



- **Large Chili**
22 Protein | 31 Carbs | 15 Fats
- **Parmesan Ceasar Salad (no dressing)**
32 Protein | 13 Carbs | 13 Fats
- **Grilled Chicken Sandwich**
34 Protein | 38 Carbs | 10 Fats
- **Grilled Chicken Wrap**
27 Protein | 41 Carbs | 16 Fats



- **Classic Roast Beef Sandwich**
23 Protein | 37 Carbs | 14 Fats
- **Turkey & Swiss Wrap (No mayo)**
30 Protein | 37 Carbs | 12 Fats
- **Classic Roast Chicken Sandwich**
24 Protein | 35 Carbs | 16 Fats

Avoid all fried foods!



- **Egg McMuffin**
18 Protein | 30 Carbs | 12 Fats
- **Grilled Chicken Classic**
27 Protein | 41 Carbs | 9 Fats
- **Grilled Chicken Club**
35 Protein | 43 Carbs | 17 Fats
- **Grilled Chicken Ranch BLT**
31 Protein | 41 Carbs | 10 Fats



- **Egg White Grill**
27 Protein | 29 Carbs | 8 Fats
- **Grilled Chicken Sandwich**
28 Protein | 43 Carbs | 12 Fats
- **Grilled Nuggets + Yogurt Parfait**
38 Protein | 37 Carbs | 12 Fats
- **ChickN Strips - 4 Count**
39 Protein | 22 Carbs | 19 Fats
- **Chick Fil A Sandwich**
29 Protein | 41 Carbs | 18 Fats



- **Small Penne Rosa w/ Grilled Chicken**
38 Protein | 52 Carbs | 17 Fats
- **Small Pesto Cavatappi w/ Grilled Chicken**
38 Protein | 48 Carbs | 20 Fats
- **Small Japanese Pan Noodles w/ Grilled Chicken**
37 Protein | 57 Carbs | 10 Fats



- **Deli Turkey on Sourdough**
35 Protein | 73 Carbs | 19 Fats
- **Terriyaki Chicken & Broccoli Bowl**
46 Protein | 70 Carbs | 16 Fats
- **Asian Sesame Salad w/ Chicken**
30 Protein | 28 Carbs | 21 Fats
- **Roasted Turkey Sandwich**
32 Protein | 53 Carbs | 17 Fats



- **Grilled Teriyaki Chicken Bowl w/ Steamed Rice & Super Greens**
39 Protein | 57 Carbs | 14 Fats
- **Steak Bowl w/ Steamed White Rice & Super Greens**
25 Protein | 59 Carbs | 7 Fats



- **Oven Roasted Turkey 6-Inch**
22 Protein | 40 Carbs | 3.5 Fats
- **Oven Roasted Turkey + Ham 6-Inch**
21 Protein | 41 Carbs | 4 Fats
- **Rotisserie-Style Chicken**
25 Protein | 40 Carbs | 6 Fats



- **Grilled Chicken Sandwich**
35 Protein | 46 Carbs | 6 Fats
- **Bowl of Red's Chili Chili**
28 Protein | 36 Carbs | 18 Fats
- **Keep It Simple Beef Burger**
35 Protein | 46 Carbs | 24 Fats



- **Chicken Burrito Bowl w/ Brown Rice, Light Black Beans, Tomato Salsa & Lettuce**
40 Protein | 52 Carbs | 14 Fats
- **Steak Salad w/ Black Beans, Tomato Salsa & Corn Salsa**
32 Protein | 44 Carbs | 9 Fats



- **Turkey Tom 8-Inch**
23 Protein | 48 Carbs | 19 Fats
- **Big John 8-Inch**
26 Protein | 47 Carbs | 21 Fats
- **Slim 4 w/ Turkey**
27 Protein | 68 Carbs | 3 Fats

