

Personal Trainer Food Nutrition Information

Menu Item		Servings Per Package	Serving Size (oz)	Calories	Calories from Fat	Fat					Cholesterol		Sodium		Total Carbohydrates (g)					Protein		Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
						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)	Protein (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	Plain Omelet + Maple Sausage	1	4.5	315	242	27	42	6	30	0	302	101	505	21	5	2	0	0	4	14	27	7	0	5	9
D	Cheddar Omelet & 2 Bacon	1	3.9	274	176	20	31	7	37	1	272	91	862	36	3	1	0	0	2	16	32	12	0	16	8
E	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 & Country Ham	1	5.5	241	145	16	21	6.5	33	0	287	100	1169	49	5	2	0	0	3	22	34	0	0	10	9
G	Plain Omelet + Breakfast Sausage	1	5.0	375	302	33	51	8	40	0	312	104	615	26	3	1	0	0	2	17	33	7	0	5	9
H	Western Omelet + Breakfast Sausage	1	5.5	400	310	34	52	12	58	0	320	107	730	30	4	1	0	0	2	18	36	8	2	6	10
I	1/2 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
L	Farmhouse Omelet + Maple Sausage	1	5.5	410	308	34	52	13	65	0	240	80	950	40	6	2	0	0	2	19	38	6	10	6	6
M	Frittata Omelet + Maple Sausage	1	4.5	324	234	27	42	10	50	0	270	90	824	34	4	1	0	0	3	16	32	10	6	13	9
N	Frittata Omelet + Breakfast Sausage	1	5.0	384	294	33	51	12	60	0	280	93	934	39	2	1	0	0	1	19	38	10	6	13	9
O	2 Egg Patties + 1 Breakfast Sausage	1	5.5	380	284	32	45	10	50	0	340	72	620	26	2	1	0	0	0	20	34	8	0	20	8
P	Cheddar Omelet + Chicken Sausage	1	5.0	295	195	22	34	8	39	1	300	100	780	33	4	1	0	0	3	19	37	14	0	17	9
Q	Country Ham	1	4.0	117	31	3.5	6	1.5	7	0	53	17	1217	50	2	1	0	0	2	19	38	0	1	1	6
R	Maple Breakfast Scrambler	1	2.9	220	130	14	22	5	25	0	90	30	570	24	13	4	1	3	4	10	20	4	0	6	4
S	1/2 Country Ham & Egg Patty	1	3.6	140	77	8	12	2	11	0	148	50	693	29	2	1	0	0	1	15	30	4	1	3	9
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

Personal Trainer Food Nutrition Information

	Menu Item	Servings Per Package	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrates (g)	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	Protein (g)	%DV Protein	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
A	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	Pineapple Sausage	1	4.0	380	300	32	50	12	50	0	60	20	940	40	8	1	0	0	6	16	32	0	0	0	0
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	Diced Chicken Thigh	1	4.0	160	67	8	12	3	13	0	107	36	587	24	3	1	0	0	1	20	40	0	0	0	5
H	Teriyaki Chicken	1	4.8	242	113	13	20	3	16	0	113	38	708	30	0	0	0	0	0	31	61	0	0	0	10
I	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
K	Italian Chicken Breast	1	3.4	130	45	5	8	1.5	8	0	50	17	730	30	1	0	1	4	0	21	42	0	0	0	0
L	Buffalo Chicken Bites	1	4.4	230	63	7	9	1	5	0	45	15	700	30	21	8	0	0	0	14	28	0	0	2	10
M	Zesty Tenders	1	3.4	210	130	14	22	4	20	0	60	20	810	34	3	1	0	0	0	18	36	0	0	2	4
N	Apple and Gouda Juicy Sausage	1	3.2	190	130	14	22	5	23	0	50	17	420	18	3	1	0	0	2	16	32	0	0	4	4
O	Green Onion Sausage	1	4.0	380	300	32	49	12	60	0	50	17	800	33	2	1	0	0	2	16	32	0	0	0	8
P	Works Burger	1	2.9	190	110	12	18	6	30	1	40	13	390	16	8	3	1	4	5	11	22	4	15	6	8
Q	Italian Chicken Breast Strips	1	4.0	133	27	3	5	1	3	0	60	20	853	36	5	2	0	0	1	20	40	0	0	3	3
R	Monterey Jack Chicken Sticks 2 ct	1	5.8	371	162	19	29	6	29	0	70	23	1114	46	26	9	0	0	2	28	56	5	0	19	14
S	Dill Chicken Bites	1	3.2	170	70	7	11	1	5	0	45	15	310	13	7	2	1	4	1	17	34	2	2	2	4
T	Bacon & Cheese Chicken Sticks 2ct	1	5.0	328	138	16	24	4	22	0	60	20	1724	72	24	8	0	0	2	26	52	10	17	10	10
U	Buffalo Ranch Chicken Sticks 2ct	1	5.0	310	103	12	19	4	22	0	52	17	1466	61	26	9	0	0	3	24	48	10	3	17	10
V	Dillicious Chicken Fillet	1	4.0	220	102	11	17	2	10	0	42	14	765	32	13	4	1	4	2	17	34	0	0	2	4
W	Fajita Chicken for Salads	1	4.8	159	24	2	4	0	0	0	72	24	908	38	6	2	1	5	3	27	54	0	0	0	0
Y	Savory Cheeseburger Stick	1	2.5	210	150	17	26	8	40	0	45	15	610	25	3	1	1	4	1	12	24	0	0	10	6
Z	Asian Chicken Bites	1	4.0	190	35	4	6	1	5	0	85	22	640	27	18	6	1	4	4	22	37	2	0	2	8
ZA	Butter Roasted Chicken Breast	1	3.7	139	27	3	4	1	3	0	64	21	545	23	3	1	0	0	1	25	49	0	2	2	4

Personal Trainer Food Nutrition Information

Menu Item	Servings Per Package		Serving Size (oz)		Calories		Calories from Fat		Fat (g)				Cholesterol (mg)		Sodium (mg)		Total Carbohydrates (g)				Protein (g)		Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	1	4.1	103	61	7	10	3	13	0	23	8	213	9	3	1	1	3	1	8	15	0	1	2	5		
ZB	Meatballs with Onions	1	4.1	103	61	7	10	3	13	0	23	8	213	9	3	1	1	3	1	8	15	0	1	2	5	
ZC	Gluten Free Breaded Chicken	1	3.5	152	47	5	8	1	6	0	35	12	420	18	12	4	0	0	0	13	26	0	0	0	0	
ZF	Garlic Chicken Strips	1	3.5	130	20	2.5	4	.5	3	0	75	25	670	28	2	1	0	0	0	24	48	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	
ZM	Asiago Chicken Breast	1	5	270	81	9	12	2	10	0	65	22	980	43	24	9	1	4	1	23	46	n/a	n/a	2	6	
X	Sweet Italian Chicken Sausage	1	3.2	200	150	16	25	4.5	23	0	70	23	570	24	0	0	0	0	1	13	26	4	8	2	4	
ZD	Stout Cheddar Meatballs	1	4.0	376	284	32	49	12	60	0	68	22	936	39	6	1	0	8	1	16	32	0	16	0	8	
ZE	Grilled Chicken Breast	1	3.5	100	20	12	3	0	0	0	50	17	730	30	2	1	0	0	0	18	36	0	2	2	2	
ZH	Swiss Onion Chicken Burger	1	4.0	190	100	11	17	3	16	0	85	28	450	19	2	1	1	2	2	20	41	0	0	0	10	
ZI	Seasoned Turkey Burger	1	4.0	200	110	12	19	4	19	0	55	19	840	35	2	1	0	0	2	19	38	0	0	0	8	
ZJ	Alaskan Pollock Filet	1	4.0	80	0	0	0	0	0	0	65	22	290	13	1	0	0	0	0	19	38	0	0	4	0	
ZK	Fire Grilled Tilapia	1	4.0	110	15	2	3	1	5	0	55	18	260	11	0	0	0	0	0	22	44	0	0	2	4	
ZL	Grilled Mahi Mahi	1	4.0	90	5	1	2	0	0	0	75	25	400	17	0	0	0	0	0	19	38	4	0	0	6	
ZN	Roasted Turkey Breast	1	4.0	100	10	1	2	0	0	0	50	16	500	20	2	0	0	0	0	20	40	0	0	0	0	
ZO	BBQ Link	1	4.0	260	180	20	30	7	36	0	65	22	970	40	5	2	0	0	3	16	32	2	6	2	6	
ZP	Nashville Hot Chicken Sticks	1	5.8	380	180	20	30	6	30	0	80	26	1200	50	26	8	0	0	4	26	52	8	16	20	8	
ZK	Italian Meatballs	1	4.0	320	226	25	38	9	47	0	53	18	625	26	10	4	2	8	2	16	32	3	3	5	7	

Personal Trainer Food Nutrition Information

	Menu Item	Servings Per Package	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrates (g)	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	Protein (g)	%DV Protein	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
A	Broccoli Florets	1	4.0	40	0	0	0	0	0	0	0	0	27	1	5	2	3	11	3	1	3	0	67	3	0
B	Venice Blend	1	4.0	38	0	0	0	0	0	0	0	0	13	1	6	2	1	5	4	3	5	5	56	3	3
C	Mixed Vegetables	1	4.0	77	0	0	0	0	0	0	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	Garden Blend	1	4.0	33	0	0	0	0	0	0	0	0	27	1	5	2	1	5	3	1	3	13	33	3	0
L	PTF Blend	1	4.0	50	0	0	0	0	0	0	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	Sicilian Blend	1	4.0	35	0	0	0	0	0	0	0	0	29	1	6	2	2	9	4	1	2	24	29	2	0
Q	Scandinavian Blend	1	4.0	53	0	0	0	0	0	0	0	0	93	4	9	3	3	11	4	3	5	20	5	3	3
R	California Blend	1	4.0	38	0	0	0	0	0	0	0	0	46	2	6	2	2	6	3	0	0	23	38	3	0
S	Oriental Stir Fry	1	4.0	37	0	0	0	0	0	0	0	0	37	2	7	2	1	6	3	0	0	15	22	3	0
T	Brussels Sprouts	1	4.0	47	0	0	0	0	0	0	0	0	33	1	7	2	4	16	4	4	8	8	107	3	3
V	Riviera Blend	1	4.0	41	0	0	0	0	0	0	0	0	21	1	6	2	3	11	3	0	0	21	6	6	0
W	Nantucket Blend	1	4.0	59	0	0	0	0	0	0	0	0	41	2	11	4	2	9	7	1	2	18	35	2	5
X	Omaha Blend	1	4.0	67	0	0	0	0	0	0	0	0	107	4	12	4	4	16	3	3	5	11	8	5	5
Y	Seasons Mix	1	4.0	38	0	0	0	0	0	0	0	0	31	1	5	2	3	10	3	1	3	0	63	3	0
Z	Key West Blend	1	4.0	41	0	0	0	0	0	0	0	0	48	2	8	3	3	11	4	0	0	28	14	3	6
ZA	Norway Blend	1	4.0	42	0	0	0	0	0	0	0	0	36	2	7	2	2	10	4	1	2	18	30	2	5
U	Lima Beans	1	4.0	152	0	0	0	0	0	0	0	0	331	14	28	9	7	28	3	8	17	0	28	6	11
O	Italian Green Beans	1	4.0	33	0	0	0	0	0	0	0	0	0	0	7	2	4	16	3	1	3	5	8	5	8

Personal Trainer Food Nutrition Information

	Menu Item	Servings Per Package	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrates (g)	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	Protein (g)	%DV Protein	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
A	Smoked Almonds	2	1.5	255	210	24	37	2	8	0	0	0	225	9	8	3	5	18	2	9	18	0	0	12	9
B	Roasted Almonds	2	1.5	258	196	24	36	2	9	0	0	1	0	8	3	4	17	2	9	18	0	0	12	9	
C	Sunflower Seed Kernels	2	1.5	249	180	21	32	3	15	0	0	2	0	9	3	5	18	2	9	18	0	2	3	11	
D	Pistachio Nuts	2	1.5	232	164	19	29	3	14	0	0	300	13	12	4	4	16	4	8	16	0	0	5	8	
E	Edamame	1	3.0	91	17	2	3	0	0	0	0	0	0	11	4	7	27	2	6	11	5	17	7	9	
F	Lemon & Rosemary Green Olives	1	1.1	50	50	6	9	1	4	0	0	250	10	0	0	0	0	0	0	0	0	0	0	0	
G	Pumpkin Seeds	2	1.5	219	149	18	28	3	15	0	0	242	10	6	2	2	6	2	14	27	3	2	2	35	
H	Beef & Cheese Sticks	1	1.1	120	80	10	15	5	25	0	18	6	440	18	1	0	0	0	0	7	14	4	3	7	2
I	Mozzarella String Cheese	1	1.0	80	45	5	8	3	15	0	15	5	190	8	1	0	0	0	1	7	14	4	0	20	0
J	Colby Jack Cheese Stick	1	1.0	110	80	9	14	5	25	0	30	10	180	8	1	0	0	0	1	7	14	6	0	20	0
K	Salami Sticks	1	1.1	110	75	8	12	4	20	0	27	9	450	19	1	0	0	0	1	7	14	4	0	6	2
L	Teriyaki Sticks	1	1.0	110	70	7	11	3	15	0	25	8	400	17	5	2	0	0	4	6	12	0	0	0	2
M	Chili & Oregano Green Olives	1	1.1	50	50	6	9	0	0	0	0	0	240	10	0	0	0	0	0	0	0	0	0	0	
N	Chili & Garlic Black Olives	1	1.1	60	50	5	8	1	6	0	0	0	280	12	0	0	0	0	0	0	0	0	0	0	
S	Cajun Almonds	1	1.5	258	196	23	36	2	8	0	0	0	144	6	8	3	5	19	2	9	18	0	0	12	8
T	Chili Almonds	1	1.5	258	196	23	36	2	8	0	0	0	144	6	8	3	5	19	2	9	18	0	0	12	8

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, Betacarotene 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, Betacarotene 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 1/2 Country Ham & Egg Patty	Egg Patty: egg whites, egg yolks, soybean oil, contains less than 2% of modified food starch, salt, natural egg flavor, xanthan gum, citric acid, water 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, Betacarotene 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 cornstarch, 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	Cheddar Omelet & Country Ham	<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>Ham [Cured With Water, Salt, Sugar, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.]</p>
G	Plain Omelet + Breakfast Sausage	<p>Plain Omelet[Wholeeggs, Whey, Skim milk, Butter flavoredoil(Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butteroil, Vitamin A palmitate, Betacaroteneaddedfor color), Soybeanoil, Driedcream cheeseproduct(Creamcheese(Pasteurizedmilkandcream, Cheeseculture, Salt, Caribbean gum),Nonfatdrymilk, and Sodium phosphate), Modifiedfoodstarch,Salt, Xanthan gum, Liquid peppereextract, and Citricacid.]Breakfast Sausage [Pork, Water, Salt,Spices,Dextrose,Sugar,Autolyzedyeast,Limeflavor(Corn syrupsolids,Limejuice solids,Naturalflavor), Flavoring, TBHQ,BHT,Citricacid, Lacticacid.]</p>

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
H Western Omelet + Breakfast Sausage	Western Omelet[Eggpatty: Wholeeggs, Whey, Skim milk, Butterflavoredoil(Partially hydrogenatedsoybean oil, Salt, Soybean lecithin, Artificial flavors, Butteroil, VitaminApalmitate,Betacaroteneaddedforcolor), Soybeanoil,Driedcreamcheeseproduct(Cream cheese,(Pasteurizedmilkand cream,Cheeseculture, Salt, Carobbeangum),Nonfatdrymilk,andSodiumphosphate),Modifedfoodstarch,Salt,Xanthangum,Liquidpepperextract,andCitricacid.Filling:Hamwater added(Curedwith: Water, Salt,Dextrose, Sodiumphosphate, Sodiumerythorbate,Sodiumnitrite), Onions,Redpeppers, Greenpeppers, Pasteurizedprocesscheddarcheese(Cheddarcheese(Pasteurizedmilk, Cheeseculture, Salt, Enzymes), Water, Milkfat, Sodiumphosphate,Sodium hexametaphosphate, Salt, Artificial color, with Cellulose powder added to prevent caking), Pasteurized process monterey jack cheese (Monterey jack cheese (Pasteurizedmilk,Cheeseculture,Salt,Enzymes),Water,Milkfat,Sodiumphosphate,Salt,Sodiumhexametaphosphate,withCellulosepowderaddedtoprevent caking), Modifiedfoodstarch, Salt.] Breakfast Sausage[Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzedyeast, Limeflavor(Cornsyrupe solids, Limejuicesolids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
I 1/2 Country Ham & Farmhouse Omelet	Plain Omelet [Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid.] Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, Salt, Natural and artificial flavor (Medium chain triglycerides, Butter fat, Partially hydrogenated soybean oil and cottonseed oil, Natural and artificial flavors, Egg powder, Annatto extract), Xanthan gum, Citric acid, Water, EDTA.]
J Cheddar Omelet & Breakfast Sausage	Cheddar Omelet[Eggpatty: Wholeeggs, Whey, Skim milk, Butterflavoredoil(Partially hydrogenated soybeanoil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta caroteneadded forcolor), Soybean oil, Driedcream cheese product(Cream cheese(Pasteurizedmilkandcream, Cheese culture, Salt, Carobbeangum), Nonfatdrymilk, and Sodiumphosphate), Modifiedfoodstarch, Salt, Xanthangum, Liquidpepperextract, and Citricacid. Filling: Pasteurized process cheddar cheese (Cheddar cheese (Milk,Cheese culture,Salt,Enzymes), Water, Milkfat,Sodium phosphate, Sodium hexametaphosphate, Salt, Artificialcolor).]BreakfastSausage[Pork,Water,Salt,Spices,Dextrose,Sugar,Autolyzedyeast,Limeflavor(Cornsyrupe solids, Limejuicesolids,Naturalfavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
K 1 Egg Patty + 2 Maple Sausage	Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, 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

L	Farmhouse Omelet + Maple Sausage	<p>Farmhouse Omelet [Egg Patty: (Whole eggs, Whey, Russet potatoes (Canola oil, Sea salt, Pepper), Water, Bacon bits (cured with Water, Salt, Sodium phosphates, Sodium erythorbate, Sodium nitrate. May also contain Sugar, Brown sugar, and Natural smoke flavor). Contains 2% or less of the following: Soybean oil, Dried cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Non-fat dried milk, Sodium phosphate), Modified corn starch, Salt, Natural sauteed garlic and onion flavor (Maltodextrin, Cornstarch-modified, Sunflower oil, Garlic powder, Onion powder, Natural flavoring), Natural brown butter type flavor (Maltodextrin, Potato maltodextrin, Soybean oil, Gum acacia, Sunflower oil, Natural flavoring, Skim milk powder, Mixed triglycerides, Sugar, Cornstarch-modified), Xanthan gum, Citric acid.) Filling: Pasteurized process cheddar cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Apocarotenal (color)), Pasteurized process monterey jack cheese (Pasteurized milk, Cheese culture, Salt, Enzymes), water, Milkfat, Sodium phosphate, Salt, Sodium hexametaphosphate, Potassium sorbate, Natamycin (preservatives)). Contains 2% or less of the following: Water, Full moisture parmesan cheese (Pasteurized part skim milk, Cheese culture, Salt, Enzymes, Modified food starch, Sugar, Salt, Pepper.)), Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]</p>
R	Maple Breakfast Scrambler	<p>PORK, COOKED SCRAMBLED EGGS (WHOLE EGGS, MODIFIED CORN STARCH, SALT, CITRIC ACID, XANTHAN GUM), BREADING (ENRICHED WHEAT AND BLEACHED ENRICHED WHEAT FLOUR (BLEACH WHEAT FLOUR, WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOODSTARCH, SUGAR, EGG WHITES, PREGELATINIZED CORN AND YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), BUTTERMILK PRODUCT (SWEET CREAM, WHEY CREAM), MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SOY FLOUR, SOYBEAN OIL, CORN STARCH, NATURAL BUTTER FLAVOR, WHEY, EGG YOLKS, HONEY, SOY LECITHIN, DEXTROSE, WHEAT STARCH), WATER, PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, CREAM, MILK FAT, SODIUM PHOSPHATE, ARTIFICIAL COLOR, ENZYME MODIFIED CHEESE FLAVOR, SALT), SOYBEAN OIL, SEASONING (DEXTROSE, SALT, SUGAR, SPICES, FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVORS), SUGAR, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CHICKEN, RICE FLOUR, EDIBLE ADHESIVE (CORN SYRUP SOLIDS, MODIFIED CORN STARCH, GUAR GUM), SALT, NATURAL FLAVOR, MAPLE FLAVOR (PROPYLENE GLYCOL, WATER, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, CARAMEL COLOR, MOLASSES), SODIUM PHOSPHATE, BEEF, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), SUCRALOSE</p>
S	Plain Omelet & Maple Sausage	<p>Plain Omelet [Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid.] Maple Sausage [Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]</p>
T	Cheddar Omelet & Turkey Sausage	<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). Turkey sausage (ground turkey, water, contains 2% or less of salt, spices, sugar, BHA, BHT, citric acid</p>

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
M Frittata Omelet + Maple Sausage	Frittata Omelet[Whole eggs, Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color), Water, Ham with natural juices, smoke flavor added (Ham, Water, Salt, Dextrose, Sodium phosphates, Smoke flavoring, Sodium erythorbate, Sodium nitrite), Onions, Green peppers, Red peppers, Soybean oil, Whole milk, Modified cornstarch, Salt, Xanthan gum, Citric acid.], Maple Sausage[Pork, Water, Sugar, Salt, Spices, Natural maple with other natural flavors, Dextrose, Autolyzed yeast, Natural flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]
N Frittata Omelet + Breakfast Sausage	Frittata Omelet[Whole eggs, Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color), Water, Ham with natural juices, smoke flavor added (Ham, Water, Salt, Dextrose, Sodium phosphates, Smoke flavoring, Sodium erythorbate, Sodium nitrite), Onions, Green peppers, Red peppers, Soybean oil, Whole milk, Modified cornstarch, Salt, Xanthan gum, Citric acid.], Breakfast Sausage[Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed yeast, Lime flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
O 2 Egg Patties + 1 Breakfast Sausage	Egg Patty [Egg whites, Egg yolks, soybean oil. Contains 2% or less of: Modified food starch, Dicalcium Phosphate, Sodium Bicarbonate, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid] Breakfast Sausage [Pork, Water, Salt, Spices, Dextrose, Sugar, Autolyzed yeast, Lime flavor (Corn syrup solids, Lime juice solids, Natural flavor), Flavoring, TBHQ, BHT, Citric acid, Lactic acid.]
P Cheddar Omelet + Chicken Sausage	Cheddar Omelet[Egg patty: Whole eggs, Whey, Skim milk, Butter flavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, Beta carotene added for color), Soybean oil, Dried cream cheese product (Cream cheese (Pasteurized milk and cream, Cheese culture, Salt, Carob bean gum), Nonfat dry milk, and Sodium phosphate), Modified food starch, Salt, Xanthan gum, Liquid pepper extract, and Citric acid. Filling: Pasteurized process cheddar cheese (Cheddar cheese (Milk, Cheese culture, Salt, Enzymes), Water, Milkfat, Sodium phosphate, Sodium hexametaphosphate, Salt, Artificial color).] Chicken Sausage [Chicken, Seasoning (Dextrose, Spices, Corn syrup solids, Autolyzed yeast extract, Natural flavor, Maltodextrin), Cultured sugar (Cultured sugar, Vinegar), Salt, in a Beef collagen casing.]
Q Country Ham	Ham cured with water, salt, sugar, dextrose, sodium phosphates, sodium erythorbate, sodium nitrite

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
A Homestyle Meatloaf Patty	Beef, Water, Vegetable protein product [Soy protein concentrate, Caramel color, Zinc oxide, Niacinamide, Ferrous sulfate, Copper gluconate, Vitamin A palmitate, Calcium pantothenate, Thiamine mononitrate (B1), Pyridoxine hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Tomato ketchup (Tomato concentrate, Corn syrup, Distilled vinegar, Salt, Natural flavorings, Onion powder, Spice, Garlic powder), Onions, 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 phosphate. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.
B Pineapple Sausage	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 Keta salmon, water, contains 2% or less of: sea salt, sugar, sodium phosphate, dehydrated garlic and onion, spices, paprika, xanthan gum, natural flavors, spice extractives
G Diced Chicken Thigh	Chicken thigh meat, Water, Potato starch, Salt, Dextrose, Isolated soy protein with less than 2% soy lecithin, Sodium phosphates, Carrageenan, Chicken broth, Caramelized sugar syrup.
H Teriyaki Chicken	Boneless skinless chicken thighs, Water, Seasoning [Maltodextrin, Soy sauce (Wheat, Soybeans, Salt), Salt, Garlic powder, Sugar, Spice, Yeast Extract, Disodium inosinate and disodium guanylate, Caramel color, Oyster juice, Modified corn starch, Vinegar solids, Natural flavor, Natural smoke flavor], Sodium phosphates. Contains: Shellfish, Soy, Wheat
I Beef & Lamb Gyros	Beef, lamb, water, bread crumbs (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
J Spicy Breaded Chicken Breast	Skinless boneless chicken breast fillets with rib meat, Water, Seasoning (Rice flour, Salt, Dehydrated garlic, Extractives of paprika, Spice, Spice Extractives), Modified food starch, Sodium phosphates, Seasoning (Carrageenan, Salt), Natural flavor. Breaded with Enriched wheat flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Yellow corn flour, Salt, Spices, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate), Extractives of paprika, Garlic powder, Sugar, Disodium inosinate and Disodium guanylate, Tricalcium phosphate, Malt extract. Battered with Water, Bleached wheat flour (Modified corn starch, Salt, Spices, Gum Arabic, Spice extracts, Leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate), Paprika extract (color). Pre-dusted with Wheat flour, Yellow corn flour, Salt, Spices and coloring, Soybean oil, Natural flavor. Allergens: Wheat, Soy.
K Italian Chicken Breast	Boneless, skinless chicken breast filets with rib meat, water, seasoning [salt, corn syrup solids, Romano cheese (pasteurized milk, cheese cultures, salt, enzymes), dried garlic, spices, dried tomato, dried onion, autolyzed yeast extract, dried parsley, lemon juice, gum arabic, paprika extract (color), natural flavor, grill flavor (from sunflower oil)], modified food starch, sodium phosphates, soy protein concentrate.

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
L Buffalo Chicken Bites	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, and Riboflavin), Salt, Sodium Phosphates. Predusted and Battered With: Water, Whole Wheat Flour, Yellow Corn Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil, Garlic Powder, Spices, Mustard, Whey. Breaded With: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Soybean Oil, Garlic Powder, Spices, Dextrose, Corn Starch, Sugar, Yeast, Mustard, Extractives of Paprika. Breading is set in Vegetable Oil. Glazed with: Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, and Garlic Powder.
M Zesty Tenders	Chickenbreastwith 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 witholeoresinpaprika,Caramelcolor, Dextrose, Malicacid, Leavening(Sodiumacidpyrophosphate, Sodiumbicarbonate). Allergens: Egg, Wheat
N Apple and Gouda Juicy Sausage	Pork,Water,Goudacheese(Pasteurizedmilk,Cheesecultures,Salt,Enzymes,andAnnatto),Apples,Contains2%offlessof:Spices,Naturalflavor,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	Groundbeef(nomorethan 20% fat), Pasteurizedprocesscheddarcheese(Cheddarcheese(Milk, Cheeseculture, Salt, and Enzymes), Water, Sodiumphosphate, Cream, Salt, Sorbic acid(preservative), Apo-carotenal(color)), Bread crumbs(Whole wheatflours, Enriched wehatflour(Enriched with Niacin, Reducediron, Thiaminemononitrate,Riboflavin,Folicacid),Yeast,Ascorbicacid,Seasoning(Tomatopowder,Saladmustardpowder((Distilledvinegar, Mustardseed, Salt, Turmeric),Maltodextrin, Modifiedcornstarch, Spiceextractive), Onionpowder, Dextrose, Sugar, Garlicpowder, Dehydratedonion, Beefstock, Naturalflavors, Maltodextrin,Gum arabic, Spice, Grill flavor(from Sunflower oil)), Water, Onions, Salt, Oleoresinrosemary. Glazedwith: Ketchup (Tomatoconcentrate (Water, Tomato paste), Sugar, Distilled Vinegar, Salt, Onion powder, Spice, Natural flavor). Contains: Wheat and Milk
Q Italian Chicken Breast Strips	Bonelesschickenbreast meatwith rib meat, Water, Modified food starch, Seasoning (Salt, Chicken broth powder, Maltodextrin, Yeastextract, Soy flour, Natural flavor,Dextrose, Grillflavor (Sunflower oil)),Sugar, Sodium phosphates, Romano cheese (Pasteurized part-skim cow's milk, Cheese culture, Salt,Enzymes). Coated with Corn flour, Wheat flour, Salt, Dried garlic, Dried onion, Paprika, Corn starch, Spices, Paprika extract (Color).
R Monterey Jack Chicken Sticks 2 ct	Chicken, Battermix(Water, Batter(Bleachedenrichedflour(Wheatflour, Niacin, Reducediron, Thiaminemononitrate, Riboflavin, Folicacid), Modifiedfood starch, Salt, Wheatgluten, Maltodextrin, Soybeanoil(Processingaid), Cornsyrupsolids, Spices, Nonfatmilk, Palmoil, Leavening(Sodiumacidphosphate, Sodium bicarbonate, Monocalcium phosphate), Onion powder, Partially hydrogenated soybean oiland cottonseed oils, Yeast, Whey, Sugar, Aged redpeppers, Garlic powder,Naturalflavors,Maltedbarleyflour,Silicondioxide(anticakingagent),Vinegar, Spiceextractive,Higholeicsonfloweroil, Guar gum, Xanthangum, Monoglycerides, Citricacid, Ascorbicacid(addedasadoughconditioner), Extractivesofpaprika (color), Turmeric(spiceandcoloring). Breadcrumbs(Wheatflour, SaltandYeast),Water,Pasteurizedprocessswissandmontereyjackcheese(Culturedmilk,Salt,Enzymes),Cream,Sodiumphosphate,Sorbicacid,Salt,Artificial color), Chickenskin, Soybeanoil, Seasoning(Soyproteinisolate, Non-fatmilksolids, Salt, Hydrolyzedsoyandwheatprotein, Sodiumtripolyphosphate, Dextrose, Onionpowder, Spice extractives), Cheeseflavor(Blend ofcheeses(Granularand blue (Milk, Cheeseculture, Salt, Enzymes)), Whey, Partially hydrogenated soybeanoil,Wheyproteinconcentrate, Lactose,Maltodextrin, Salt,Sodiumphosphate,Citricacid,Lacticacid, Yellow 5, Yellow 6),Modifiedfoodstarch, Adhesive (Cornsyrupsolids,Modifiedcornstarch, Guar gum), Naturalflavors, Citricacid,Xanthangum,Annatto, Potassiumsorbateandsodiumbenzoate(preservatives), Sodium tripolyphosphate. Allergen information: Contains Wheat, Milk, and Soy

Personal Trainer Food Ingredient Information

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

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
V Dillicious Chicken Fillet	Skinlessboneless chickenbreast meatwithrib meat, Water, Seasoning (Sugar, Salt, Yeastextract, Partially hydrogenated sunfloweroil, Onion powder, Garlic powder, Torulayeast, Spices, Disodiuminosinateanddisodiumguanylate, Paprika, Flavor(Hydrolyzedsoyprotein, Yeastextract, Naturalflavor, Hydrolyzedcorn protein,Chickenfat,Maltodextrin,Silicondioxide), Spiceextractives),Seasoning(Modifiedfoodstarch, Carargeenan), Salt,Sodiumphosphates.Breadedwith Bleached enriched wheat flour (Wheat flour, Niacin, Reducediron, Thiamine mononitrate, Riboflavin, Folic acid), Water, Wheat flour, Sugar, Salt, Leavening (Sodiumbicarbonate,Sodiumaluminumphosphate,Monocalciumphosphate),Nonfatdrymilk, Spices,Wholeeggssolids(Driedwholeeggs,Cornsyropsolids, Salt), Yeast extract, Disodium inosinate and disodium guanylate, Paprika, Extractives of turmeric. Allergens: Egg, Milk, Soy, Wheat.
W Fajita Chicken for Salads	Chickenwhitemeat, Water,Dextrose,Salt,Modifiedfoodstarch[Fromcornandrice], Seasoning(Gumarabic,Naturalflavor,Tricalciumphosphate),Dehydrated garlic and onion, Soy protein isolate, Sodium phosphates, Spices, Flavorings. Contains: Soy
Y Savory Cheeseburger Stick	BEEF, TURKEY, PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, CREAM, MILK FAT, SODIUM PHOSPHATE, ARTIFICIAL COLOR, ENZYME MODIFIED CHEESE FLAVOR, SALT), WATER, TEXTURED SOY FLOUR, SEASONING (NATURAL FLAVORS (INCLUDING SMOKE), DEXTROSE, SALT, HYDROLYZED SOY AND CORN PROTEIN), RICE FLOUR, SODIUM PHOSPHATE
Z Asian Chicken Bites	INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, VEGETABLE PROTEIN (ISOLATED SOY PROTEIN, LECITHIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE,VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN), SALT, SODIUMPHOSPHATES. PREDUSTED AND BATTERED WITH: WHOLE WHEAT FLOUR, YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON,THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), GARLIC POWDER, SPICES,MUSTARD, WHEY. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GARLIC POWDER, SPICES, DEXTROSE, CORN STARCH, SUGAR,YEAST, MUSTARD, EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL. GLAZED WITH: WATER, SUGAR, HONEY, BROWN SUGAR, MODIFIED FOOD STARCH, GINGERPUREE (FRESH GINGER ROOT, PHOSPHORIC ACID), GARLIC, SOY SAUCE (SOYBEANS, WHEAT, SALT), XANTHAN GUM, MUSTARD FLOUR.
ZA Butter Roasted Chicken Breast	Bonelessskinlesschickenbreastfillets, Water, Seasoning(Dextrose, Hydrolyzedcornandsoyprotein, Sodiumcitrate, Dehydratedchickenbroth, Salt, Cornflour, Maltodextrin, Spices, Sodium diacetate, Flavorings, Sugar, Yeastextract, Partiallyhydrogenatedcottonseedandsoybeanoil, Paprika, Disodium inosinateand disodium guanylate, Gum acacia, Thiaminehydrochloride, Naturalsmokeflavor, Beefextract, Citricacid, Artificial flavors, Dehydratedparsley), Ricestarch, Seasoning(Chickenfat, Naturalchickenflavor, Flavor[Sunfloweroil, Natural Flavor], Flavorings, Extractvesofpaprika), Chickenbase(Chickenmeatincluding naturalchickenjuices, Salt,Hydrolyzedsoyprotrein, Fructose, Chickenfat, Autolyzedyeast,Drychickenbroth, Dextrose,Modifiedfoodstarch, Onionpowder, Natural flavors, Spices including tumeric), Potassium and sodium phosphates, Salt, Soy Lecitin
ZB Meatballs with Onions	Beef,Water,Onions,Texturedvegetableprotein(Soyflour,Caramelcolor), Breadcrumbs(Bleachedwheatflour, Sugar, Salt,Yeast, and Canolaoil), Soyprotein concentrate,Seasoning(Salt, Cornsyropsolids,Cornstarch, Chickenfat,Sugar,Dehydratedonion,Artificialflavor, Turmeric, Spices,Disodiuminosinate, Disodium guanylate, Spiceextractives), Seasoning (Dextrose, Salt, Spices, Dehydrated onion, Spiceextractives), Eggwhites, Ground mustard
ZC Gluten Free Breaded Chicken	Chickenbreastchunkswithribmeat, Water,Ricestarch,Seasalt. Breadedwith:Cornflakecrumb (Yellowcornmeal, Sugar,Salt),Salt,Soybeanoil,Cornstarch, Spicesandspiceextractives(includingextractivesofpaprika),Riceflour,Tapiocadextrin.Predustedandbatteredwith:Riceflour,Water,Cornstarch,Salt,Spices andspiceextractives (including Extractive ofpaprika and Extractive ofturmeric), Garlic powder, Onion powder. Breading setinvegetable oil.

Personal Trainer Food Ingredient Information

ZF	Garlic Chicken Strips	Boneless chicken breast with rib meat, water, less than 2% of modified food starch (corn & potato), salt, garlic powder, sodium phosphates, spices, dehydrated garlic, dehydrated parsley, soybean oil, xanthan gum
ZE	Grilled Chicken Breast	CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING: [HYDROLYZED SOY PROTEIN, SALT, DEXTROSE, SODIUM PHOSPHATE, CHICKEN FLAVOR (CHICKEN MEAT, HYDROLYZED SOY PROTEIN, AUTOLYZED YEAST EXTRACT, FLAVOR, SALT, CHICKENFAT), SPICE, GARLIC AND ONION POWDER, DISODIUM INOSINATE, EXTRACTIVES OF PAPRIKA], MODIFIED FOOD STARCH.
ZN	Roasted Turkey Breast	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
ZK	Italian Meatballs	Pork, Beef, Water, Seasoning (Bread Crumbs [Wheat Flour, Salt, Yeast], Parmesan/Romano Cheeses Made From Cow's Milk [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Salt, Dried Onion, Dried Celery, Malt Extract, Garlic Powder, Spices, Rice Flour), Textured Soy Flour (Soy Flour, 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
ZG Smoked BBQ Pork Rib	Pork, Barbeque sauce [Tomato ketchup (Tomato concentrate, Corn syrup, Distilled vinegar, Salt, Natural flavorings, Onion powder, Spice, Garlic powder), Brown sugar, Sugar, Mustard (Distilled vinegar, Water, Mustard seed, Salt, Turmeric, Paprika, Spice, Garlic powder), Dextrose, Vinegar, Clove], Water, Textured vegetable protein product [Soy protein concentrate, Caramel color, Zinc oxide, Niacinamide, Ferrous sulfate, Copper gluconate, Vitamin A palmitate, Calcium pantothenate, Thiamine mononitrate (B1), Pyridoxine hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Smoke flavor, Salt, Modified food starch, Sodium phosphate. Contains: Soy.
ZM Asiago Chicken Breast	INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING (SALT, WHEY, PARMESAN AND BLUE CHEESE [MILK, CHEESE CULTURES, SALT, ENZYMES], DEHYDRATED GARLIC, DEHYDRATED ONION, YEAST EXTRACT, MODIFIED CORN STARCH, NATURAL FLAVORS, SPICES, BUTTERMILK SOLIDS, SUNFLOWER LECITHIN, LACTIC ACID, NONFAT MILK, MALTODEXTRIN, LIPOLYZED CREAM, BUTTER EXTRACTIVES, XANTHAN GUM), RICE STARCH, YEAST EXTRACT, CITRUS EXTRACT. BREADED WITH: WHEAT FLOUR, ASIAGO AND PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, DEHYDRATED PARSLEY, YEAST, SPICE, SUGAR. BATTERED WITH: WATER, WHEAT FLOUR, CORN STARCH, YELLOW CORN FLOUR, ASIAGO, CHEDDAR, BLUE AND PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, YEAST EXTRACT, NATURAL FLAVORS, GARLIC POWDER, LEAVENING (CREAM OF TARTAR, SODIUM BICARBONATE), ONION POWDER, MALTODEXTRIN, SPICES, CITRIC ACID, NONFAT MILK, SOY LECITHIN. PREDUSTED WITH: WHEAT FLOUR, CORN STARCH, ASIAGO, CHEDDAR AND BLUE CHEESES (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, WHEAT GLUTEN, YEAST EXTRACT, NATURAL FLAVORS, SUGAR, GARLIC POWDER, BUTTER (CREAM, SALT), ONION POWDER, MALTODEXTRIN, NONFAT MILK, SPICES, CITRIC ACID. BREADING IS SET IN VEGETABLE OIL.
X Sweet Italian Chicken Sausage	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.
ZD Stout Cheddar Meatballs	Pork, Water, Pasteurized Process Cheddar Cheese (Cheddar Cheese [Cultured Milk, Salt, Enzymes], Water, Cream, Sodium Phosphates, Salt, Vegetable Color [Annatto and Paprika Extract Blend], Seasoning (Breadcrumbs [Wheat Flour, Salt, Leavening {Ammonium Bicarbonate}], Soy Flour, Salt, Dehydrated Onion and Garlic, Spices, Dextrose, Dehydrated Red & Green Bell Pepper, Spice Extractives, Sodium Bicarbonate, Guinness Beer, Textured Soy Protein Concentrate, Malt Beer Flavor
ZH Swiss Onion Chicken Burger	chicken, caramelized onions, pasteurized process swiss cheese (cultured milk, water, skim milk, cream, sodium phosphate, whey, salt, enzymes), water, seasoning (buffered potassium citrate, sugar, spice, maltodextrin, spice extractive), roasted red peppers, roasted onion, salt, roasted garlic

Personal Trainer Food Ingredient Information

ZI	Seasoned Turkey Burger	turkey thighs, water, roasted red & green peppers, roasted onions, contains 2% or less of: spices, salt, corn syrup solids, dehydrated garlic, sugar, paprika, maltodextrin, lemon juice powder (corn syrup solids, lemon juice solids), natural flavors, BHA, BHT, citric acid, propyl gallate
ZJ	Alaskan Pollock Filet	Alaskan pollock, water, contains 2% or less of: potato starch, calcium chloride, sodium alginate, baking soda. Contains fish (Alaskan Pollock).
ZK	Fire Grilled Tilapia	Tilapia, water, contains 2% or less of: salt, sugar, sodium phosphates, maltodextrin, dehydrated garlic and onion, spices, xanthan gum, paprika, natural flavor, spice extractive, sodium tripolyphosphates (to retain moisture). Contains: fish (tilapia).
ZL	Grilled Mahi Mahi	Mahi-Mahi, water, contains 2% or less of: salt, sugar, sodium phosphates, maltodextrin, dehydrated onion, spices, xanthan gum, paprika, natural flavor, spice extractive. Contains fish (Mahi-Mahi).
ZN	Roasted Turkey Breast	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
ZO	BBQ Link	Pork, beef, corn syrup solids, dextrose, salt, ground mustard, black pepper, paprika, sodium phosphate, chili pepper, granulated garlic, cayenne pepper, sodium erythorbate, sodium nitrite
ZP	Nashville Hot Chicken Sticks	CHICKEN, BREADING (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, 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, HYDROLYZED SOY AND WHEAT PROTEIN, SODIUM PHOSPHATE, DEXTROSE, ONION POWDER, NATURAL FLAVOR), SEASONING (MALTODEXTRIN, MODIFIED CORN STARCH, SPICES, SALT, BUTTERMILK, GARLIC POWDER, LACTIC ACID, BROWN SUGAR, ONION POWDER, CAYENNE PEPPER SAUCE (AGED RED PEPPER, VINEGAR, SALT, GARLIC), NATURAL FLAVORS, VINEGAR, MALIC ACID, CITRIC ACID), CAYENNE PEPPER PUREE (CAYENNE PEPPER, SALT, VINEGAR), MODIFIED CORN STARCH, DISTILLED VINEGAR, NATURAL FLAVORS, SODIUM PHOSPHATE, RED BELL PEPPER, BUTTER FLAVOR (MALTODEXTRIN, MODIFIED FOOD STARCH, NATURAL FLAVOR (WITH MILK)), XANTHAN GUM, RED PEPPER, SWEET POTATO EXTRACT, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), HABANERO CHILI POWDER

Personal Trainer Food Ingredient Information

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

Personal Trainer Food Ingredient Information

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

Personal Trainer Food Butter Sauce Information

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

Ingredients

Sweet Garlic Butter Sauce (8 fl oz.)	Liquid Butter Alternative[Liquidand hydrogenatedsoybeanoil, Containsless that2% of Salt, Soy lecithin, Natural& artificial flavor, Beta carotene(color), TBHQand Citricacidadded toprotectflavor, Dimethylpolysiloxane, ananit-foamingagentadded.], Garlic & Herb Seasoning [Garlic, Spices (Including Oregano,Rosemary,Basil,andRedpepper),Orangepeel,Onion,Parsely,Paprika,andCelery.]GarlicSalt[Salt,Garlic,Calciumsilicate(addedtomake free flowing), and Garlic oil.] Sucralose Liquid [Water, Sucralose (25% of totalweight), Citric acid, Sodium citrate, with Potassium sorbate and sodium benzoate as preservatives.]. CONTAINS SOY.
Sweet Garlic Butter Sauce (4 fl oz.)	Liquid Butter Alternative[Liquidand hydrogenatedsoybeanoil, Containsless that2% of Salt, Soy lecithin, Natural& artificial flavor, Beta carotene(color), TBHQand Citricacidadded toprotectflavor, Dimethylpolysiloxane, ananit-foamingagentadded.], Garlic & Herb Seasoning [Garlic, Spices (Including Oregano,Rosemary,Basil,andRedpepper),Orangepeel,Onion,Parsely,Paprika,andCelery.]GarlicSalt[Salt,Garlic,Calciumsilicate(addedtomake free flowing), and Garlic oil.] Sucralose Liquid [Water, Sucralose (25% of totalweight), Citric acid, Sodium citrate, with Potassium sorbate and sodium benzoate as preservatives.]. CONTAINS SOY.
Sweet Bacon & White Cheddar (8 fl oz.)	Liquid Butter Alternative[Liquidand hydrogenatedsoybean oil, Containsless that2% of Salt, Soy lecithin, Natural& artificial flavor, Beta carotene(color), TBHQ and Citricacidadded toprotectflavor, Dimethylpolysiloxane, ananit-foaming agentadded.], Bacon Cheddar Seasoning [Cheddarcheese(Blendof cheddarcheese,[Milk, Cheesecultures, Salt,Enzymes],Whey),Salt,Coconutoil,Maltodextrin,Baconflavoring, Cornprotein,Sodiumcaseinate,Citric acid,Chives,Onion,Parsley.Silicondioxideaddedtopreentcaking],SucraloseLiquid[Water,Sucralose(25%oftotalweight), Citricacid,Sodiumcitrate, with Potassium sorbate and Sodium benzoate as preservatives.]. CONTAINS SOY, MILK, AND WHEAT.

Personal Trainer Food Butter Sauce Information

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

Personal Trainer Food Add-On Nutrition Information

	Menu Item	Servings Per Package	Serving Size (oz)	Calories	Calories from Fat		Fat (g)			Cholesterol (mg)		Sodium (mg)		Total Carbohydrates (g)				Protein (g)		Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)		
					Fat	%DV	Saturated Fat (g)	%DV	Saturated Fat (g)	%DV	Trans Fat (g)	%DV	Sodium	%DV	Total Carbohydrate	%DV	Dietary Fiber (g)	%DV	Dietary Fiber					Sugar (g)	
U	Chocolate Shake	1	1.00	100	15	2	2	0	0	0	5	2	260	11	7	2	1	4	4	15	30	20	20	20	20
O	Meat Bar	1	1.00	60	20	2	3	1	5	0	15	5	350	15	1	0	0	0	0	9	30	0	0	2	4
R	Vanilla Shake	1	1.00	100	15	1.5	2	0	0	0	5	5	70	3	7	2	0	0	5	15	30	20	20	20	20

Ingredients

Chocolate Shake	Proteinblend(Calcium caseinate, Milkproteinconcentrate, Sodium caseinate), Cocoapowder(processedwithalkali), Fructose, Skim milkpowder, Natural and artificial flavors, Sunflower oil, Maltodextrin, Sea salt, Modified corn starch, Vitamin and mineral mix (Ascorbic acid, Ferrous fumarate, VitaminEasacetate, Niacinamide, Coppergluconate, Zincoxide, Calciumd-pantothenate, Mangesesulfate, Pyridoxine HCl, Riboflavin, Thiamin mononitrate, VitaminAaspalmitate, Chromiumchloride, Folicacid, D-biotin, Potassiumiodide, Sodiummolybdate, Sodiumselenite, Phytionadioneas vitaminK1, CholecalciferolasvitaminD3, CyanocobalaminasvitaminB12), Guargum, Dipotassiumphosphate, Magnesiumoxide, Sunflowerlecithin, Sucralose&acesulfame-potassium(non-nutritivesweeteners), soylecithin. Silcondioxide, Mono-diglycerides, Tocopherols. Manufactured in a facility that processes egg, wheat, peanuts, and tree nuts.
Meat Bar	Grass-Fed Beef, salt, encapsulated citric acid, celery juice, black pepper, red pepper, garlic powder, coriander, onion powder.
Vanilla Shake	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, calcium d-pantothenate, manganese sulfate, pyridoxine HCl, riboflavin, thiamin mononitrate, vitamin A as palmitate, chromium chloride, folic acid, d-biotin, potassium iodide, sodium molybdate, sodium selenite, phytionadione as vitaminK 1, cholecalciferol as vitamin D3, cyanocobalamin as vitamin B12), sunflower lecithin, salt, magnesium oxide, modified cellulose, sucralose (non-nutritive sweetener), mono-diglyceride, tocopherols, silicon dioxide, beta-carotene (color). Manufactured in a facility that processes egg, soy, wheat, peanuts and tree nuts.

Personal Trainer Food Add-On Nutrition Information

Menu Item	Servings Per Package	Serving Size (g)	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)
Trident Gum	14	1.90	5	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
Medi-Lyte Electrolyte Replenisher	1	1.00	60	20	2	3	1	5	0	15	5	350	15	1	0	0	0	0	9	30	0	0	2	4
Herbal Tea	1	2.00	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Black Tea	1	2.00	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sugar Free Peppermint Mints	1	5.00	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Propel Raspberry Lemonade	1	2.40	0	0	0	0	0	0	0	0	0	210	9	0	0	0	0	0	0	0	0	25	0	0
Propel Berry	1	2.40	0	0	0	0	0	0	0	0	0	210	9	0	0	0	0	0	0	0	0	25	0	0
Propel Kiwi Strawberry	1	2.40	0	0	0	0	0	0	0	0	0	210	9	0	0	0	0	0	0	0	0	25	0	0
Propel Grape	1	2.40	0	0	0	0	0	0	0	0	0	210	9	0	0	0	0	0	0	0	0	25	0	0
Savory Choice Chicken Broth	1	12.00	15	10	1	2	.5	2	0	0	0	770	32	1	0	0	0	0	1	0	0	0	0	0
Savory Choice Vegetable Broth	1	12.00	20	10	0	0	0	0	0	0	0	360	15	4	1	0	0	0	1	0	0	0	0	0
Savory Choice Beef Broth	1	15.00	25	0	0	0	0	0	0	0	0	810	34	5	2	0	0	2	1	0	0	0	0	0

Personal Trainer Food Add-On Nutrition Information

Trident Gum	SORBITOL, GUM BASE, XYLITOL, GLYCERIN, NATURAL AND ARTIFICIAL FLAVOR; LESS THAN 2% OF: ACESULFAME POTASSIUM, ASPARTAME, BHT (TO MAINTAIN FRESHNESS), MANNITOL, SOY LECITHIN, SUCRALOSE.
Medi-Lyte Electrolyte Replenisher	microcrystalline cellulose, silicon dioxide, stearic acid, magnesium stearate
Herbal Tea	100% NATURAL GREEN TEA
Black Tea	ORANGE PEKOE AND PEKOE CUT BLACK TEA.
Sugar Free Peppermint Mints	Polyglycitol Syrup, Color Added (titanium dioxide), Natural Flavor, Red 40 and Sucralose.
Propel Kiwi Strawberry	CITRIC ACID, SALT, SODIUM CITRATE, MALTODEXTRIN, MONOPOTASSIUM PHOSPHATE, ASCORBIC ACID (VITAMIN C), SUCRALOSE, SILICON DIOXIDE, NIACINAMIDE (VITAMIN B3), NATURAL FLAVOR, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)
Propel Berry	CITRIC ACID, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, MALTODEXTRIN, ASCORBIC ACID (VITAMIN C), SUCRALOSE, SUGAR, NATURAL FLAVOR, SILICON DIOXIDE, NIACINAMIDE (VITAMIN B3), ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)
Propel Grape	CITRIC ACID, MALTODEXTRIN, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, ASCORBIC ACID (VITAMIN C), SUCRALOSE, SILICON DIOXIDE, NIACINAMIDE (VITAMIN B3), ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), NATURAL FLAVOR, CYANOCOBALAMIN (VITAMIN B12)
Propel Raspberry Lemonade	CITRIC ACID, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, MALTODEXTRIN, SUGAR, ASCORBIC ACID (VITAMIN C), SUCRALOSE, NATURAL AND ARTIFICIAL FLAVOR, CORN SYRUP, SILICON DIOXIDE, NIACINAMIDE (VITAMIN B3), ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)
Savory Choice Broth Chicken	Chicken Stock, Natural Flavor, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract and Xanthan Gum.
Savory Choice Broth Vegetable	Vegetable Extracts (Tomato, Mushroom, Onion, Carrot and Celery) Sugar, Maltodextrin, Salt and Yeast Extract.
Savory Choice Broth Beef	Beef Stock, Natural Flavor, Salt, Beef Fat, Sugar, Maltodextrin, Yeast Extract and Xanthan Gum.