

Information

Menu Item	Servings Per Package	Serving Size (oz)	Calories		Fat (g)						Cholesterol (mg)		Sodium (mg)		Total Carbohydrates (g)				Protein (g)		Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
			Calories from Fat		%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)		%DV Cholesterol		%DV Sodium	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	%DV Protein							
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 Canadian Bacon & Egg Patty	1	3.6	125	50	9.5	12	2	10	0	165	55	455	20	2	1	0	0	0	9.5	19	6	2	2	2
D Cheddar Omelet & 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 Cheddar Omelet & Cranberry Chicken Sausage	1	5.5	330	198	22	30	6	30	0	260	87	860	37	9	3	0	0	6	25	50	2	0	12	10
F Cheddar Omelet & Canadian Bacon	1	5.5	241	145	16	21	6.5	33	0	287	100	1169	49	5	2	0	0	3	22	34	0	0	1	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 1/2 Country Ham & Farmhouse Omelet	1	5.3	230	108	13.5	20	5.5	28	0	223	75	1123	48	7	1	0	0	3	20	40	4	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	5.2	450	352	40	60	14	69	0	215	69	670	30	5	2	0	0	4	17	29	4	0	15	0
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	380	284	32	45	10	50	0	340	72	620	26	2	1	0	0	0	20	34	8	0	20	8
P Three Cheese Egg Bites	1	5.0	180	-	12	16	6	30	0	240	80	520	22	4	2	0	0	0	14	30	8	17	8	4
R Egg Bites	1	2.9	220	-	18	23	6	30	0	230	77	650	28	6	2	2	7	0	12	24	6	10	6	4
S Cheese & Bacon Egg Bites	1	4.5	220	-	16	20	7	36	0	230	76	620	26	4	2	0	0	0	16	27	0	5	9	0
T Cheddar Omelet & Turkey Sausage	1	4.9	260	171	19	26	17.5	7.5	0	290	97	820	35	4	1	0	0	2	19	38	0	0	10	8
V Cheddar Omelet and Chorizo	1	5	350	-	28	36	10.5	53	0	290	97	900	39	5	1	0	0	0	18	36	6	12	12	6
W 2 Egg Patties & Chorizo Sausage	1	4.5	337	-	30	42	7.6	39	0	269	90	570	25	3	2	0	0	0	16	32	12	5	16	4

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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	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	%DV Protein							
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	Grilled Nuggets	1	4.0	200	50	5	4	1	5	0	70	23	760	34	4	1	0	0	0	23	46	0	0	0	4
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	Wild Alaskan Salmon	1	4.0	110	25	2.5	4	.5	3	0	45	15	320	14	1	0	0	0	1	21	42	0	0	0	6
G	Hot Honey Chicken Sticks	1	5.8	380	120	22	28	6	30	0	80	26	1260	48	24	8	2	0	0	24	48	0	0	0	16
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	Beef & Lamb Gyros	1	3.6	324	252	27	41	11	54	0	54	18	810	34	5	2	0	0	0	14	23	0	0	4	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
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

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Q	Korean BBQ Pork Shank	1	4.0	222	-	9	13	2.5	11	0	75	25	1000	69	10	4	0	0	9	24	48	0	2	20	0
R	MontereyJackChickenSticks2ct	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 ChickenBites	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	Buffalo Chicken Wings	1	3.3	220	-	15	23	3.5	18	0	110	37	560	23	1	0	0	0	0	20	40	0	0	0	0
U	BuffaloRanchChickenSticks2ct	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
W	FajitaChickenforSalads	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	SavoryCheeseburgerStick	1	2.5	210	150	17	26	8	40	0	45	15	610	25	3	1	1	4	1	12	24	0	0	10	6
ZA	Fire Braised Chicken Thigh	1	30	130	-	6	8	1.5	8	0	85	28	270	12	0	0	0	0	0	18	35	0	0	4	4

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			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)						
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	0	0	0	0
ZF	Garlic Chicken Strips	1	3.5	130	20	2.5	4	.5	3	0	75	25	670	28	2	1	0	0	24	48	0	0	0	0	0	0	0	2	
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	0	0	0	
ZM	Piri Piri Chicken Skewer	1	3	120	-	2.5	3	0	0	0	45	15	520	23	4	1	0	0	18	46	0	3	6	10	0	0	0		
X	Sweet Italian Chicken Sausage	1	3.2	200	150	16	25	4.5	23	0	70	23	570	24	0	0	0	1	13	26	4	8	2	4	0	0	0		
ZE	Grilled Chicken Breast	1	3.5	100	20	12	3	0	0	0	50	17	730	30	2	1	0	0	18	36	0	2	2	2	0	0	0		
ZH	Swiss Onion Chicken Burger	1	4.0	190	100	11	17	3	16	0	85	28	450	19	2	1	1	2	20	41	0	0	0	10	0	0	0		
ZI	Italian Sausage	1	4.0	380	300	32	42	10	50	0	90	30	920	40	2	1	0	0	18	36	0	0	0	2	0	0	0		
ZJ	Popcorn Chicken	1	5.0	384	183	21	28	4	21	0	33	12	585	25	23	8	5	18	23	46	0	0	4	0	0	0	0		
ZN	Roasted Turkey Breast	1	4.0	100	10	1	2	0	0	0	50	16	500	20	2	0	0	0	20	40	0	0	0	0	0	0	0		
ZO	Lemongrass Chicken Skewer	1	3	130	-	2.5	3	0	0	0	45	15	500	22	6	2	0	3	18	35	0	0	6	3	0	0	0		
ZP	Nashville Hot Chicken Sticks	1	5.8	380	180	20	30	6	30	0	80	26	1200	50	26	8	0	4	26	52	8	16	20	8	0	0	0		
ZK	Italian Meatballs	1	4.0	320	226	25	38	9	47	0	53	18	625	26	10	4	2	8	16	32	3	3	5	7	0	0	0		

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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 Roasted Blend	1	4.0	70	-	1	2	0	0	0	0	0	240	10	13	4	4	14	0	2	5	5	-	4	-
C Mixed Vegetables	1	4.0	77	0	0	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	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	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	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	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	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	0	0	38	2	8	3	3	10	4	3	5	3	38	3	5
K Cauliflower Rice	1	4.0	30	0	0	0	0	0	0	0	0	25	1	5	2	3	3	3	1	3	0	3	0	0
L PTF Blend	1	4.0	50	0	0	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	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	0	0	53	2	8	3	3	11	3	1	3	20	20	3	0
P Seasoned Sweet Corn and Peppers	1	4.0	133	0	5	7	0	0	0	0	0	156	8	18	6	4	13	0	4	8	-	-	-	-
Q Scandinavian Blend	1	4.0	53	0	0	0	0	0	0	0	0	93	4	9	3	3	11	4	3	5	20	5	3	3

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R	CaliforniaBlend	1	4.0	38	0	0	0	0	0	0	0	0	0	0	46	2	6	2	2	6	3	0	0	23	38	3	0
S	OrientalStirFry	1	4.0	37	0	0	0	0	0	0	0	0	0	0	37	2	7	2	1	6	3	0	0	15	22	3	0
T	BrusselsSprouts	1	4.0	47	0	0	0	0	0	0	0	0	0	0	33	1	7	2	4	16	4	4	8	8	107	3	3
V	Asparagus	1	4.0	28	0	0	0	0	0	0	0	0	0	0	6	1	4	1	2	7	0	0	0	0	2	6	0
W	Sauteed Peppers and Onions	1	4.0	33	0	0	0	0	0	0	0	0	0	0	0	0	8	3	1	4	0	1	2	-	-	17	-
X	OmahaBlend	1	4.0	67	0	0	0	0	0	0	0	0	0	0	107	4	12	4	4	16	3	3	5	11	8	5	5
Y	SeasonsMix	1	4.0	38	0	0	0	0	0	0	0	0	0	0	31	1	5	2	3	10	3	1	3	0	63	3	0
Z	KeyWestBlend	1	4.0	41	0	0	0	0	0	0	0	0	0	0	48	2	8	3	3	11	4	0	0	28	14	3	6
ZA	NorwayBlend	1	4.0	42	0	0	0	0	0	0	0	0	0	0	36	2	7	2	2	10	4	1	2	18	30	2	5
U	LimaBeans	1	4.0	152	0	0	0	0	0	0	0	0	0	0	331	14	28	9	7	28	3	8	17	0	28	6	11
O	ItalianGreenBeans	1	4.0	33	0	0	0	0	0	0	0	0	0	0	0	0	7	2	4	16	3	1	3	5	8	5	8

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
A Cheddar Omelet+Maple Sausage	Cheddar Omelet[Egg patty:Whole eggs,Whey,Skim milk,Butterflavored 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,Butterflavored 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 Canadian Bacon&Egg Patty	Egg Patty:Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% Or Less of the Following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid. Ham: Cured With Water, Salt, Sugar, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.
D Cheddar Omelet&2 Bacon	Cheddar Omelet[Egg patty:Whole eggs,Whey,Skim milk,Butterflavored 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 Cheddar Omelet&Cranberry Chicken Sausage	Cheddar Omelet- Egg Patty: whole eggs, whey, dried cream cheese (cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), non-fat dried milk, sodium phosphate), soybean oil, modified corn starch, salt, xanthan gum, citric acid, guar gum, white pepper, natural butter flavor. Filling: pasteurized process cheddar cheese (cheddar cheese (milk, cheese culture, salt, enzymes), water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color). Cranberry Chicken Sausage-Chicken thigh meat with skin, chicken breast meat with rib meat, dried cranberries, corn syrup solids, salt, sugar, lemon juice powder (corn syrup solids, lemon juice solid, lemon oil), flavoring, spices, disodium inosinate and disodium guanylate, BHA, BHT, propyl gallate.

Personal Trainer Food Ingredient Information

F	CheddarOmelet&CountryHam	<p>Cheddar Omelet [Egg patty: Whole eggs, whey, dried cream cheese (cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), non-fatdried milk,sodium phosphate),soybeanoil,modifiedfoodstarch,salt,xanthangum,citricacid,guargum,whitepepper,naturalbutterflavor.Filling: pasteurized process cheddar cheese (cheddar cheese (milk, cheese culture, salt, enzymes), water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color).</p> <p>Ham[CuredWithWater,Salt,Sugar,Dextrose,SodiumPhosphates,SodiumErythorbate,SodiumNitrite.]</p>
G	PlainOmelet+BreakfastSausage	<p>PlainOmelet[Wholeeggs, Whey,Skim milk,Butterflavoredoil(Partiallyhydrogenated soybean oil,Salt,Soybean lecithin, Artificialflavors,Butteroil, VitaminApalmitate, Betacaroteneaddedforcolor), Soybeanoil, Driedcream cheeseproduct(Creamcheese(Pasteurizedmilkandcream,Cheeseculture, Salt, Carobbeangum),Nonfatdrymilk,andSodiumphosphate),Modifiedfoodstarch,Salt,Xanthangum,Liquidpepperextract,andCitricacid.]BreakfastSausage[Pork,Water, Salt,Spices,Dextrose,Sugar,Autolyzedyeast,Limeflavor(Corn syrupsolids,Limejuice solids,Naturalfavor),Flavoring,TBHQ,BHT,Citricacid, Lacticacid.]</p>

Personal Trainer Food Ingredient Information

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.]
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 1Egg Patty+2Maple Sausage	Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, Dicalcium Phosphate, Sodium Bicarbonate, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, 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.]

Personal Trainer Food Ingredient Information

R	Egg Bites	Whole Eggs, Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color)], Ham - Water added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavoring, Sodium Erythrobate, Sodium Nitrite), Bacon (Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythrobate, Sodium Nitrite), Spinach, Maltodextrin, Water, Red Bell Pepper, Soybean Oil, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid. CONTAINS: EGG, MILK.
S	Cheese & Bacon EggBites	WHOLE EGGS, COTTAGE CHEESE (CULTURED SKIM MILK, WHEY PROTEIN CONCENTRATE, CREAM, SKIM MILK, CONTAINS 2% OR LESS OF SALT, GUAR GUM, MONO AND DIGLYCERIDES, CAROB BEAN GUM, NATURAL FLAVOR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), CARRAGEENAN, POLYSORBATE 80, ENZYMES), BACON BITS (CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SALT, APOCAROTENAL (COLOR), POTASSIUM SORBATE AND NATAMYCIN (PRESERVATIVES)), PASTEURIZED PROCESS MONTEREY JACK CHEESE (MONTEREY JACK CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SALT, SODIUM HEXAMETAPHOSPHATE), MODIFIED FOOD STARCH, XANTHAN GUM, CITRIC ACID.
T	CheddarOmelet&TurkeySausage	Cheddar Omelet[Eggpatty:Wholeeggs,whey,driedcreamcheese(creamcheese(pasteurizedmilkandcream,cheeseculture, salt,carobbeangum), non-fatdriedmilk,sodiumphosphate),soybeanoil,modifiedfoodstarch,salt,xanthangum,citricacid,guargum,whitepepper,naturalbutterflavor. Filling: pasteurized process cheddar cheese (cheddar cheese (milk, cheese culture, salt, enzymes), water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color). Turkeysausage(groundturkey,water,contains2%orlessofsalt,spices,sugar,BHA,BHT,citricacid

Personal Trainer Food Ingredient Information

M	FrittataOmelet+MapleSausage	FrittataOmelet[Wholeeggs,Pasteurizedprocesscheddarcheese(Cheeddarcheese(Milk,Cheeseeculture,Salt,Enzymes),Water,Milkfat,Sodiumphosphate,Sodiumhexametaphosphate, Salt, Artificialcolor),Water,Hamwithnaturaljuices,smokeflavoradded(Ham,Water,Salt, Dextrose,Sodium phosphates,Smoke flavoring,Sodiumerythorbate,Sodium nitrite),Onions,Greenpeppers,Redpeppers,Soybeanoil,Wholemilk,Modifiedcornstarch,Salt,Xanthangum,Citric acid.],MapleSausage[Pork,Water,Sugar,Salt,Spices,Naturalmaplewithothernaturalflavors,Dextrose,Autolyzedyeast,Naturalflavor(Cornsyrupe solids,Lime juicesolids,Naturalflavor),Flavoring,BHT,TBHQ,Citricacid,Lacticacid.]
N	FrittataOmelet+BreakfastSausage	FrittataOmelet[Wholeeggs,Pasteurizedprocesscheddarcheese(Cheeddarcheese(Milk,Cheeseeculture,Salt,Enzymes),Water,Milkfat,Sodiumphosphate,Sodiumhexametaphosphate,Salt,Artificialcolor),Water,Hamwithnaturaljuices, smokeflavoradded(Ham, Water,Salt,Dextrose,Sodiumphosphates,Smokeflavoring,Sodiumerythorbate,Sodiumnitrite),Onions,Greenpeppers,Redpeppers,Soybeanoil,Wholemilk,Modifiedcornstarch,Salt,Xanthangum,Citricacid.],BreakfastSausage[Pork,Water,Salt,Spices,Dextrose,Sugar,Autolyzedyeast,Limeflavor(Cornsyrupe solids,Lime juicesolids,Naturalflavor),Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
O	2EggPatties+1BreakfastSausage	Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, Dicalcium Phosphate,Sodium Bicarbonate,BlackPepper,Salt,NaturalButterFlavor,CelluloseGum,XanthanGum,CitricAcid]BreakfastSausage[Pork,Water,Salt, Spices,Dextrose,Sugar,Autolyzedyeast,Limeflavor(Cornsyrupe solids,Limejuicesolids,Naturalflavor),Flavoring,TBHQ,BHT,Citric acid, Lactic acid.]
P	Three Cheese Egg Bites	WHOLE EGGS, COTTAGE CHEESE (CULTURED SKIM MILK, WHEY PROTEIN CONCENTRATE, CREAM, SKIM MILK, CONTAINS 2% OR LESS OF SALT, GUAR GUM, MONO AND DIGLYCERIDES, CAROB BEAN GUM, NATURAL FLAVOR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), CARRAGEENAN, POLYSORBATE 80, ENZYMES), PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SALT, APOCAROTENAL (COLOR), POTASSIUM SORBATE AND NATAMYCIN (PRESERVATIVES)), PASTEURIZED PROCESS MONTEREY JACK CHEESE (MONTEREY JACK CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SALT, SODIUM HEXAMETAPHOSPHATE), MODIFIED FOOD STARCH, XANTHAN GUM, CITRIC ACID.
Q	Korean BBQ Pork Shank	Pork Shank, salt, Sugar, Pork Flavoring Sauce: High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (Preservative), Garlic,* Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. *Dried
W	2 egg Patties & Chorizo Sausage	Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% Or Less of the Following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid. Pork, Seasoning (Spices, Salt, Paprika, Sugar, Dried Garlic, Natural Flavor, Paprika Extract), Water.

Personal Trainer Food Ingredient Information

V	Cheddar Omelet and Chorizo	<p>Cheddar Omelet [Egg patty: Whole eggs, whey, dried cream cheese (cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), non-fat dried milk, sodium phosphate), soybean oil, modified food starch, salt, xanthan gum, citric acid, guar gum, white pepper, natural butter flavor. Filling: pasteurized process cheddar cheese (cheddar cheese (milk, cheese culture, salt, enzymes), water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color).</p> <p>Pork, Seasoning (Spices, Salt, Paprika, Sugar, Dried Garlic, Natural Flavor, Paprika Extract), Water.</p>
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Personal Trainer Food Ingredient Information

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, Breadcrumbs [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	Grilled Nuggets	Boneless, skinless chicken breast chunks with rib meat, water, contains 2% or less of the following: citric acid, dextrose, garlic powder, grill flavor (from sunflower oil), lemon juice solids, maltodextrin, modified corn starch, natural flavors, onion powder, salt, seasoning (yeast extract, salt, maltodextrin, dextrose, garlic powder, onion powder, lemon juice solids, natural flavors, spices, modified corn starch, vinegar solids, citric acid, dehydrated red bell pepper, grill flavor from sunflower oil, dehydrated parsley), sodium phosphates, soybean oil, spices, sugar, vinegar solids, xanthan gum, yeast extract. Pork, Pineapple, water, salt, spices, sugar, monosodium glutamate, sodium phosphate, sodium erythorbate, sodium nitrite, hog casing.
C	Prime Rib Fajita Strips	Boneless beef, Water, Beef base (Roasted sirloin and beef stock, Salt, Sugar, Cornstarch, 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	Wild Alaskan Salmon	Pink and/or Ketasalmon, water, contains 2% or less of: sea salt, sugar, sodium phosphate, dehydrated garlic and onion, spices, paprika, xanthan gum, natural flavors, spice extractives
G	Hot Honey Chicken Sticks	: CHICKEN, BREADING (WHEAT ENRICHED AND BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTRIN, MODIFIED FOOD STARCH, SUGAR, NATURAL FLAVORS, SOYBEAN OIL, YEAST, SPICE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GUM (GUAR, XANTHAN)), WATER, PASTEURIZED PROCESS SWISS CHEESE (SWISS CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SALT, SORBIC ACID (PRESERVATIVE)), SOYBEAN OIL, LESS THAN 2% OF: CAYENNE PEPPER, SPICE, BELL PEPPER, ONION POWDER, GARLIC POWDER, MIKE'S HOT HONEY (HONEY, CHILIES, VINEGAR), HONEY, CORN SYRUP SOLIDS, SUCRALOSE, SALT, NATURAL FLAVORS, MODIFIED FOOD STARCH, ARTIFICIAL HONEY FLAVOR (PROPYLENEGLYCOL, ALCOHOL, NATURAL AND ARTIFICIAL FLAVOR), SOY PROTEIN CONCENTRATE, VINEGAR, GUM (GUAR, XANTHAN), SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), SODIUM PHOSPHATE.
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	Beef & Lamb Gyros	Beef, lamb, water, breadcrumbs (wheat flour, salt, yeast), diced onions, barley flour, contains 2% or less of soy protein concentrate, salt, monosodium glutamate, spices, dehydrated onion, carrageenan, garlic juice, lemon juice concentrate, spice extractives, disodium inosinate and disodium, guanylate

Personal Trainer Food Ingredient Information

J	SpicyBreadedChickenBreast	Skinlessbonelesschickenbreastfilletswithribmeat,Water, Seasoning(Riceflour, Salt, Dehydratedgarlic, Extractivesofpaprika, Spice, Spice Extractives), Modifiedfoodstarch, Sodium phosphates, Seasoning(Carrageenan, Salt), Naturalflavor. Breadedwith Enrichedwheatflour(Wheatflour, Niacin, Reducediron,Thiamine mononitrate, Riboflavin,Folic acid), Yellow corn flour, Salt, Spices, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate),Extractivesofpaprika, Garlicpowder,Sugar,DisodiuminosinateandDisodiumguanylate, Tricalciumphosphate,Maltextract.BatteredwithWater, Bleachedwheatflour(Modifiedcornstarch, Salt, Spices, Gum Arabic, Spiceextracts,Leavening(Sodiumacidpyrophosphate,Sodiumbicarbonate, Monocalciumphosphate),Paprikaextract(color).PredustedwithWheatflour, Yellowcornflour,Salt,Spicesandcoloring,Soybeanoil,Naturalflavor.Allergens:Wheat,Soy.
K	ItalianChickenBreast	Boneless,skinlesschickenbreastfiletswithribmeat,water,seasoning[salt,cornsyruopsolids,Romanocheese(pasteurizedmilk,cheesecultures,salt,enzymes),driedgarlic,spices,driedtomato,driedonion,autolyzedyeastextract,driedparsley,lemon juice, gumarabic,paprikaextract(color),naturalflavor,grillflavor (from sunfloweroil)],modifiedfoodstarch,sodiumphosphates,soyproteinconcentrate.

Personal Trainer Food Ingredient Information

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-carotena (color)), Bread crumbs (Whole wheat flour, Enriched wheat flour (Enriched with Niacin, Reduced iron, Thiamin 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	Korean BBQ Pork Shank	Pork Shank, salt, Sugar, Pork Flavoring Sauce: High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (Preservative), Garlic, * Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. *Dried
R	Monterey Jack Chicken Sticks 2ct	Chicken, Batter mix (Water, Batter (Bleached enriched flour (Wheat flour, Niacin, Reduced iron, Thiamin 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

T	Buffalo Chicken Wings	<p>Chicken, Battermix (Water, Batter (Bleached enriched flour (Wheat flour, Niacin, Reduced iron, Thiamin 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,</p> <p>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), Breadcrumbs (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, Milkfat, 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.</p>
U	Buffalo Ranch Chicken Sticks 2ct	<p>Chicken wing sections, water, wheat flour, modified food starch, sodium phosphates, salt, seasoning (salt, oil of garlic). COATED WITH: Hot sauce (fresh red ripe peppers, distilled vinegar, salt), water, soybean oil, chili pepper, cellulose gum, modified corn starch, salt, spice extractives. Blanched in vegetable oil.</p>

Personal Trainer Food Ingredient Information

W	FajitaChickenforSalads	Chickenwhitemeat,Water,Dextrose,Salt,Modifiedfoodstarch[Fromcornandrice],Seasoning(Gumarabic,Naturalflavor,Tricalciumphosphate),Dehydratedgarlic and onion, Soy protein isolate, Sodium phosphates, Spices, Flavorings. Contains: Soy
Y	SavoryCheeseburgerStick	BEEF,TURKEY,PASTEURIZEDPROCESSCHEDDARCHEESE(CHEDDARCHEESE(CULTURED MILK,SALT,ENZYMES),WATER,CREAM,MILKFAT,SODIUM PHOSPHATE, ARTIFICIAL COLOR, ENZYME MODIFIED CHEESEFLAVOR, SALT), WATER, TEXTURED SOY FLOUR, SEASONING (NATURALFLAVORS (INCLUDING SMOKE), DEXTROSE, SALT, HYDROLYZED SOY AND CORN PROTEIN), RICE FLOUR, SODIUM PHOSPHATE
Z A	Fire Braised Chicken Thigh	Chicken Thigh Meat, Water, Contains 2% or less of Spices, Salt, Flavoring, Paprika, Olive Oil, Xanthan Gum.
Z B	MeatballswithOnions	Beef,Water,Onions,Texturedvegetableprotein(Soyflour,Caramelcolor),Breadcrumbs(Bleachedwheatflour, Sugar, Salt,Yeast, and Canolaoil), Soyproteinconcentrate,Seasoning(Salt, Cornsyrupsolids,Cornstarch, Chickenfat,Sugar,Dehydratedonion,Artificialflavor, Turmeric, Spices,Disodiuminosinate, Disodiumguanylate,Spiceextractives),Seasoning (Dextrose, Salt,Spices,Dehydrated onion, Spiceextractives), Eggwhites, Ground mustard
Z C	GlutenFreeBreadedChicken	Chickenbreastchunkswithribmeat,Water,Ricestarch,Seasalt.Breadedwith: Cornflakecrumb(Yellowcornmeal, Sugar,Salt),Salt,Soybeanoil,Cornstarch,Spicesandspiceextractives(includingextractivesofpaprika),Riceflour,Tapiocadextrin.Predustedandbatteredwith:Riceflour,Water, Cornstarch,Salt,Spicesandspiceextractives(includingExtractive ofpaprika andExtractive ofturmeric), Garlicpowder, Onionpowder. Breeding setinvegetable oil.
ZF	GarlicChickenStrips	Bonelesschickenbreastwithribmeat,water,lessthan2%ofmodifiedfoodstarch(corn&potato),salt,garlicpowder,sodium phosphates,spices, dehydrated garlic, dehydrated parsley, soybean oil, xanthan gum
ZE	GrilledChickenBreast	CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING: [HYDROLYZED SOY PROTEIN, SALT, DEXTROSE,SODIUM PHOSPHATE,CHICKENFLAVOR(CHICKENMEAT,HYDROLYZEDSOYPROTEIN,AUTOLYZEDYEASTEXTRACT,FLAVOR,SALT, CHICKENFAT),SPICE,GARLICANDONIONPOWDER,DISODIUMINOSINATE,EXTRACTIVESOFPAPRIKA],MODIFIEDFOODSTARCH.
ZN	RoastedTurkeyBreast	Turkeybreast meat,water,seasoning(autolyzedyeastextract,maltodextrin,salt,turkeyflavor,turkeystock,flavor.gumarabic), modifiedfood starch, salt, canola oil, carrageenan, sodium phosphate, natural flavoring, paprika
ZK	ItalianMeatballs	Pork, Beef, Water, Seasoning (Bread Crumbs [Wheat Flour, Salt, Yeast], Parmesan/Romano Cheeses Made From Cow's Milk [Pasteurized Milk, CheeseCultures,Salt,Enzymes],Salt,DriedOnion,DriedCelery,MaltExtract,GarlicPowder,Spices,RiceFlour),TexturedSoyFlour(SoyFlour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], Cyanocobalamin [B12]), Soy Protein Concentrate, Tomato Paste.

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
Z G SmokedBBQPorkRib	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.
Z M Piri Piri Chicken Skewer	CHICKEN BREAST, WATER, POTATO STARCH, CANOLA OIL, SALT, SPICE, MODIFIED CORN STARCH, MALTODEXTRIN, DEHYDRATED RED BELL PEPPER, PAPRIKA, SUGAR, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, ONION POWDER, CAYENNE PEPPER SAUCE POWDER [CAYENNE PEPPER SAUCE (AGED CAYENNE RED PEPPERS, VINEGAR, SALT, GARLIC POWDER), MALTODEXTRIN, FLAVOR], DEHYDRATED GARLIC, DEHYDRATED LEMON PEEL, FLAVOR, SPICE EXTRACT. ALLERGENS: NONE
X SweetItalianChickenSausage	Made with dark chicken ingredients: chicken, fire roasted red bell pepper (contains water, salt, sugar, citric acid, calcium chloride), onions, seasoning (sea salt, sugar, spices, flavoring), garlic, extra virgin olive oil, in hog casing.
Z I Italian Sausage	Ingredients: Pork, Water, Spices, Salt, Corn Syrup Solids, Paprika, Dextrose, Flavoring, Monosodium Glutamate, Dehydrated Red Bell Peppers, Sugar, Extractives of Paprika and Annatto, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Solids, Lemon Oil), Disodium Inosinate and Disodium Guanylate, BHA, BHT, Citric Acid, Propyl Gallate.
Z J PopcornChicken	Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil.
Z N RoastedTurkeyBreast	Turkey breast meat, water, seasoning (autolyzed yeast extract, maltodextrin, salt, turkey flavor, turkey stock, flavor, gum arabic), modified food starch, salt, canola oil, carrageenan, sodium phosphate, natural flavoring, paprika
Z O Lemongrass Chicken Skewer	Halal chicken breast, water, modified corn starch, sugar, canola oil, salt, spice, sodium phosphate, dehydrated onion, tumeric, lemongrass powder, dehydrated garlic, yeast extract flavor, oleoresin turmeric, extractives of paprika

Personal Trainer Food Ingredient Information

Z P	NashvilleHotChickenSticks	<p>CHICKEN,BREADING(ENRICHEDFLOUR(WHEATFLOUR,NIACIN,REDUCEDIRON,THIAMINEMONONITRATE,RIBOFLAVIN,FOLIC ACID), WHEAT FLOUR, SALT, SPICES, NATURAL FLAVORS, MODIFIED FOOD STARCH, WHEAT GLUTEN, YEAST, LACTIC ACID, BUTTERMILK, BROWN SUGAR, MALTODEXTRIN, SOYBEAN OIL, ASCORBIC ACID (ADDED AS A DOUGH CONDITIONER), SUGAR, CAYENNE PEPPER SAUCE (AGED RED PEPPER, VINEGAR, SALT, GARLIC), MALIC ACID, VINEGAR, CITRIC ACID), WATER, PASTEURIZED PROCESS SWISS CHEESE (SWISS CHEESE (CULTURED MILK AND SKIM MILK, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, ARTIFICIAL COLOR, MILK FAT, SALT, ENZYME MODIFIED SWISS CHEESE FLAVOR, SORBIC ACID (PRESERVATIVE)), SOYBEAN OIL, MILK SOLIDS (NONFAT DRY MILK, WHEY), SEASONING (SOY PROTEIN ISOLATE, NON-FAT MILK SOLIDS,SALT,HYDROLYZEDSOYANDWHEATPROTEIN,SODIUMPHOSPHATE,DEXTROSE,ONIONPOWDER,NATURALFLAVOR), SEASONING (MALTODEXTRIN, MODIFIED CORN STARCH, SPICES, SALT, BUTTERMILK, GARLIC POWDER, LACTIC ACID, BROWN SUGAR,ONIONPOWDER,CAYENNEPEPPERSAUCE(AGEDREDPEPPER,VINEGAR,SALT,GARLIC),NATURALFLAVORS,VINEGAR, MALICACID,CITRICACID),CAYENNEPEPPERPUREE(CAYENNEPEPPER,SALT,VINEGAR),MODIFIED CORNSTARCH,DISTILLED VINEGAR, NATURAL FLAVORS, SODIUM PHOSPHATE, RED BELL PEPPER, BUTTER FLAVOR (MALTODEXTRIN, MODIFIED FOOD STARCH,NATURALFLAVOR(WITHMILK)),XANTHANGUM,REDPEPPER,SWEETPOTATOEXTRACT,SODIUMBENZOATEAND POTASSIUM SORBATE (PRESERVATIVES), HABANERO CHILI POWDER</p>
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Personal Trainer Food Ingredient Information

A	BroccoliFlorets	Broccoli
B	Roasted Blend	Roasted Sweet Potatoes, Roasted Yellow Carrots, Roasted Parsnips Roasted Red Peppers, Roasted Red Onions, IQF Kale, Light Olive Oil Sea Salt
C	MixedVegetables	Carrots,Corn,Peas,Greenbeans,Limabeans,and Salt
D	CauliflowerFlorets	Cauliflower
E	Green Beans	Green beans
F	NormandyBlend	Broccoli,Cauliflower,Carrots,Zucchini,Yellowsquash
G	YellowSquash	Yellowsquash
H	GreenZucchini	Greenzucchini
J	CaribbeanBlend	Broccoli, Yellowcarrots,Wholegreenbeans,andRedpeppers
K	Cauliflower Rice	Cauliflower
L	PTFBlend	Sugarsnappeas, Yellowcarrots,Carrots,andBroccoli
M	CapriBlend	Carrots,Greenbeans,Yellowsquash,andZucchini
N	ItalianBlend	Zucchini,Cauliflower,Carrots,Italiantypegreenbeans,Limabeans,Redpeppers,andSalt
P	Seasoned Sweet Corn and Peppers	Greenbeans, Carrots,Cauliflower,Redpeppers,Yellowpeppers,andOnions
Q	ScandinavianBlend	Peas,Zucchini,Greenbeans,Carrots,Onions,andSalt
R	CaliforniaBlend	Broccoli, Cauliflower,andCarrots
S	OrientalStirFry	Greenbeans,Broccoli,Carrots,Celery,Onions,Waterchestnuts,andRedpeppers
T	BrusselsSprouts	Brusselssprouts
V	Asparagus	Asparagus
W	Sauteed Peppers and Onions	Onion, Red Pepper, Green Pepper
X	OmahaBlend	Greenbeans,Waxbeans,Carrots,Kidneybeans (Water,Kidneybeans),Peas,Babylimabeans,and Salt
Y	SeasonsMix	BroccoliandCauliflower
Z	KeyWestBlend	Greenbeans,Carrots,Yellowcarrots,andRedpeppers
Z A	NorwayBlend	Broccoli,Carrots,Greenbeans,Yellowcarrots,Waxbeans,andRedpeppers
U	LimaBeans	BabylimabeansandSalt
O	ItalianGreenBeans	Italiangreenbeans

Personal Trainer Food Butter Sauce Information

Menu Item	Servings Per Package	Serving Size (oz)	Calories	Calories from Fat	Fat (g)			Saturated Fat (g)			Cholesterol (mg)			Sodium (mg)			Total Carbohydrates (g)			Protein (g)		Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
					%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV							
Sweet Garlic Butter Sauce (8 floz.)	32	0.25	60	60	7	11	1	6	0	0	0	36	2	0	0	0	0	0	0	0	0	1	0	0	0
Sweet Garlic Butter Sauce (4 floz.)	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 floz.)	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 floz.)	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 floz.)	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 floz.)	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	

Ingredients

Sweet Garlic Butter Sauce (8 floz.)	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, Dimethyl polysiloxane, 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 floz.)	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, Dimethyl polysiloxane, 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 floz.)	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, Dimethyl polysiloxane, 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, Parsely, 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 Add-On Nutrition 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, Dimethyl polysiloxane, 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, Dimethyl polysiloxane, 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, Dimethyl polysiloxane, 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.

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)
U	Chocolate Shake	1	1.00	100	15	2	2	0	0	5	2	260	11	7	2	1	4	4	1	30	20	20	20	20
R	Vanilla Shake	1	1.00	100	15	1.5	2	0	0	5	5	70	3	7	2	0	0	5	15	30	2	20	20	20

PersonalTrainerFood Add-OnNutritionInformation

Ingredients

<p>ChocolateShake</p>	<p>Proteinblend(Calcium caseinate, Milkproteinconcentrate, Sodiumcaseinate), Cocoapowder(processedwithalkali), Fructose, Skim milkpowder,Naturaland artificialflavors,Sunfloweroil, Maltodextrin,Sea salt,Modified cornstarch,Vitaminand mineralmix(Ascorbic acid,Ferrous fumarate, VitaminEasacetate,Niacinamide,Coppergluconate,Zincoxide,Calciumd-pantothenate,Manganesesulfate,PyridoxineHCl,Riboflavin,Thiamin mononitrate,VitaminAaspalmitate, Chromiumchloride,Folicacid, D-biotin,Potassiumiodide,Sodiummolybdate,Sodiumselenite,PhytonadioneasvitaminK1,CholecalciferolasvitaminD3,CyanocobalaminasvitaminB12),Guar gum, Dipotassiumphosphate,Magnesiumoxide,Sunflowerlecithin, Sucralose&acesulfame-potassium(non-nutritivesweeteners),solecithin.Silicondioxide,Mono-diglycerides,Tocopherols.Manufacturedinafacilitythat processes egg, wheat, peanuts, and tree nuts.</p>
<p>VanillaShake</p>	<p>Protein blend (calcium caseinate [milk], sodium caseinate), fructose, sunflower oil, natural and artificial flavors, maltodextrin, dipotassium phosphate, vitamin and mineral mix (ascorbic acid, ferrous fumarate, vitamin E as acetate, niacinamide, copper gluconate, zinc oxide, calciumd-pantothenate,manganesesulfate,pyridoxineHCl,riboflavin,thiaminmononitrate,vitaminAaspalmitate,chromiumchloride,folic acid, d-biotin, potassium iodide, sodium molybdate, sodium selenite, phytonadione as vitaminK 1, cholecalciferol as vitamin D3, cyanocobalaminasvitaminB12),sunflowerlecithin,salt,magnesiumoxide,modifiedcellulose,sucralose(non-nutritivesweetener),mono-diglyceride,tocopherols,silicondioxide,beta-carotene(color).Manufacturedinafacilitythat processesegg,soy, wheat,peanuts andtree nuts.</p>