

Greek Feta Turkey Burger

Lean ground turkey and zucchini burger topped with a fresh Greek style salad consisting of cucumbers, grape tomatoes, red onion, and feta cheese tossed in red wine vinegar. This meal is complete with a side of broccoli and brown rice.

Reg. Cal 217-Carb 14g-Protein 30g-Fat 4g-Sodium 565mg (24%)

Large Cal 252-Carb 14g-Protein 37g-Fat 5g-Sodium 584mg (24%)

Turkey Quinoa Meatballs

Extra lean ground turkey and quinoa meatballs cooked in homemade tomato sauce served with sautéed zucchini and squash.

Reg. Cal 339-Carb 30g-Protein 34g-Fat 10g-Sodium 680mg (28%)

Large Cal 409-Carb 30g-Protein 47g-Fat 11g-Sodium 712mg (29%)

Thai Basil Chicken

Ground chicken cooked with a garlic and chili paste and finished with Thai basil. Served with brown rice and stir-fry vegetables.

Reg. Cal 328-Carb 39g-Protein 31g-Fat 5g-Sodium 214mg (9%)

Large Cal 359-Carb 39g-Protein 37g-Fat 5g-Sodium 233mg (10%)

Turkey Chili

Hearty chili made with extra lean ground turkey, tomato, kidney beans, bell pepper, onion and spices; topped with green onion.

Reg. Cal 287- Carb 26g-Protein 33g-Fat 6g-Sodium 499mg (21%)

Large Cal 322-Carb 31g-Protein 40g-Fat 7g-Sodium 515mg (21%)

Grilled Chimichurri Chicken

Seasoned, grilled chicken topped with a delicious chimichurri sauce and paired with brown rice and fresh asparagus.

Reg. Cal 343-Carb 36g-Protein 30g-Fat 8g-Sodium 132mg (5%)

Large Cal 374-Carb 36g-Protein 37g-Fat 9g-Sodium 151mg (6%)

Southwest Chicken

Chipotle grilled chicken breast served with a stuffed sweet potato and broccoli. The sweet potato is stuffed with a black bean, bell pepper, and corn mixture perfect for a southwest style meal.

Reg. Cal 305-Carb 32g-Protein 33g-Fat 5g-Sodium 527mg (22%)

Large Cal 336-Carb 32g-Protein 39g-Fat 6g-Sodium 546mg (23%)

Cuban Ropa Vieja

Cuban dish consisting of stewed beef with vegetables and served with traditional homemade black beans.

Reg. Cal 429 Carb 40g-Protein 34g-Fat 15g-Sodium 290mg (12%)

Large Cal 474-Carb 40g-Protein 40g-Fat 9g-Sodium 151mg (13%)

SuperFit Bowl

A delicious bowl built on a bed of jasmine rice. Toppings include ground beef, bell peppers, onions, corn, black beans, and a variety of spices.

Reg. Cal 350-Carb 35g-Protein 27g-Fat 8g-Sodium 475mg (20%)

Large Cal 385-Carb 35g-Protein 32g-Fat 9g-Sodium 488mg (20%)

Hoisin Glazed Pork

Packed full of Asian flavors, the pork is glazed in hoisin sauce and is served with a side of wonton noodles tossed in a lime infused peanut sauce.

Reg. Cal 389-Carb 48g-Protein 40g-Fat 6g-Sodium 976mg (41%)

Large Cal 423-Carb 48g-Protein 46g-Fat 7g-Sodium 990mg (41%)

Turkey Picadillo

Lean ground turkey slowly simmered with onion, garlic, peppers, tomato, olives, and spices served with sweet potato and broccoli.

Reg. Cal 304-Carb 29g-Protein 30g-Fat 6g-Sodium 282mg (12%)

Large Cal 339-Carb 29g-Protein 37g-Fat 7g-Sodium 299mg (12%)

Asian Salmon Salad

Flaky salmon on a bed of fresh baby spinach and spring mix topped with edamame, carrots, cabbage, and a sesame ginger dressing.

Reg. Cal 413-Carb 17g-Protein 29g-Fat 26g-Sodium 749mg (22%)

Large Cal 510-Carb 39g-Protein 39g-Fat 7g-Sodium 840mg (23%)

Chinese Green Bean & Turkey Bowl

Fresh green beans and lean ground turkey flavored with a delicious Asian sauce and served over jasmine rice.

Reg. Cal 359-Carb 45g-Protein 31g-Fat 5g-Sodium 734mg (31%)

Large Cal 429-Carb 45g-Protein 44g-Fat 6g-Sodium 840mg (32%)

Pork Tenderloin w/Blueberry Sauce

Pork tenderloin slow cooked to perfection topped with a blueberry sauce that compliments the pork. This dish is served with delicious roasted red potatoes and grilled asparagus.

Reg. Cal 359-Carb 45g-Protein 31g-Fat 5g-Sodium 734mg (31%)

Large Cal 429-Carb 45g-Protein 44g-Fat 6g-Sodium 840mg (32%)

Tarragon Chicken Salad

A delicious chicken salad made with fresh ingredients and spices including tarragon, served with edamame and pita bread.

Reg. Cal 549-Carb 28g-Protein 35g-Fat 32g-Sodium 650mg (27%)

Large Cal 611-Carb 28g-Protein 48g-Fat 32g-Sodium 687mg (29%)

Szechuan Chicken

Sambal chile paste and fresh ginger add the perfect spice to our Szechuan Chicken. Complete with bell peppers, snap peas, and served on a bed of brown rice.

Reg. Cal 393-Carb 41g-Protein 34g-Fat 10g-Sodium 414mg (17%)

Large Cal 455-Carb 41g-Protein 47g-Fat 11g-Sodium 452mg (18%)

Turkey Picadillo

Lean ground turkey slowly simmered with onion, garlic, peppers, tomato, olives, and spices served with sweet potato and broccoli.

Reg. Cal 304-Carb 29g-Protein 30g-Fat 6g-Sodium 282mg (12%)

Large Cal 339-Carb 29g-Protein 37g-Fat 7g-Sodium 299mg (12%)

Arroz Con Pollo

Marinated chicken and brown rice combined with a sauce made from onion, cilantro, garlic, peppers & tomato slow cooked in one dish.

Reg. Cal 326-Carb 36g-Protein 30g-Fat 6g-Sodium 522mg (22%)

Large Cal 357-Carb 36g-Protein 37g-Fat 6g-Sodium 541mg (23%)

Balsamic Chicken

Natural chicken breast marinated in balsamic and garlic then grilled. Served with brown rice and green beans.

Reg. Cal 330-Carb 45g-Protein 34g-Fat 4g-Sodium 377mg (16%)

Large Cal 361-Carb 45g-Protein 41g-Fat 5g-Sodium 396mg (16%)

BBQ Chicken

Shredded chicken breast tossed in a homemade BBQ sauce served with a side of pinto beans and grilled corn on the cob.

Reg. Cal 378-Carb 43g-Protein 38g-Fat 4g-Sodium 500mg (21%)

Large Cal 408-Carb 43g-Protein 44g-Fat 4g-Sodium 519mg (22%)

Chicken & Black Beans

Pan-seared chicken and black beans cooked with jalapeno, lime, cilantro and onion served with brown rice.

Reg. Cal 394-Carb 49g-Protein 37g-Fat 5g-Sodium 157mg (7%)

Large Cal 425-Carb 49g-Protein 43g-Fat 5g-Sodium 176mg (7%)

Chicken Ropa Vieja

Tender, slow roasted chicken shredded and mixed with delicious red and green peppers creating a savory and flavorful mix that can be placed on hand-made flour tortillas.

Reg. Cal 303-Carb 29g-Protein 33g-Fat 3g-Sodium 477mg (22%)

Large Cal 334-Carb 29g-Protein 39g-Fat 4g-Sodium 495mg (22%)

Grilled Chicken & Carrot Farrotto

Marinated grilled chicken with Italian carrot farrotto and fresh grilled asparagus.

Reg. Cal 369-Carb 54g-Protein 35g-Fat 7g-Sodium 540mg (22%)

Large Cal 400-Carb 54g-Protein 42g-Fat 8g-Sodium 558mg (23%)

Turkey Spaghetti

Wheat pasta topped with extra lean ground turkey that has been cooked in a homemade tomato sauce.

Reg. Cal 452-Carb 66g-Protein 41g-Fat 7g-Sodium 550mg (23%)

Large Cal 487-Carb 66g-Protein 47g-Fat 5g-Sodium 566mg (24%)

Kung Pao Chicken

A Classic Chinese dish minus the sodium. Natural chicken breast sautéed in bell peppers, snow peas, ginger, red chili sauce, and cashews served with brown rice.

Reg. Cal 300-Carb 32g-Protein 31g-Fat 6g-Sodium 352mg (15%)

Large Cal 331-Carb 32g-Protein 38g-Fat 6g-Sodium 371mg (15%)

Mediterranean Kabobs

Marinated and skewered chicken served with homemade roasted red pepper hummus, broccoli and brown rice.

Reg. Cal 350-Carb 35g-Protein 27g-Fat 8g-Sodium 475mg (20%)

Large Cal 385-Carb 35g-Protein 32g-Fat 9g-Sodium 488mg (20%)

Orange Chicken

Natural chicken breast marinated with orange juice, organic honey, lite soy sauce, ginger and spices served with steamed brown rice and broccoli.

Reg. Cal 348-Carb 49g-Protein 31g-Fat 3g-Sodium 550mg (23%)

Large Cal 379-Carb 49g-Protein 38g-Fat 3g-Sodium 569mg (24%)

Puerto Rican Pinchos

Grilled Puerto Rican style chicken skewers topped with a homemade BBQ sauce and served with brown rice and fresh broccoli.

Reg. Cal 338-Carb 42g-Protein 32g-Fat 4g-Sodium 568mg (24%)

Large Cal 369-Carb 42g-Protein 39g-Fat 5g-Sodium 587mg (24%)

Beef Fajitas & Charro Beans

Marinated, grilled steak sliced and served with roasted bell peppers and red onions. This meal comes with a side of corn tortillas and charro beans.

Reg. Cal 334-Carb 27g-Protein 30g-Fat 12g-Sodium 185mg (8%)

Large Cal 454-Carb 27g-Protein 45g-Fat 18g-Sodium 229mg (10%)

Turkey Meatloaf

Extra lean ground turkey combined with thyme, shallots and mushrooms. Baked then topped with tomato thyme sauce and served with roasted cauliflower and brown rice.

Reg. Cal 340-Carb 31g-Protein 33g-Fat 9g-Sodium 576mg (24%)

Large Cal 375-Carb 31g-Protein 39g-Fat 10g-Sodium 593mg (24%)

Sriracha Chicken Skewers

These delicious skewers are made with ground chicken, red onion, cilantro, and Sriracha. This meal is complete with a side of jasmine rice and yellow squash.

Reg. Cal 323-Carb 39g-Protein 28g-Fat 5g-Sodium 445mg (19%)

Large Cal 359-Carb 39g-Protein 34g-Fat 5g-Sodium 458mg (19%)

