Dehydrated garlic, Extractives of paprika, Spice, Spice Extractives), Modified food starch, Sodium phosphates, Seasoning (Carrageenan, Salt), Natural flavor. Breaded with Enriched wheat flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Yellow corn flour, Salt, Spices, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate), Extractives of paprika, Garlic powder, Sugar, Disodium inosinate and Disodium guanylate, Tricalcium phosphate, Malt extract. Battered with Water, Bleached wheat flour (Modified corn starch, Salt, Spices, Gum Arabic, Spice extracts, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate), Paprika extract (color). Predusted with Wheat flour, Yellow corn flour, Salt, Spices and coloring, Soybean oil, Natural flavor. Allergens: Wheat, Soy.
K Chicken Burger	Chicken dark meat, Seasoning (Salt, Dried garlic, Spices dried onion, Sugar, Natural flavors, Silicon dioxide (anti-caking agent), Contains less than 2% of Natural smoke flavor, Yeast extract).

Personal Trainer Food Ingredient Information

	Menu Item	Ingredients
L	Cranberry and Cognac Sausage	Pork, Water, Cranberries (Cranberries, Sugar, Sunflower oil), Evaporated cane syrup, Contains 2% or less of: Spices, Cognac, Salt, Natural flavors, Garlic
M	Zesty Tenders	Chicken breast with rib meat, Water, Seasoning (Maltodextrin, Salt, Garlic powder, Sodium tripolyphosphate, Spices, Soybean oil, Spice extractive, Extractives of paprika). Coated with Wheat flour, Vinegar powder (Maltodextrin, Food starch-modified, Vinegar), Salt, Maltodextrin, Egg white powder, Paprika, Spices, Colored with oleoresin paprika, Caramel color, Dextrose, Malic acid, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate). Allergens: Egg, Wheat
N	Apple and Gouda Juicy Sausage	Pork, Water, Gouda cheese (Pasteurized milk, Cheese cultures, Salt, Enzymes, and Annatto color), Apples, Contains 2% of less of: Spices, Natural flavor, Salt, Evaporated cane syrup. Contains: Milk
O	Green Onion Sausage	Pork, Water, Salt, Spices, Green onion, Sugar, Monosodium glutamate, Sodium erythorbate, Sodium nitrite
P	Works Burger	Ground beef (no more than 20% fat), Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, and Enzymes), Water, Sodium phosphate, Cream, Salt, Sorbic acid (preservative), Apo-carotenal (color)), Bread crumbs (Whole wheat flours, Enriched wheat flour (Enriched with Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Yeast, Ascorbic acid, Seasoning (Tomato powder, Salad mustard powder ((Distilled vinegar, Mustard seed, Salt, Turmeric), Maltodextrin, Modified corn starch, Spice extractive), Onion powder, Dextrose, Sugar, Garlic powder, Dehydrated onion, Beef stock, Natural flavors, Maltodextrin, Gum arabic, Spice, Grill flavor (from Sunflower oil)), Water, Onions, Salt, Oleoresin rosemary. Glazed with: Ketchup (Tomato concentrate (Water, Tomato paste), Sugar, Distilled Vinegar, Salt, Onion powder, Spice, Natural flavor). Contains: Wheat and Milk
Q	Italian Chicken Breast Strips	Boneless chicken breast meat with rib meat, Water, Modified food starch, Seasoning (Salt, Chicken broth powder, Maltodextrin, Yeast extract, Soy flour, Natural flavor, Dextrose, Grill flavor (Sunflower oil)), Sugar, Sodium phosphates, Romano cheese (Pasteurized part-skim cow's milk, Cheese culture, Salt, Enzymes). Coated with Corn flour, Wheat flour, Salt, Dried garlic, Dried onion, Paprika, Corn starch, Spices, Paprika extract (Color).
R	Monterey Jack Chicken Sticks 2 ct	Chicken, Batter mix (Water, Batter (Bleached enriched flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Modified food starch, Salt, Wheat gluten, Maltodextrin, Soybean oil (Processing aid), Corn syrup solids, Spices, Nonfat milk, Palm oil, Leavening (Sodium acid phosphate, Sodium bicarbonate, Monocalcium phosphate), Onion powder, Partially hydrogenated soybean oil and cottonseed oils, Yeast, Whey, Sugar, Aged red peppers, Garlic powder, Natural flavors, Malted barley flour, Silicon dioxide (anticaking agent), Vinegar, Spice extractive, High oleic sunflower oil, Guar gum, Xanthan gum, Monoglycerides, Citric acid, Ascorbic acid (added as a dough conditioner), Extractives of paprika (color), Turmeric (spice and coloring). Bread crumbs (Wheat flour, Salt and Yeast), Water, Pasteurized process swiss and monterey jack cheese (Cultured milk, Salt, Enzymes), Cream, Sodium phosphate, Sorbic acid, Salt, Artificial color), Chicken skin, Soybean oil, Seasoning (Soy protein isolate, Non-fat milk solids, Salt, Hydrolyzed soy and wheat protein, Sodium tripolyphosphate, Dextrose, Onion powder, Spice extractives), Cheese flavor (Blend of cheeses (Granular and blue (Milk, Cheese culture, Salt, Enzymes))), Whey, Partially hydrogenated soybean oil, Whey protein concentrate, Lactose, Maltodextrin, Salt, Sodium phosphate, Citric acid, Lactic acid, Yellow 5, Yellow 6), Modified food starch, Adhesive (Corn syrup solids, Modified corn starch, Guar gum), Natural flavors, Citric acid, Xanthan gum, Annatto, Potassium sorbate and sodium benzoate (preservatives), Sodium tripolyphosphate. Allergen information: Contains Wheat, Milk, and Soy

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
S	Dill Chicken Bites Chicken breast with rib meat, Water, Vegetable protein products (Isolated soy protein, Magnesium oxide, Zinc oxide, Nicinamide, Ferrous sulfate, Vitamin B12, Copper gluconate, Vitamin A palmitate, Calcium pantothenate, Pyridoxine hydrochloride, Thiamine mononitrate, and Riboflavin), Seasoning (Salt, Sugar, Dextrose, Maltodextrin, Spices, Modified food starch, Yeast extract, Vinegar solids, Malic acid, Natural flavors, Sunflower oil), Sodium phosphates. Breaded with: Whole wheat flour, Enriched wheat flour (Enriched with Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Sugar, Salt, Disodium inosinate and Disodium guanylate, Nonfat milk, Leavening (Sodium bicarbonate, Sodium acid pyrophosphate, Monocalcium phosphate), Spice, Soybean oil, Yeast, Extractives of paprika. Breading is set in vegetable oil. Contains: Wheat, Soy, and Milk.
T	Bacon & Cheese Chicken Sticks 2ct Chicken, Batter mix (Water, Batter (Bleached enriched flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Modified food starch, Salt, Wheat gluten, Maltodextrin, Soybean oil (processing aid), Corn syrup solids, Spices, Nonfat milk, Palm oil, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate), Onion powder, Partially hydrogenated soybean oil and cottonseed oils, Yeast, Whey, Sugar, Aged red peppers, Garlic powder, Natural flavors, Malted barley flour, Silicon dioxide (anticaking agent), Vinegar, Spice extractive, High oleic sunflower oil, Guar gum, Xanthan gum, Monoglycerides, Citric acid, Ascorbic acid (added as a dough conditioner), Extractives of paprika (color), Turmeric (spice and coloring), Bread crumbs (Wheat flour, Salt and yeast)), Bacon (Water, Salt, Brown sugar, Sodium phosphate, Sodium erythorbate, Sodium nitrite), Water, Pasteurized process cheddar cheese (Cheddar cheese (Cultured milk, Salt, Enzymes), Water, Milk fat, Sodium phosphate, Enzyme modified cheese [Cheddar cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), Cream, Salt, Sodium phosphate], Salt, Colored with annatto color, Powdered cellulose (anticaking agent)), Chicken skin, Seasoning (Soy protein isolate, Non-fat milk solids, Salt, Hydrolyzed soy and wheat protein, Sodium Tripolyphosphate, Dextrose, Onion powder, Spice extractives), Soybean oil, Modified food starch, Adhesive (Corn syrup solids, Modified corn starch, Guar gum), Red pepper, Smoke flavor, Onion powder, Garlic powder, Sodium tripolyphosphate, Xanthan gum, Sodium benzoate and potassium sorbate (preservatives). Allergen information: Contains Wheat, Milk, and Soy.
U	Buffalo Ranch Chicken Sticks 2ct Chicken, Batter mix, (Water, Batter (Bleached enriched flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Modified food starch, Salt, Wheat gluten, Maltodextrin, Soybean oil (processing aid), Corn syrup solids, Spices, Nonfat milk, Palm oil, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate), Onion powder, Partially hydrogenated soybean oil and cottonseed oils, Yeast, Whey, Sugar, Aged red peppers, Garlic powder, Natural flavors, Malted barley flour, Silicon dioxide (anticaking agent), Vinegar, Spice extractive, High oleic sunflower oil, Guar gum, Xanthan gum, Monoglycerides, Citric acid, Ascorbic acid (added as a dough conditioner), Extractives of paprika (color), Turmeric (spice and coloring), Bread crumbs (Wheat flour, Salt and yeast))), Chicken skin, Pasteurized process swiss cheese (Cultured milk, Water, Cream, Sodium phosphate, Salt, and Powdered cellulose added to prevent caking, Sodium pyrophosphate, Sorbic acid (preservative), Lactic acid, Enzymes, Natamycin (mold inhibitor)), Water, Cayenne pepper sauce (Cayenne pepper puree (Cayenne pepper, Salt and vinegar), Soybean oil, Nonfat dry milk (Nonfat dry milk, Whey solids), Ranch seasoning (Seasoning (Soy protein isolate, Non-fat milk solids, Salt, Hydrolyzed soy and wheat protein, Sodium tripolyphosphate, Dextrose, Onion powder, Spice extractives), Contains 2% or less of the following: Modified food starch, White vinegar, Ground red pepper, Natural flavors, Citric acid, Butter flavor (Maltodextrin, Modified corn starch, Flavor, Silicon dioxide (anticaking agent)), Butter oil, Butter acids), Xanthan gum, Sodium tripolyphosphate, Parsley flakes), Potassium sorbate and sodium benzoate (preservatives)). Allergen information: Contains Wheat, Milk, and Soy.

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
V Dillicious Chicken Fillet	Skinless boneless chicken breast meat with rib meat, Water, Seasoning (Sugar, Salt, Yeast extract, Partially hydrogenated sunflower oil, Onion powder, Garlic powder, Torula yeast, Spices, Disodium inosinate and disodium guanylate, Paprika, Flavor (Hydrolyzed soy protein, Yeast extract, Natural flavor, Hydrolyzed corn protein, Chicken fat, Maltodextrin, Silicon dioxide), Spice extractives), Seasoning (Modified food starch, Carageenan), Salt, Sodium phosphates. Breaded with Bleached enriched wheat flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Water, Wheat flour, Sugar, Salt, Leavening (Sodium bicarbonate, Sodium aluminum phosphate, Monocalcium phosphate), Nonfat dry milk, Spices, Whole egg solids (Dried whole eggs, Corn syrup solids, Salt), Yeast extract, Disodium inosinate and disodium guanylate, Paprika, Extractives of turmeric. Allergens: Egg, Milk, Soy, Wheat.
W Fajita Chicken for Salads	Chicken white meat, Water, Dextrose, Salt, Modified food starch [From corn and rice], Seasoning (Gum arabic, Natural flavor, Tricalcium phosphate), Dehydrated garlic and onion, Soy protein isolate, Sodium phosphates, Spices, Flavorings. Contains: Soy
Y Savory Cheeseburger Stick	Beef, Mechanically separated chicken, Water, Pasteurized process cheddar cheese (Cheddar cheese [Pasteurized milk, Cheese culture, Salt, Enzymes], Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Sorbic acid as a preservative, Artificial color, Cellulose powder to prevent caking), Textured soy flour, Contains less than 2% of Salt, Autolyzed yeast extract, Yeast extract, Soy sauce powder (Wheat, Soybeans, Salt), Maltodextrin, Salt, Grill flavor, Onion powder, Spice (Contains Celery seed), Garlic powder, Calcium phosphate, Lactic acid, Rosemary extract. Contains: Milk, Soy, Wheat, Gluten.
Z Garden Turkey Burger	Turkey, Water, Brown rice, Seasoning (Dried eggs, Onion powder, Spices, Garlic powder, Turbinado sugar, Salt, Yeast Extract, Spice extractive), Spinach, Roasted onions, Celery, Cherries (Cherries, Sugar, Malic acid), Vegetable oil
ZA Butter Roasted Chicken Breast	Boneless skinless chicken breast fillets, Water, Seasoning (Dextrose, Hydrolyzed corn and soy protein, Sodium citrate, Dehydrated chicken broth, Salt, Corn flour, Maltodextrin, Spices, Sodium diacetate, Flavorings, Sugar, Yeast extract, Partially hydrogenated cottonseed and soybean oil, Paprika, Disodium inosinate and disodium guanylate, Gum acacia, Thiamine hydrochloride, Natural smoke flavor, Beef extract, Citric acid, Artificial flavors, Dehydrated parsley), Rice starch, Seasoning (Chicken fat, Natural chicken flavor, Flavor [Sunflower oil, Natural Flavor], Flavorings, Extractives of paprika), Chicken base (Chicken meat including natural chicken juices, Salt, Hydrolyzed soy protein, Fructose, Chicken fat, Autolyzed yeast, Dry chicken broth, Dextrose, Modified food starch, Onion powder, Natural flavors, Spices including turmeric), Potassium and sodium phosphates, Salt, Soy Lecitin
ZB Meatballs with Onions	Beef, Water, Onions, Textured vegetable protein (Soy flour, Caramel color), Breadcrumbs (Bleached wheat flour, Sugar, Salt, Yeast, and Canola oil), Soy protein concentrate, Seasoning (Salt, Corn syrup solids, Corn starch, Chicken fat, Sugar, Dehydrated onion, Artificial flavor, Turmeric, Spices, Disodium inosinate, Disodium guanylate, Spice extractives), Seasoning (Dextrose, Salt, Spices, Dehydrated onion, Spice extractives), Egg whites, Ground mustard
ZC Gluten Free Breaded Chicken	Chicken breast chunks with rib meat, Water, Rice starch, Sea salt. Breaded with: Corn flake crumb (Yellow corn meal, Sugar, Salt), Salt, Soybean oil, Corn starch, Spices and spice extractives (including extractives of paprika), Rice flour, Tapioca dextrin. Predusted and battered with: Rice flour, Water, Corn starch, Salt, Spices and spice extractives (including Extractive of paprika and Extractive of turmeric), Garlic powder, Onion powder. Breeding set in vegetable oil.
ZF Peppered Chicken	Chicken breast with rib meat, Water, Seasoning (Hydrolyzed milk protein, hydrolyzed gelatin), Salt, Sodium phosphate, Dextrose. Glaze: Water, Modified tapioca & corn starch, Salt, Maltodextrin, Spice, Dried garlic, Dried onion, Corn syrup solids, Whey, Lemon juice solids, Soybean oil, Natural flavor, Soy sauce (Wheat, Soybeans, Salt), Guar gum, Xanthan gum, Methylcellulose, Smoke flavor. Contains: Milk, Soy, Wheat.

Personal Trainer Food Ingredient Information

	Menu Item	Ingredients
ZG	Smoked BBQ Pork Rib	Pork, Barbeque sauce [Tomato ketchup (Tomato concentrate, Corn syrup, Distilled vinegar, Salt, Natural flavorings, Onion powder, Spice, Garlic powder), Brown sugar, Sugar, Mustard (Distilled vinegar, Water, Mustard seed, Salt, Turmeric, Paprika, Spice, Garlic powder), Dextrose, Vinegar, Clove], Water, Textured vegetable protein product [Soy protein concentrate, Caramel color, Zinc oxide, Niacinamide, Ferrous sulfate, Copper gluconate, Vitamin A palmitate, Calcium pantothenate, Thiamine mononitrate (B1), Pyridoxine hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Smoke flavor, Salt, Modified food starch, Sodium phosphate. Contains: Soy.
ZM	Santa Fe Veggie Burger	Onions, Cooked black beans (Black beans, Water), Hydrated wheat gluten (Water, Wheat gluten), Cooked brown rice (Water, Brown rice), Whole kernel corn, Corn oil, Soy protein concentrate, Diced tomatoes, Water, Green chiles, Egg whites, Bulgur wheat, Calcium caseinate, Contains two percent or less of: Corn starch, Onion powder, Green bell peppers, Spices, Red bell peppers, Cilantro, Tomato juice, Salt, Yeast extract, Tomato powder, Dextrose, Garlic powder, Chipotle peppers, Hydrolyzed vegetable protein (Corn gluten, Wheat gluten, Soy protein), Soy sauce (Soybeans, Wheat, Salt), Vinegar, Natural and artificial flavors, Jalapeno peppers, Red pepper, Green pepper juice, Garlic juice, Disodium inosinate, Caramel color, Thiamin hydrochloride, Lime juice, Lactic acid.

Personal Trainer Food Ingredient Information

Menu Item	Ingredients	
A	Broccoli Florets	Broccoli
B	Venice Blend	Broccoli, Sugar snap peas, Asparagus, Red peppers, Yellow peppers, and Onions
C	Mixed Vegetables	Carrots, Corn, Peas, Green beans, Lima beans, and Salt
D	Cauliflower Florets	Cauliflower
E	Green Beans	Green beans
F	Normandy Blend	Broccoli, Cauliflower, Carrots, Zucchini, Yellow squash
G	Yellow Squash	Yellow squash
H	Green Zucchini	Green zucchini
J	Caribbean Blend	Broccoli, Yellow carrots, Whole green beans, and Red peppers
K	Garden Blend	Broccoli, Cauliflower, Italian type green beans, Carrots, Zucchini, Yellow squash, and Red peppers
L	PTF Blend	Sugar snap peas, Yellow carrots, Carrots, and Broccoli
M	Capri Blend	Carrots, Green beans, Yellow squash, and Zucchini
N	Italian Blend	Zucchini, Cauliflower, Carrots, Italian type green beans, Lima beans, Red peppers, and Salt
P	Sicilian Blend	Green beans, Carrots, Cauliflower, Red peppers, Yellow peppers, and Onions
Q	Scandinavian Blend	Peas, Zucchini, Green beans, Carrots, Onions, and Salt
R	California Blend	Broccoli, Cauliflower, and Carrots
S	Oriental Stir Fry	Green beans, Broccoli, Carrots, Celery, Onions, Water chestnuts, and Red peppers
T	Brussels Sprouts	Brussels sprouts
V	Riviera Blend	Whole green beans, Whole wax beans, and Whole baby carrots
W	Nantucket Blend	Broccoli, Carrots, Yellow carrots, Sugar snap peas, Red peppers, and Cranberries (Sugar and Sunflower oil)
X	Omaha Blend	Green beans, Wax beans, Carrots, Kidney beans (Water, Kidney beans), Peas, Baby lima beans, and Salt
Y	Seasons Mix	Broccoli and Cauliflower
Z	Key West Blend	Green beans, Carrots, Yellow carrots, and Red peppers
ZA	Norway Blend	Broccoli, Carrots, Green beans, Yellow carrots, Wax beans, and Red peppers

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
A Smoked Almonds	Almonds, Canola and/or safflower oil, Sea salt, Maltodextrin, Natural hickory smoke flavor, Yeast, Hydrolyzed corn and soy protein, Natural flavors
B Roasted Almonds	Almonds
C Sunflower Seed Kernels	Sunflower Seed Kernels
D Pistachio Nuts	Pistachios, Salt
E Edamame	Soy bean in pods
F Lemon & Rosemary Green Olives	Pitted green olives, Sunflower oil, Lemon pieces, Rosemary, Garlic powder, Garlic aroma, Salt, Distilled vinegar, Acids: Lactic acid, Citric acid
G Pumpkin Seeds	Pumpkin Seeds
H Beef & Cheese Sticks	Beef Stick: Beef, Water, Salt, Contains 2% or less of Flavorings, Dextrose, Lactic acid starter culture, Hydrolyzed soy protein, Sodium nitrite. Cheese Stick: Cultured pasteurized milk and skim milk cream, Salt, Contains less than 2% of Sodium phosphate, Lactic acid, Acetic acid, Sorbic acid (Preservative), Artificial color, Enzymes. Contains: Soy and Milk
I Mozzarella String Cheese	Pasteurized part-skim milk, cheese culture, Salt, Enzymes. Contains: Milk
J Colby Jack Cheese Stick	Cultured pasteurized milk, Salt, Enzymes, Artificial color (in Colby cheese). Allergens: MILK
K Salami Sticks	Pork, Beef, Water, Corn syrup solids, Contains 2% or less of Flavorings, Dextrose, Lactic acid starter culture, Burnt sugar, Hydrolyzed soy protein, Sodium Nitrite. Contains: Soy
L Teriyaki Sticks	Pork, Brown sugar, Water, Contains 2% or less of Salt, Natural smoke flavor, Seasoning (hydrolyzed soy and corn protein, Corn syrup solids, Dextrin, Salt, Dextrose, Caramel color), Dextrose, fructose, Lactic acid starter culture, Soy sauce (Water, Salt, Hydrolyzed soy protein, Corn syrup, Caramel color, Potassium sorbate), Pineapple flavor (Maltodextrin, Natural flavor, Citric acid, Propylene glycol), Sodium nitrite. Contains: Soy
M Chili & Oregano Green Olives	Pitted green olives, Sunflower oil, Chili, Oregano, Garlic powder, Garlic aroma, Salt, Distilled vinegar, Acids: Lactic acid, Citric acid
N Chili & Garlic Black Olives	Black ripe olives, Sunflower oil, Salt, Harissa (Peppers, Preserved lemon, Sunflower oil, Salt, Cumin, Coriander, Garlic), Oregano, Garlic, Acidifier: Lactic acid
S Cajun Almonds	Almonds, Salt, Paprika, Garlic, Onion, Red pepper, White pepper, Thyme, and Other natural spices.
T Chili Almonds	Almonds, Blend of Red Pepper, Chilies, Cumin, Monosodium Glutamate, Garlic, Salt, Silica for anti-caking and Other spices.

Personal Trainer Food Butter Sauce Information

Menu Item	Servings Per Package	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrates (g)	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	Protein (g)	%DV Protein	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Sweet Garlic Butter Sauce (8 fl oz.)	32	0.25	60	60	7	11	1	6	0	0	0	36	2	0	0	0	0	0	0	0	1	0	0	0
Sweet Garlic Butter Sauce (4 fl oz.)	16	0.25	60	60	7	11	1	6	0	0	0	36	2	0	0	0	0	0	0	0	1	0	0	0
Sweet Bacon & White Cheddar (8 fl oz.)	32	0.25	58	57	7	10	1	6	0	0	0	63	3	0	0	0	0	0	0	0	1	0	0	0
Sweet Bacon & White Cheddar (4 fl oz.)	16	0.25	58	57	7	10	1	6	0	0	0	63	3	0	0	0	0	0	0	0	1	0	0	0
Sriracha (8 fl oz.)	32	0.25	47	45	5	8	1	5	0	0	0	63	3	0	0	0	0	0	0	0	1	0	0	0
Sriracha (4 fl oz.)	16	0.25	47	45	5	8	1	5	0	0	0	63	3	0	0	0	0	0	0	0	1	0	0	0
Cinnamon Explosion (8 fl oz.)	32	0.25	53	53	6	9	1	5	0	0	0	27	1	0	0	0	0	0	0	0	1	0	0	0
Cinnamon Explosion (4 fl oz.)	16	0.25	53	53	6	9	1	5	0	0	0	27	1	0	0	0	0	0	0	0	1	0	0	0

Ingredients

Sweet Garlic Butter Sauce (8 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Garlic & Herb Seasoning [Garlic, Spices (Including Oregano, Rosemary, Basil, and Red pepper), Orange peel, Onion, Parsely, Paprika, and Celery.] Garlic Salt [Salt, Garlic, Calcium silicate (added to make free flowing), and Garlic oil.] Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and sodium benzoate as preservatives.]. CONTAINS SOY.
Sweet Garlic Butter Sauce (4 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Garlic & Herb Seasoning [Garlic, Spices (Including Oregano, Rosemary, Basil, and Red pepper), Orange peel, Onion, Parsely, Paprika, and Celery.] Garlic Salt [Salt, Garlic, Calcium silicate (added to make free flowing), and Garlic oil.] Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and sodium benzoate as preservatives.]. CONTAINS SOY.
Sweet Bacon & White Cheddar (8 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Bacon Cheddar Seasoning [Cheddar cheese (Blend of cheddar cheese, [Milk, Cheese cultures, Salt, Enzymes], Whey), Salt, Coconut oil, Maltodextrin, Bacon flavoring, Corn protein, Sodium caseinate, Citric acid, Chives, Onion, Parsley. Silicon dioxide added to prevent caking], Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and Sodium benzoate as preservatives.] CONTAINS SOY, MILK, AND WHEAT.

Personal Trainer Food Butter Sauce Information

Sweet Bacon & White Cheddar (4 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Bacon Cheddar Seasoning [Cheddar cheese (Blend of cheddar cheese, [Milk, Cheese cultures, Salt, Enzymes], Whey), Salt, Coconut oil, Maltodextrin, Bacon flavoring, Corn protein, Sodium caseinate, Citric acid, Chives, Onion, Parsley. Silicon dioxide added to prevent caking], Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and Sodium benzoate as preservatives.] CONTAINS SOY, MILK, AND WHEAT.
Sriracha (8 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Sriracha [Chili, Sugar, Garlic, Distilled vinegar, Potassium sorbate, Sodium bisulfite as preservatives and Xanthan gum.], White Cheddar Seasoning [Cheddar Cheese (Blend of Cheddar Cheese, [Milk, Cheese Cultures, Salt, Enzymes], Whey, Soybean Oil, Whey Protein Concentrate, Lactose, Maltodextrin, Citric Acid, Lactic Acid, Yeast Extract, Lecithin), Salt, Whey, Butter Milk Solids, Dextrose, Hydrolyzed Corn Protein, Disodium Inosinate and Guanylate, Onion and Garlic Powder. Silicon Dioxide added to prevent caking.]. CONTAINS SOY, MILK, AND SULPHITE.
Sriracha (4 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Sriracha [Chili, Sugar, Garlic, Distilled vinegar, Potassium sorbate, Sodium bisulfite as preservatives and Xanthan gum.], White Cheddar Seasoning [Cheddar Cheese (Blend of Cheddar Cheese, [Milk, Cheese Cultures, Salt, Enzymes], Whey, Soybean Oil, Whey Protein Concentrate, Lactose, Maltodextrin, Citric Acid, Lactic Acid, Yeast Extract, Lecithin), Salt, Whey, Butter Milk Solids, Dextrose, Hydrolyzed Corn Protein, Disodium Inosinate and Guanylate, Onion and Garlic Powder. Silicon Dioxide added to prevent caking.]. CONTAINS SOY, MILK, AND SULPHITE.
Cinnamon Explosion (8 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Water, Cinnamon, Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and Sodium benzoate as preservatives.]. CONTAINS SOY.
Cinnamon Explosion (4 fl oz.)	Liquid Butter Alternative [Liquid and hydrogenated soybean oil, Contains less than 2% of Salt, Soy lecithin, Natural & artificial flavor, Beta carotene (color), TBHQ and Citric acid added to protect flavor, Dimethylpolysiloxane, an anti-foaming agent added.], Water, Cinnamon, Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and Sodium benzoate as preservatives.]. CONTAINS SOY.

