

**Signature Salads (no dressing)**

| RecipeName                       | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|----------------------------------|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| Antipasto Chop LTO               | 340      | 220             | 24g      | 8g           | 0g       | 45mg        | 1190mg | 16g           | 7g           | 5g     | 16g     | 280%     | 20%      | 25%     | 20%  |
| Asian Chop                       | 140      | 35              | 3.5g     | 0g           | 0g       | 0mg         | 150mg  | 22g           | 7g           | 7g     | 8g      | 260%     | 130%     | 10%     | 15%  |
| Asian Chicken Chop               | 230      | 70              | 7g       | 1.5g         | 0g       | 35mg        | 550mg  | 21g           | 7g           | 6g     | 23g     | 260%     | 120%     | 8%      | 15%  |
| Asparagus Tomato Chop            | 430      | 130             | 15g      | 4.5g         | 0g       | 15mg        | 730mg  | 62g           | 9g           | 3g     | 18g     | 100%     | 100%     | 15%     | 15%  |
| Avocado Cali Chop                | 270      | 180             | 22g      | 7g           | 0g       | 20mg        | 360mg  | 15g           | 8g           | 3g     | 9g      | 80%      | 50%      | 20%     | 6%   |
| Bacon Blue Cheese Chop LTO       | 200      | 120             | 13g      | 7g           | 0g       | 45mg        | 670mg  | 8g            | 4g           | 4g     | 13g     | 240%     | 45%      | 20%     | 10%  |
| BBQ Chicken Chop                 | 340      | 90              | 9g       | 1g           | 0g       | 35mg        | 690mg  | 37g           | 7g           | 4g     | 23g     | 280%     | 15%      | 8%      | 25%  |
| Buffalo Chicken Chop             | 290      | 130             | 13g      | 5g           | 0g       | 85mg        | 1620mg | 16g           | 4g           | 4g     | 28g     | 230%     | 70%      | 6%      | 10%  |
| Brussels sprouts quinoa chop LTO | 510      | 190             | 22g      | 7g           | 0g       | 20mg        | 850mg  | 69g           | 11g          | 23g    | 18g     | 90%      | 190%     | 30%     | 15%  |
| Caesar Chop                      | 160      | 60              | 7g       | 2g           | 0g       | 10mg        | 400mg  | 21g           | 4g           | 4g     | 9g      | 280%     | 30%      | 20%     | 10%  |
| California Caprese Chop LTO      | 160      | 120             | 11g      | 6g           | 0g       | 30mg        | 270mg  | 7g            | 3g           | 1g     | 14g     | 35%      | 15%      | 35%     | 4%   |
| Caesar Chicken Chop              | 260      | 90              | 10g      | 3g           | 0g       | 45mg        | 830mg  | 21g           | 4g           | 4g     | 25g     | 280%     | 30%      | 20%     | 10%  |
| Cobb Chop Salad                  | 440      | 240             | 25g      | 12g          | 0g       | 290mg       | 1630mg | 17g           | 4g           | 5g     | 36g     | 290%     | 20%      | 20%     | 15%  |
| Greek Chicken Chop               | 340      | 100             | 11g      | 5g           | 0g       | 55mg        | 1540mg | 20g           | 7g           | 4g     | 24g     | 280%     | 25%      | 10%     | 10%  |
| Harvest Chop                     | 380      | 210             | 23g      | 9g           | 0g       | 85mg        | 1090mg | 16g           | 5g           | 5g     | 31g     | 80%      | 90%      | 25%     | 10%  |
| Honey chipotle chicken chop LTO  | 270      | 100             | 10g      | 2g           | 0g       | 35mg        | 500mg  | 23g           | 7g           | 6g     | 23g     | 220%     | 210%     | 15%     | 15%  |
| Kale Bacon Caesar Chop LTO       | 300      | 190             | 20g      | 7g           | 0g       | 55mg        | 870mg  | 13g           | 6g           | 3g     | 20g     | 280%     | 100%     | 25%     | 15%  |
| Kale Quinoa Chop                 | 400      | 70              | 8g       | 1g           | 0g       | 0mg         | 380mg  | 71g           | 10g          | 6g     | 15g     | 150%     | 150%     | 8%      | 8%   |
| Korean Chicken Chop              | 360      | 150             | 17g      | 3g           | 0g       | 35mg        | 550mg  | 27g           | 9g           | 8g     | 29g     | 240%     | 170%     | 10%     | 20%  |
| Lemon pepper chicken chop LTO    | 280      | 80              | 9g       | 4g           | 0g       | 50mg        | 710mg  | 32g           | 6g           | 19g    | 22g     | 170%     | 60%      | 10%     | 8%   |
| Mexican Caesar Chop LTO          | 500      | 100             | 33g      | 16g          | 1g       | 85mg        | 990mg  | 26g           | 4g           | 8g     | 25g     | 290%     | 70%      | 80%     | 10%  |
| Moroccan Kale Quinoa Chop        | 490      | 80              | 9g       | 1.5g         | 0g       | 0mg         | 410mg  | 96g           | 12g          | 23g    | 16g     | 280%     | 190%     | 15%     | 10%  |
| Santorini Mediterranean Chop LTO | 200      | 70              | 8g       | 3g           | 0g       | 15mg        | 470mg  | 27g           | 5g           | 9g     | 9g      | 240%     | 90%      | 60%     | 10%  |
| Shaved Brussels Sprouts Chop LTO | 300      | 110             | 13g      | 7g           | 0g       | 60mg        | 760mg  | 26g           | 5g           | 15g    | 25g     | 70%      | 160%     | 25%     | 10%  |
| Southwest Chipotle Chop          | 350      | 90              | 9g       | 1g           | 0g       | 35mg        | 680mg  | 40g           | 7g           | 6g     | 23g     | 280%     | 25%      | 8%      | 25%  |
| Spicy Inferno Chop               | 190      | 50              | 6g       | 1g           | 0g       | 35mg        | 940mg  | 17g           | 5g           | 5g     | 20g     | 300%     | 100%     | 6%      | 10%  |
| Watermelon Chop                  | 230      | 120             | 14g      | 4g           | 0g       | 15mg        | 340mg  | 20g           | 5g           | 8g     | 11g     | 100%     | 100%     | 15%     | 10%  |

**Signature Crave-a-bowls (no dressing)**

| RecipeName                             | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|--|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| Asian Chicken Bowl LTO                 | 280      | 50              | 5g       | 1.5g         | 0g       | 35mg        | 1380mg | 38g           | 5g           | 4g     | 20g     | 90%      | 100%     | 4%      | 10%  |
| Brussels sprouts sweet potato bowl LTO | 780      | 230             | 23g      | 3.5g         | 0g       | 0mg         | 1050mg | 129g          | 16g          | 25g    | 24g     | 150%     | 210%     | 15%     | 15%  |
| Buffalo Cauliflower Bowl LTO           | 370      | 110             | 13g      | 6g           | 0g       | 20mg        | 2230mg | 50g           | 7g           | 5g     | 13g     | 30%      | 120%     | 20%     | 10%  |
| Butternut squash bowl LTO              | 920      | 360             | 41g      | 6g           | 0g       | 0mg         | 770mg  | 128g          | 19g          | 21g    | 22g     | 240%     | 80%      | 10%     | 15%  |
| Cauliflower rice veggie bowl           | 240      | 100             | 8g       | 2g           | 0g       | < 5mg       | 1220mg | 32g           | 7g           | 7g     | 9g      | 120%     | 140%     | 15%     | 15%  |
| Chicken Pesto Bowl                     | 720      | 160             | 18g      | 3g           | 0g       | 35mg        | 1140mg | 107g          | 12g          | 4g     | 37g     | 90%      | 150%     | 6%      | 15%  |
| Chipotle sweet potato bowl             | 230      | 30              | 3.5g     | 0g           | 0g       | 0mg         | 1070mg | 43g           | 6g           | 4g     | 9g      | 60%      | 130%     | 8%      | 10%  |
| Fingerling Potato Bowl LTO             | 720      | 160             | 18g      | 3g           | 0g       | 0mg         | 950mg  | 119g          | 13g          | 5g     | 21g     | 30%      | 70%      | 6%      | 15%  |
| Korean BBQ Chicken Bowl LTO            | 380      | 70              | 8g       | 1.5g         | 0g       | 35mg        | 1500mg | 52g           | 7g           | 5g     | 25g     | 70%      | 140%     | 8%      | 20%  |
| Mediterranean Bowl                     | 430      | 90              | 10g      | 4.5g         | 0g       | 50mg        | 2390mg | 42g           | 7g           | 3g     | 24g     | 70%      | 35%      | 10%     | 10%  |
| Mexican Bowl                           | 450      | 90              | 10g      | 4.5g         | 0g       | 50mg        | 1950mg | 60g           | 9g           | 4g     | 30g     | 15%      | 30%      | 15%     | 35%  |
| Mexican Bowl w/Avo                     | 620      | 210             | 24g      | 7g           | 0g       | 50mg        | 1950mg | 69g           | 16g          | 5g     | 32g     | 20%      | 50%      | 20%     | 35%  |
| Miso carrot bowl LTO                   | 300      | 50              | 6g       | 0.5g         | 0g       | 0mg         | 1580mg | 52g           | 8g           | 10g    | 10g     | 340%     | 45%      | 10%     | 15%  |
| Quinoa Veggie Bowl                     | 740      | 220             | 25g      | 4g           | 0g       | 0mg         | 790mg  | 110g          | 20g          | 4g     | 24g     | 60%      | 35%      | 8%      | 30%  |
| Spicy Teriyaki Chicken Bowl            | 320      | 60              | 7g       | 1.5g         | 0g       | 35mg        | 1390mg | 40g           | 6g           | 4g     | 24g     | 70%      | 60%      | 8%      | 10%  |

**Dressings 1.1 oz serving size**

| RecipeName               | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|--------------------------|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| Ancho chili lime ranch   | 90       | 80              | 9g       | 2.5g         | 0g       | 15mg        | 135mg  | 1g            | 0g           | 1g     | < 1g    | 2%       | 0%       | 2%      | 0%   |
| Balsamic vinaigrette     | 180      | 160             | 19g      | 2.5g         | 0g       | 0mg         | 150mg  | 4g            | 0g           | 4g     | 0g      | 0%       | 0%       | 0%      | 2%   |
| Blue Cheese Dressing     | 140      | 130             | 14g      | 2.5g         | 0g       | 10mg        | 400mg  | 1g            | 0g           | 1g     | 1g      | 0%       | 0%       | 2%      | 0%   |
| Caesar dressing          | 160      | 150             | 17g      | 3g           | 0g       | 5mg         | 380mg  | 1g            | 0g           | 0g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Chipotle Ranch Dressing  | 90       | 70              | 8g       | 2.5g         | 0g       | 15mg        | 160mg  | 2g            | 0g           | 1g     | < 1g    | 2%       | 0%       | 2%      | 0%   |
| Citrus Dijon Vinaigrette | 130      | 120             | 14g      | 2g           | 0g       | 0mg         | 220mg  | 2g            | 0g           | < 1g   | 0g      | 0%       | 6%       | 0%      | 0%   |
| Greek dressing           | 70       | 70              | 8g       | 1.5g         | 0g       | < 5mg       | 230mg  | 2g            | 0g           | < 1g   | 0g      | 0%       | 0%       | 2%      | 0%   |

**Dressings 1.1 oz serving size**

| RecipeName                              | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|---|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| Honey Mustard Dressing                  | 100      | 80              | 9g       | 1.5g         | 0g       | 10mg        | 150mg  | 9g            | 0g           | 7g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Italian dressing                        | 160      | 160             | 18g      | 1.5g         | 0g       | 0mg         | 170mg  | < 1g          | 0g           | 0g     | < 1g    | 0%       | 0%       | 2%      | 2%   |
| Jalapeno Lime Vinaigrette               | 170      | 170             | 19g      | 3g           | 0g       | 0mg         | 150mg  | < 1g          | 0g           | 0g     | 0g      | 2%       | 2%       | 0%      | 0%   |
| Lemon cilantro dressing                 | 160      | 150             | 16g      | 1g           | 0g       | 0mg         | 210mg  | 2g            | 0g           | 1g     | 0g      | 4%       | 4%       | 0%      | 2%   |
| Oil and Vinegar                         | 180      | 180             | 20g      | 3g           | 0g       | 0mg         | 0mg    | 0g            | 0g           | 0g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Pear Thyme Vinaigrette                  | 130      | 100             | 12g      | 2g           | 0g       | 0mg         | 180mg  | 11g           | 1g           | 8g     | 0g      | 0%       | 4%       | 2%      | 10%  |
| Ranch Dressing                          | 110      | 100             | 11g      | 2.5g         | 0g       | 15mg        | 220mg  | 1g            | 0g           | < 1g   | < 1g    | 2%       | 0%       | 2%      | 0%   |
| Sesame Ginger Dressing                  | 120      | 90              | 10g      | 1.5g         | 0g       | 0mg         | 280mg  | 7g            | 0g           | 6g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Smokey and Spicy Honey Mustard Dressing | 100      | 70              | 8g       | 1.5g         | 0g       | 10mg        | 160mg  | 8g            | 0g           | 6g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Soy Dijon Dressing LTO                  | 140      | 130             | 15g      | 2g           | 0g       | 0mg         | 550mg  | 5g            | 0g           | 4g     | < 1g    | 0%       | 2%       | 0%      | 2%   |
| Spicy Thai Dressing                     | 140      | 120             | 13g      | 1g           | 0g       | 0mg         | 250mg  | 4g            | 0g           | 3g     | 0g      | 2%       | 2%       | 0%      | 2%   |
| Strawberry Balsamic Vinaigrette         | 160      | 150             | 16g      | 2.5g         | 0g       | 0mg         | 115mg  | 5g            | 0g           | 4g     | 0g      | 0%       | 0%       | 0%      | 0%   |

**Drizzles .5 oz serving size**

| RecipeName               | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|--------------------------|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| BBQ Sauce Drizzle        | 25       | 0               | 0g       | 0g           | 0g       | 0mg         | 110mg  | 7g            | 0g           | 6g     | 0g      | 2%       | 2%       | 0%      | 0%   |
| Buffalo Sauce Drizzle    | 0        | 0               | 0g       | 0g           | 0g       | 0mg         | 360mg  | < 1g          | 0g           | 0g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Cholula hot sauce        | 0        | 0               | 0g       | 0g           | 0g       | 0mg         | 260mg  | 0g            | 0g           | 0g     | 0g      | 0%       | 0%       | 0%      | 6%   |
| Fresh Squeezed Lemon-1/2 | 5        | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 2g            | 0g           | < 1g   | 0g      | 0%       | 20%      | 0%      | 0%   |
| Fresh Squeezed Lime-1/2  | 5        | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 2g            | 0g           | 0g     | 0g      | 0%       | 15%      | 0%      | 0%   |
| Honey Chipotle Drizzle   | 50       | 40              | 4.5g     | 0.5g         | 0g       | 0mg         | 170mg  | 3g            | 0g           | 2g     | 0g      | 0%       | 2%       | 0%      | 0%   |
| Korean BBQ drizzle       | 25       | 0               | 0g       | 0g           | 0g       | 0mg         | 150mg  | 6g            | 0g           | 5g     | 0g      | 2%       | 2%       | 0%      | 0%   |
| Peanut Drizzle           | 60       | 40              | 4.5g     | 1g           | 0g       | 0mg         | 110mg  | 3g            | 0g           | 2g     | < 1g    | 0%       | 0%       | 0%      | 0%   |
| Pesto drizzle LTO        | 100      | 100             | 11g      | 1.5g         | 0g       | 0mg         | 25mg   | 0g            | 0g           | 0g     | 0g      | 2%       | 0%       | 2%      | 0%   |
| Sesame glaze LTO         | 35       | 25              | 2.5g     | 0g           | 0g       | 0mg         | 280mg  | 3g            | 0g           | 2g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Sriracha Sauce Drizzle   | 10       | 0               | 0g       | 0g           | 0g       | 0mg         | 230mg  | 2g            | 0g           | 1g     | 0g      | 4%       | 10%      | 0%      | 2%   |
| Spicy Teriyaki Glaze     | 20       | 0               | 0g       | 0g           | 0g       | 0mg         | 340mg  | 4g            | 0g           | 4g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Thai Chili Glaze LTO     | 35       | 0               | 0g       | 0g           | 0g       | 0mg         | 35mg   | 4g            | 0g           | 8g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| Wasabi Crème Drizzle     | 25       | 20              | 2g       | 1.5g         | 0g       | 10mg        | 30mg   | 1g            | 0g           | < 1g   | 0g      | 2%       | 0%       | 2%      | 0%   |

**Soups**

| RecipeName                 | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|----------------------------|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| Chicken Noodle Soup-Large  | 210      | 60              | 7g       | 2.5g         | 0g       | 35mg        | 1720mg | 27g           | 0g           | 1g     | 10g     | 100%     | 6%       | 2%      | 15%  |
| Chicken Noodle Soup-Small  | 160      | 50              | 5g       | 2g           | 0g       | 25mg        | 1150mg | 21g           | 0g           | < 1g   | 7g      | 70%      | 4%       | 2%      | 15%  |
| Meat Chili - Large         | 340      | 140             | 16g      | 6g           | 1g       | 55mg        | 890mg  | 26g           | 7g           | 9g     | 23g     | 0%       | 35%      | 10%     | 25%  |
| Meat Chili - Small         | 160      | 70              | 8g       | 3g           | 0.5g     | 25mg        | 420mg  | 12g           | 3g           | 4g     | 11g     | 0%       | 15%      | 6%      | 10%  |
| Mushroom Bisque Soup-Large | 260      | 120             | 14g      | 7g           | 0g       | 30mg        | 1290mg | 28g           | 3g           | 4g     | 5g      | 0%       | 2%       | 6%      | 15%  |

|                                    |     |     |     |      |      |      |        |     |      |     |     |     |     |     |     |
|------------------------------------|-----|-----|-----|------|------|------|--------|-----|------|-----|-----|-----|-----|-----|-----|
| Mushroom Bisque Soup-Small         | 190 | 80  | 10g | 4.5g | 0g   | 20mg | 870mg  | 22g | 2g   | 3g  | 4g  | 0%  | 2%  | 4%  | 10% |
| Red Pepper Gouda Bisque Soup-Large | 520 | 330 | 37g | 18g  | 0.5g | 85mg | 1290mg | 41g | 1g   | 19g | 7g  | 30% | 50% | 15% | 15% |
| Red Pepper Gouda Bisque Soup-Small | 360 | 220 | 25g | 12g  | 0g   | 55mg | 870mg  | 31g | < 1g | 12g | 5g  | 20% | 35% | 10% | 15% |
| Tomato Bisque Soup-Large           | 470 | 280 | 31g | 9g   | 0g   | 45mg | 1310mg | 40g | 4g   | 23g | 7g  | 8%  | 6%  | 6%  | 20% |
| Tomato Bisque Soup-Small           | 330 | 190 | 21g | 6g   | 0g   | 30mg | 880mg  | 30g | 3g   | 15g | 5g  | 6%  | 4%  | 4%  | 15% |
| Vegetarian Chili-Large             | 290 | 45  | 5g  | 0g   | 0g   | 0mg  | 1210mg | 50g | 14g  | 7g  | 10g | 50% | 0%  | 10% | 25% |
| Vegetarian Chili-Small             | 210 | 35  | 4g  | 0g   | 0g   | 0mg  | 820mg  | 36g | 9g   | 5g  | 7g  | 35% | 0%  | 8%  | 20% |

### BYO Ingredients

| RecipeName       | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|------------------|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| BYO Black Olives | 30       | 25              | 2.5g     | 0g           | **       | 0mg         | 190mg  | 2g            | < 1g         | 0g     | 0g      | 2%       | 0%       | 2%      | 4%   |

### BYO Ingredients

| RecipeName                             | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|--|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| BYO grated parmesan                    | 60       | 35              | 4g       | 2g           | **       | 10mg        | 250mg  | 2g            | 0g           | 0g     | 4g      | 2%       | 0%       | 10%     | 0%   |
| BYO Apples                             | 15       | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 4g            | < 1g         | 3g     | 0g      | 0%       | 2%       | 0%      | 0%   |
| BYO Banana Peppers                     | 5        | 0               | 0g       | 0g           | 0g       | 0mg         | 490mg  | 1g            | 0g           | 0g     | 0g      | 0%       | 30%      | 0%      | 0%   |
| BYO Bean Sprouts                       | 70       | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 12g           | 3g           | 1g     | 5g      | 0%       | 2%       | 2%      | 8%   |
| BYO Black Beans                        | 35       | 0               | 0g       | 0g           | 0g       | 0mg         | 95mg   | 6g            | 2g           | 0g     | 2g      | 0%       | 0%       | 2%      | 10%  |
| BYO Black Beans Hot                    | 90       | 0               | 0g       | 0g           | 0g       | 0mg         | 410mg  | 16g           | 5g           | 0g     | 6g      | 0%       | 0%       | 4%      | 25%  |
| BYO Blue Cheese Crumbles               | 90       | 60              | 7g       | 5g           | **       | 20mg        | 290mg  | < 1g          | 0g           | 0g     | 5g      | 4%       | 0%       | 15%     | 0%   |
| BYO Broccoli Florets                   | 5        | 0               | 0g       | 0g           | 0g       | 0mg         | 0mg    | < 1g          | 0g           | 0g     | 0g      | 0%       | 10%      | 0%      | 0%   |
| BYO Celery                             | 0        | 0               | 0g       | 0g           | **       | 0mg         | 20mg   | < 1g          | 0g           | 0g     | 0g      | 2%       | 2%       | 2%      | 0%   |
| BYO Corn                               | 40       | 0               | 0g       | 0g           | 0g       | 0mg         | 20mg   | 8g            | 1g           | 2g     | 1g      | 0%       | 4%       | 0%      | 4%   |
| BYO Corn Jalapeno LTO                  | 80       | 20              | 2.5g     | 0g           | 0g       | 0mg         | 180mg  | 11g           | 2g           | 2g     | 2g      | 0%       | 10%      | 0%      | 6%   |
| BYO Croutons                           | 120      | 35              | 4g       | 0g           | 0g       | 0mg         | 320mg  | 20g           | 0g           | 0g     | 4g      | 0%       | 0%       | 0%      | 0%   |
| BYO Cucumbers                          | 0        | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | < 1g          | 0g           | 0g     | 0g      | 0%       | 2%       | 0%      | 0%   |
| BYO Diced Roma Tomatoes                | 5        | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 2g            | 0g           | 1g     | 0g      | 6%       | 10%      | 0%      | 0%   |
| BYO Dried Cranberries                  | 90       | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 23g           | 2g           | 18g    | 0g      | 0%       | 0%       | 0%      | 0%   |
| BYO Edamame                            | 45       | 15              | 2g       | 0g           | 0g       | 0mg         | 0mg    | 3g            | 2g           | 1g     | 4g      | 0%       | 6%       | 2%      | 4%   |
| BYO Feta Cheese Crumbles               | 70       | 50              | 5g       | 3.5g         | 0g       | 20mg        | 290mg  | < 1g          | 0g           | 0g     | 5g      | 4%       | 0%       | 6%      | 0%   |
| BYO - Roasted fingerling potatoes LTO  | 45       | 15              | 1.5g     | 0g           | 0g       | 0mg         | 115mg  | 8g            | < 1g         | 0g     | < 1g    | 0%       | 8%       | 2%      | 2%   |
| BYO Fresh Mushrooms                    | 0        | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | < 1g          | 0g           | 0g     | < 1g    | 0%       | 0%       | 0%      | 0%   |
| BYO Fresh Red Peppers                  | 10       | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 2g            | < 1g         | 1g     | 0g      | 20%      | 70%      | 0%      | 0%   |
| BYO Garbanzo Beans                     | 35       | 0               | 0.5g     | 0g           | 0g       | 0mg         | 105mg  | 6g            | 2g           | 1g     | 2g      | 0%       | 0%       | 2%      | 2%   |
| BYO Green Onions                       | 0        | 0               | 0g       | 0g           | **       | 0mg         | 0mg    | 0g            | 0g           | 0g     | 0g      | 6%       | 2%       | 0%      | 0%   |
| BYO Hard Boiled Eggs                   | 45       | 25              | 3g       | 1g           | **       | 105mg       | 35mg   | 0g            | 0g           | 0g     | 4g      | 2%       | 0%       | 2%      | 2%   |
| BYO Jalapeno Sliced                    | 0        | 0               | 0g       | 0g           | 0g       | 0mg         | 390mg  | < 1g          | 0g           | < 1g   | 0g      | 4%       | 15%      | 0%      | 0%   |
| BYO Kalamata Olives                    | 90       | 0               | 0g       | 0g           | 0g       | 0mg         | 730mg  | 2g            | 2g           | 0g     | 0g      | 0%       | 0%       | 0%      | 0%   |
| BYO Kale                               | 30       | 0               | 0.5g     | 0g           | **       | 0mg         | 20mg   | 5g            | 2g           | **     | 2g      | 110%     | 110%     | 8%      | 4%   |
| BYO - Maple dijon brussels sprouts LTO | 40       | 10              | 1.5g     | 0g           | 0g       | 0mg         | 180mg  | 7g            | 1g           | 4g     | 1g      | 6%       | 50%      | 2%      | 4%   |
| BYO - Miso glazed carrots LTO          | 40       | 10              | 1.5g     | 0g           | 0g       | 0mg         | 260mg  | 6g            | 1g           | 4g     | 1g      | 170%     | 4%       | 2%      | 0%   |
| BYO Napa Cabbage                       | 15       | 0               | 0g       | 0g           | **       | 0mg         | 10mg   | 3g            | 1g           | 2g     | < 1g    | 2%       | 35%      | 2%      | 2%   |
| BYO Parmesan herb cauliflower rice     |          |                 |          |              |          |             |        |               |              |        |         |          |          |         |      |
| BYO Peanuts                            | 130      | 90              | 11g      | 2g           | **       | 0mg         | 95mg   | 5g            | 2g           | 1g     | 6g      | 0%       | 0%       | 2%      | 2%   |
| BYO Pecans                             | 70       | 60              | 7g       | 0.5g         | **       | 0mg         | 0mg    | 1g            | < 1g         | 0g     | < 1g    | 0%       | 0%       | 0%      | 2%   |
| BYO Pico de Gallo                      | 10       | 0               | 0g       | 0g           | 0g       | 0mg         | 60mg   | 2g            | < 1g         | 1g     | 0g      | 4%       | 15%      | 0%      | 0%   |
| BYO Quinoa                             | 150      | 30              | 3.5g     | 0.5g         | 0g       | 0mg         | 125mg  | 27g           | 2g           | 0g     | 5g      | 0%       | 0%       | 0%      | 0%   |
| BYO Red Cabbage                        | 10       | 0               | 0g       | 0g           | **       | 0mg         | 10mg   | 2g            | < 1g         | 1g     | 0g      | 6%       | 25%      | 2%      | 2%   |

|                                       |           |          |           |           |           |            |             |           |           |           |           |             |            |           |            |
|---------------------------------------|-----------|----------|-----------|-----------|-----------|------------|-------------|-----------|-----------|-----------|-----------|-------------|------------|-----------|------------|
| BYO Red Onions                        | 10        | 0        | 0g        | 0g        | **        | 0mg        | 0mg         | 2g        | 0g        | 1g        | 0g        | 0%          | 4%         | 0%        | 0%         |
| BYO Roasted asparagus LTO             | 25        | 15       | 1.5g      | 0g        | 0g        | 0mg        | 115mg       | 2g        | < 1g      | < 1g      | < 1g      | 6%          | 4%         | 2%        | 6%         |
| BYO - Roasted buffalo cauliflower LTO | 15        | 10       | 1g        | 0g        | 0g        | 0mg        | 90mg        | 2g        | < 1g      | < 1g      | 0g        | 0%          | 20%        | 0%        | 2%         |
| BYO Roasted sweet potatoes            | 35        | 35       | 1.5g      | 0g        | 0g        | 0mg        | 95mg        | 6g        | < 1g      | 1g        | 0g        | 70%         | 2%         | 0%        | 2%         |
| <b>BYO Romaine</b>                    | <b>25</b> | <b>0</b> | <b>0g</b> | <b>0g</b> | <b>**</b> | <b>0mg</b> | <b>10mg</b> | <b>5g</b> | <b>3g</b> | <b>2g</b> | <b>2g</b> | <b>270%</b> | <b>10%</b> | <b>6%</b> | <b>8%</b>  |
| BYO Shredded Carrots                  | 5         | 0        | 0g        | 0g        | 0g        | 0mg        | 10mg        | 2g        | 0g        | < 1g      | 0g        | 60%         | 2%         | 0%        | 0%         |
| BYO Shredded Cheddar Cheese           | 80        | 60       | 6g        | 4.5g      | 0g        | 20mg       | 130mg       | 0g        | 0g        | 0g        | 5g        | 4%          | 0%         | 15%       | 0%         |
| <b>BYO Spinach</b>                    | <b>20</b> | <b>0</b> | <b>0g</b> | <b>0g</b> | <b>**</b> | <b>0mg</b> | <b>65mg</b> | <b>3g</b> | <b>2g</b> | <b>0g</b> | <b>2g</b> | <b>160%</b> | <b>40%</b> | <b>8%</b> | <b>15%</b> |
| <b>BYO Spring Mix</b>                 | <b>20</b> | <b>0</b> | <b>0g</b> | <b>0g</b> | <b>0g</b> | <b>0mg</b> | <b>20mg</b> | <b>4g</b> | <b>2g</b> | <b>0g</b> | <b>2g</b> | <b>60%</b>  | <b>60%</b> | <b>6%</b> | <b>4%</b>  |
| BYO Strawberries                      | 10        | 0        | 0g        | 0g        | **        | 0mg        | 0mg         | 3g        | < 1g      | 2g        | 0g        | 0%          | 35%        | 0%        | 0%         |
| BYO Sunflower Seeds                   | 150       | 110      | 12g       | 1.5g      | 0g        | 0mg        | 100mg       | 6g        | 2g        | < 1g      | 5g        | 0%          | 0%         | 2%        | 4%         |
| BYO Tortilla Strips                   | 90        | 35       | 4g        | 0g        | 0g        | 0mg        | 40mg        | 10g       | 0g        | 0g        | 0g        | 0%          | 0%         | 0%        | 0%         |
| BYO Veggie Medley                     | 60        | 20       | 1.5g      | 0g        | 0g        | 0mg        | 660mg       | 10g       | 2g        | 4g        | 2g        | 30%         | 10%        | 2%        | 4%         |

### Premium Items

| RecipeName                 | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|----------------------------|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| BYO Avocado-1/2 avocado    | 160      | 120             | 15g      | 2g           | **       | 0mg         | 5mg    | 9g            | 7g           | < 1g   | 2g      | 2%       | 15%      | 2%      | 4%   |
| BYO Honey chipotle chicken | 100      | 10              | 3.5g     | 1g           | 0g       | 35mg        | 400mg  | 0g            | 0g           | 0g     | 16g     | 0%       | 0%       | 0%      | 2%   |
| BYO Lemon pepper chicken   | 100      | 10              | 3.5g     | 1g           | 0g       | 35mg        | 430mg  | < 1g          | 0g           | 0g     | 16g     | 0%       | 0%       | 0%      | 2%   |
| BYO Roasted Turkey         | 70       | 15              | 1.5g     | 0g           | 0g       | 45mg        | 660mg  | 1g            | 0g           | 1g     | 16g     | 0%       | 10%      | 0%      | 6%   |
| BYO Rotisserie chicken     | 100      | 10              | 3.5g     | 1g           | 0g       | 35mg        | 410mg  | 0g            | 0g           | 0g     | 16g     | 0%       | 0%       | 0%      | 4%   |
| BYO Shrimp                 | 50       | 0               | 0g       | 0g           | 0g       | 100mg       | 410mg  | 0g            | 0g           | 0g     | 10g     | 0%       | 2%       | 4%      | 0%   |
| BYO Smoked Bacon           | 110      | 70              | 7g       | 3.5g         | 0g       | 45mg        | 580mg  | 0g            | 0g           | 0g     | 9g      | 0%       | 0%       | 0%      | 0%   |
| BYO Roasted Tofu           | 90       | 60              | 6g       | 1g           | 0g       | 0mg         | 380mg  | 2g            | 2g           | 0g     | 7g      | 0%       | 0%       | 8%      | 8%   |

### Base

| RecipeName                                  | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|---|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| BYO Hot Beans Base                          | 90       | 0               | 0g       | 0g           | 0g       | 0mg         | 410mg  | 16g           | 5g           | 0g     | 6g      | 0%       | 0%       | 4%      | 25%  |
| BYO CHOP5 blend 10-17                       | 35       | 0               | 0g       | 0g           | 0g       | 0mg         | 25mg   | 8g            | 4g           | 2g     | 3g      | 110%     | 40%      | 6%      | 6%   |
| BYO Cilantro Brown Rice Base-5.5 oz         | 170      | 10              | 1.5g     | 0g           | 0g       | 0mg         | 1060mg | 35g           | 3g           | 0g     | 4g      | 4%       | 6%       | 2%      | 4%   |
| BYO Custom Chop5 Bowl Base (rice and beans) | 240      | 10              | 1g       | 0g           | 0g       | 0mg         | 1370mg | 48g           | 7g           | 0g     | 9g      | 4%       | 6%       | 6%      | 25%  |
| BYO Custom Chop5 Wrap (wrap only)           | 300      | 70              | 8g       | 1.5g         | 0g       | 0mg         | 560mg  | 49g           | 4g           | 4g     | 8g      | 0%       | 0%       | 6%      | 15%  |
| BYO Kale                                    | 30       | 0               | 0.5g     | 0g           | **       | 0mg         | 20mg   | 5g            | 2g           | **     | 2g      | 110%     | 110%     | 8%      | 4%   |
| BYO Napa Cabbage                            | 15       | 0               | 0g       | 0g           | **       | 0mg         | 10mg   | 3g            | 1g           | 2g     | < 1g    | 2%       | 35%      | 2%      | 2%   |
| BYO Parmesan Herb Cauliflower Rice          | 90       | 30              | 3.5g     | 1g           | 0g       | < 5mg       | 350mg  | 11g           | 3g           | 2g     | 4g      | 2%       | 80%      | 8%      | 4%   |
| BYO Quinoa Base                             | 460      | 90              | 10g      | 1.5g         | 0g       | 0mg         | 370mg  | 80g           | 7g           | 0g     | 15g     | 0%       | 2%       | 0%      | 0%   |
| BYO Red Cabbage                             | 10       | 0               | 0g       | 0g           | **       | 0mg         | 10mg   | 2g            | < 1g         | 1g     | 0g      | 6%       | 25%      | 2%      | 2%   |
| BYO Romaine                                 | 25       | 0               | 0g       | 0g           | **       | 0mg         | 10mg   | 5g            | 3g           | 2g     | 2g      | 270%     | 10%      | 6%      | 8%   |
| BYO Shaved brussels sprouts LTO             | 190      | 10              | 1.5g     | 0g           | **       | 0mg         | 110mg  | 39g           | 16g          | 9g     | 15g     | 60%      | 610%     | 20%     | 35%  |
| BYO Spinach                                 | 20       | 0               | 0g       | 0g           | **       | 0mg         | 65mg   | 3g            | 2g           | 0g     | 2g      | 160%     | 40%      | 8%      | 15%  |
| BYO Spring Mix                              | 20       | 0               | 0g       | 0g           | 0g       | 0mg         | 20mg   | 4g            | 2g           | 0g     | 2g      | 60%      | 60%      | 6%      | 4%   |

### Other

| RecipeName            | Calories | CaloriesfromFat | TotalFat | SaturatedFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | VitaminA | VitaminC | Calcium | Iron |
|-----------------------|----------|-----------------|----------|--------------|----------|-------------|--------|---------------|--------------|--------|---------|----------|----------|---------|------|
| Chocolate Chip Cookie | 370      | 160             | 18g      | 9g           | 0g       | 30mg        | 210mg  | 52g           | 2g           | 31g    | 5g      | 8%       | 0%       | 2%      | 20%  |
| Chop5 Seasoned Salt   | 70       | 0               | 0g       | 0g           | 0g       | 0mg         | 7490mg | 17g           | 4g           | < 1g   | 3g      | 0%       | 6%       | 8%      | 10%  |
| Iced Tea-Unsweetened  | 0        | 0               | 0g       | **           | **       | **          | 20mg   | 0g            | 0g           | **     | 0g      | **       | **       | 2%      | 0%   |
| Southwest Seasoning   | 80       | 10              | 1g       | 0g           | 0g       | 0mg         | 8070mg | 18g           | 6g           | 1g     | 3g      | 30%      | 4%       | 10%     | 15%  |