

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 Cheddar Omelet + Maple Sausage	1	5.0	380	280	32	49	12	60	1	295	98	760	32	5	2	0	0	4	17	34	12	0	16	9
B Western Omelet + Maple Sausage	1	5.0	340	250	28	43	10	48	0	310	103	620	26	6	2	0	0	4	15	30	8	2	6	10
C Canadian Bacon & Egg Patty	1	3.6	125	50	9.5	12	2	10	0	165	55	455	20	2	1	0	0	0	9.5	19	6	2	2	2
D Cheddar Omelet & Bacon	1	3.9	274	176	20	31	7	37	1	272	91	862	36	3	1	0	0	2	16	32	12	0	16	8
E Cheddar Omelet & Cranberry Chicken Sausage	1	5.5	330	198	22	30	6	30	0	260	87	860	37	9	3	0	0	6	25	50	2	0	12	10
F Cheddar Omelet & Canadian Bacon	1	5.5	241	145	16	21	6.5	33	0	287	100	1169	49	5	2	0	0	3	22	34	0	0	1	9
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 Three Cheese Egg Bites	1	5.0	180	-	12	16	6	30	0	240	80	520	22	4	2	0	0	0	14	30	8	17	8	4
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 Egg Bites	1	2.9	220	-	18	23	6	30	0	230	77	650	28	6	2	2	7	0	12	24	6	10	6	4
S Cheese & Bacon Egg Bites	1	4.5	220	-	16	20	7	36	0	230	76	620	26	4	2	0	0	0	16	27	0	5	9	0
T Cheddar Omelet & Turkey Sausage	1	4.9	260	171	19	26	17.5	7.5	0	290	97	820	35	4	1	0	0	2	19	38	0	0	10	8
V Cheddar Omelet and Chorizo	1	5	350	-	28	36	10.5	53	0	290	97	900	39	5	1	0	0	0	18	36	6	12	12	6
W 2 Egg Patties & Chorizo Sausage	1	4.5	337	-	30	42	7.6	39	0	269	90	570	25	3	2	0	0	0	16	32	12	5	16	4

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A	Homestyle Meatloaf Patty	1	3.2	170	90	10	15	4	20	0	45	15	440	18	6	2	1	4	2	17	34	2	4	2	10
B	Grilled Nuggets	1	4.0	200	50	5	4	1	5	0	70	23	760	34	4	1	0	0	0	23	46	0	0	0	4
C	Prime Rib Fajita Strips	1	4.0	242	143	16	25	7	34	0	71	24	941	39	5	2	0	0	0	19	39	0	0	2	11
D	Breaded Chicken Patty	1	3.5	250	140	15	23	3	15	0	40	13	480	20	13	4	1	4	0	15	30	2	0	4	10
E	Angus Burger	1	3.0	220	150	17	26	7	35	0	70	23	290	12	0	0	0	0	0	19	38	0	0	0	8
F	Wild Alaskan Salmon	1	4.0	110	25	2.5	4	.5	3	0	45	15	320	14	1	0	0	0	1	21	42	0	0	0	6
G	Hot Honey Chicken Sticks	1	5.8	380	120	22	28	6	30	0	80	26	1260	48	24	8	2	0	0	24	48	0	0	0	16
H	Teriyaki Chicken	1	4.8	242	113	13	20	3	16	0	113	38	708	30	0	0	0	0	0	31	61	0	0	0	10
I	Beef & Lamb Gyros	1	3.6	324	252	27	41	11	54	0	54	18	810	34	5	2	0	0	0	14	23	0	0	4	11
J	Spicy Breaded Chicken Breast	1	4.0	200	60	7	11	1	5	0	40	13	1010	42	17	6	1	4	0	18	36	0	0	2	6
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	Korean BBQ Pork Shank	1	4.0	222	-	9	13	2.5	11	0	75	25	1000	69	10	4	0	0	9	24	48	0	2	20	0
R	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	Buffalo Chicken Wings	1	3.3	220	-	15	23	3.5	18	0	110	37	560	23	1	0	0	0	0	20	40	0	0	0	0
U	Buffalo Ranch Chicken Sticks 2ct	1	5.0	310	103	12	19	4	22	0	52	17	1460	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	Fire Braised Chicken Thigh	1	3.0	130	-	6	8	1.5	8	0	85	28	270	12	0	0	0	0	0	18	35	0	0	4	4

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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 Piri Piri Chicken Skewer	1	3	120	-	2.5	3	0	0	0	45	15	520	23	4	1	0	0	0	18	46	0	3	6	10
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 Italian Sausage	1	4.0	380	300	32	42	10	50	0	90	30	920	40	2	1	0	0	0	18	36	0	0	0	2
ZJ Popcorn Chicken	1	5.0	384	183	21	28	4	21	0	33	12	585	25	23	8	5	18	0	23	46	0	0	4	0
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 Lemongrass Chicken Skewer	1	3	130	-	2.5	3	0	0	0	45	15	500	22	6	2	0	3	3	18	35	0	0	6	3
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

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A	Broccoli Florets	1	4.0	40	0	0	0	0	0	0	0	0	27	1	5	2	3	11	3	1	3	0	67	3	0
B	Roasted Blend	1	4.0	70	-	1	2	0	0	0	0	0	240	10	13	4	4	14	0	2	5	5	-	4	-
C	Mixed Vegetables	1	4.0	77	0	0	0	0	0	0	0	0	103	4	15	5	3	10	5	4	8	26	10	0	3
D	Cauliflower Florets	1	4.0	33	0	0	0	0	0	0	0	0	33	1	5	2	1	5	3	1	3	0	47	0	0
E	Green Beans	1	4.0	41	0	0	0	0	0	0	0	0	0	0	7	2	3	11	3	1	3	3	8	6	3
F	Normandy Blend	1	4.0	29	0	0	0	0	0	0	0	0	35	1	5	2	2	9	2	1	2	30	32	2	1
G	Yellow Squash	1	4.0	20	0	0	0	0	0	0	0	0	7	0	4	1	0	0	3	0	0	1	0	0	0
H	Green Zucchini	1	4.0	21	0	0	0	0	0	0	0	0	7	0	4	1	1	6	0	1	3	3	0	0	0
J	Caribbean Blend	1	4.0	38	0	0	0	0	0	0	0	0	38	2	8	3	3	10	4	3	5	3	38	3	5
K	Cauliflower Rice	1	4.0	30	0	0	0	0	0	0	0	0	25	1	5	2	3	3	3	1	3	0	3	0	0
L	PTF Blend	1	4.0	50	0	0	0	0	0	0	0	0	50	2	9	3	3	11	4	1	3	21	21	3	6
M	Capri Blend	1	4.0	34	0	0	0	0	0	0	0	0	29	1	6	2	2	9	3	0	0	29	2	2	0
N	Italian Blend	1	4.0	40	0	0	0	0	0	0	0	0	53	2	8	3	3	11	3	1	3	20	20	3	0
P	Seasoned Sweet Corn and Peppers	1	4.0	133	0	5	7	0	0	0	0	0	156	8	18	6	4	13	0	4	8	-	-	-	-
Q	Scandinavian Blend	1	4.0	53	0	0	0	0	0	0	0	0	93	4	9	3	3	11	4	3	5	20	5	3	3
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	Asparagus	1	4.0	28	0	0	0	0	0	0	0	0	6	1	4	1	2	7	0	0	0	0	2	6	0
W	Sauteed Peppers and Onions	1	4.0	33	0	0	0	0	0	0	0	0	0	0	8	3	1	4	0	1	2	-	-	17	-
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

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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	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	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	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	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	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	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	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	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

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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 Canadian Bacon & Egg Patty	Egg Patty: Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% Or Less of the Following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid. Ham: Cured With Water, Salt, Sugar, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.
D Cheddar Omelet & 2 Bacon	Cheddar Omelet [Egg patty: Whole eggs, Whey, Skim milk, Butterflavored oil (Partially hydrogenated soybean oil, Salt, Soybean lecithin, Artificial flavors, Butter oil, Vitamin A palmitate, 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, Betacaroteneaddedforcolor), Soybeanoil, Driedcream cheeseproduct(Creamcheese(Pasteurizedmilkandcream, Cheeseculture, Salt, Caribbean gum),Nonfatdrymilk, and Sodium phosphate), Modifiedfoodstarch,Salt, Xanthan gum, Liquid pepperextract, and Citricacid.]Breakfast Sausage [Pork, Water, Salt,Spices,Dextrose,Sugar,Autolyzedyeast,Limeflavor(Corn syrupsolids,Limejuice solids,Naturalfavor), Flavoring, TBHQ,BHT,Citricacid, Lacticacid.]</p>

Personal Trainer Food Ingredient Information

Menu Item	Ingredients
H Western Omelet + Breakfast Sausage	Western Omelet[Eggpatty: Wholeeggs, Whey, Skim milk, Butterflavoredoil(Partially hydrogenatedsoybean oil, Salt, Soybean lecithin, Artificial flavors, Butteroil, VitaminApalmitate,Betacaroteneaddedforcolor), Soybeanoil,Driedcreamcheese(Cream cheese,(Pasteurizedmilkand cream,Cheeseculture, Salt, Carobbeangum),Nonfatdrymilk,andSodiumphosphate),Modifiedfoodstarch,Salt,Xanthangum,Liquidpepperextract,andCitricacid.Filling:Hamwater added(Curedwith: Water, Salt,Dextrose, Sodiumphosphate,Smokeflavoring, 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,Naturalflavor), 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>FarmhouseOmelet[EggPatty:(Wholeeggs,Whey,Russetpotatoes(Canolaoil,Seasalt,Pepper),Water,Baconbits(curedwithWater,Salt,Sodiumphosphates,Sodium erythorbate, Sodium nitrate. Mayalso 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 (Cornsyrup solids, Lime juice solids, Natural flavor), Flavoring, BHT, TBHQ, Citric acid, Lactic acid.]</p>
R	Egg Bites	<p>Whole Eggs, Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color)], Ham - Water added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Bacon (Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Spinach, Maltodextrin, Water, Red Bell Pepper, Soybean Oil, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid. CONTAINS: EGG, MILK.</p>
S	Cheese & Bacon Egg Bites	<p>WHOLE EGGS, COTTAGE CHEESE (CULTURED SKIM MILK, WHEY PROTEIN CONCENTRATE, CREAM, SKIM MILK, CONTAINS 2% OR LESS OF SALT, GUAR GUM, MONO AND DIGLYCERIDES, CAROB BEAN GUM, NATURAL FLAVOR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), CARRAGEENAN, POLYSORBATE 80, ENZYMES), BACON BITS (CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SALT, APOCAROTENAL (COLOR), POTASSIUM SORBATE AND NATAMYCIN (PRESERVATIVES)), PASTEURIZED PROCESS MONTEREY JACK CHEESE (MONTEREY JACK CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SALT, SODIUM HEXAMETAPHOSPHATE), MODIFIED FOOD STARCH, XANTHAN GUM, CITRIC ACID.</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 Three Cheese Egg Bites	WHOLE EGGS, COTTAGE CHEESE (CULTURED SKIM MILK, WHEY PROTEIN CONCENTRATE, CREAM, SKIM MILK, CONTAINS 2% OR LESS OF SALT, GUAR GUM, MONO AND DIGLYCERIDES, CAROB BEAN GUM, NATURAL FLAVOR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), CARRAGEENAN, POLYSORBATE 80, ENZYMES), PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SALT, APOCAROTENAL (COLOR), POTASSIUM SORBATE AND NATAMYCIN (PRESERVATIVES)), PASTEURIZED PROCESS MONTEREY JACK CHEESE (MONTEREY JACK CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SALT, SODIUM HEXAMETAPHOSPHATE), MODIFIED FOOD STARCH, XANTHAN GUM, CITRIC ACID.
Q Korean BBQ Pork Shank	Pork Shank, salt, Sugar, Pork Flavoring Sauce: High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (Preservative), Garlic, * Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. *Dried
W 2 egg Patties & Chorizo Sausage	Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% Or Less of the Following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid. Pork, Seasoning (Spices, Salt, Paprika, Sugar, Dried Garlic, Natural Flavor, Paprika Extract), Water.

Personal Trainer Food Ingredient Information

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

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, Bread crumbs [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 Grilled Nuggets	Boneless, skinless chicken breast chunks with rib meat, water, contains 2% or less of the following: citric acid, dextrose, garlic powder, grill flavor (from sunflower oil), lemon juice solids, maltodextrin, modified corn starch, natural flavors, onion powder, salt, seasoning (yeast extract, salt, maltodextrin, dextrose, garlic powder, onion powder, lemon juice solids, natural flavors, spices, modified corn starch, vinegar solids, citric acid, dehydrated red bell pepper, grill flavor from sunflower oil, dehydrated parsley), sodium phosphates, soybean oil, spices, sugar, vinegar solids, xanthan gum, yeast extract. Pork, Pineapple, water, salt, spices, sugar, monosodium glutamate, sodium phosphate, sodium erythorbate, sodium nitrite, hog casing.
C Prime Rib Fajita Strips	Boneless beef, Water, Beef base (Roasted sirloin and beef stock, Salt, Sugar, Cornstarch, Dried potato, Beef fat, Caramel color, Corn oil, Onion powder, Natural beef grill flavoring [from Beef fat], Garlic powder, Soy lecithin, Grill flavor, Disodium inosinate, Disodium guanylate), Less than 2 percent Seasoning mix (Modified food starch [Tapioca], Whey protein concentrate, Carrageenan, Sodium citrate), Salt, Caramel color, Sodium phosphates, Natural flavor (Soy lecithin), Garlic powder, Onion powder, Beef fat, Maltodextrin. Contains Milk and Soy.
D Breaded Chicken Patty	Chicken breast with rib meat, Water, Vegetable protein product (Isolated soy protein, Magnesium oxide, Zinc oxide, Niacinamide, Ferrous sulfate, Vitamin B12, Copper gluconate, Vitamin A palmitate, Calcium pantothenate, Pyridoxine hydrochloride, Thiamine mononitrate, Riboflavin), Dried whole egg, Seasoning (Salt, Onion powder, Modified corn starch, Natural flavor) and Sodium. Allergens: Egg, Soybeans, Wheat
E Angus Burger	Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Natural Flavoring.
F Wild Alaskan Salmon	Pink and/or 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 Hot Honey Chicken Sticks	: CHICKEN, BREADING (WHEAT ENRICHED AND BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTRIN, MODIFIED FOOD STARCH, SUGAR, NATURAL FLAVORS, SOYBEAN OIL, YEAST, SPICE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GUM (GUAR, XANTHAN)), WATER, PASTEURIZED PROCESS SWISS CHEESE (SWISS CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SALT, SORBIC ACID (PRESERVATIVE)), SOYBEAN OIL, LESS THAN 2% OF: CAYENNE PEPPER, SPICE, BELL PEPPER, ONION POWDER, GARLIC POWDER, MIKE'S HOT HONEY (HONEY, CHILIES, VINEGAR), HONEY, CORN SYRUP SOLIDS, SUCRALOSE, SALT, NATURAL FLAVORS, MODIFIED FOOD STARCH, ARTIFICIAL HONEY FLAVOR (PROPYLENE GLYCOL, ALCOHOL, NATURAL AND ARTIFICIAL FLAVOR), SOY PROTEIN CONCENTRATE, VINEGAR, GUM (GUAR, XANTHAN), SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), SODIUM PHOSPHATE.
H Teriyaki Chicken	Boneless skinless chicken thighs, Water, Seasoning [Maltodextrin, Soy sauce (Wheat, Soybeans, Salt), Salt, Garlic powder, Sugar, Spice, Yeast Extract, Disodium inosinate and disodium guanylate, Caramel color, Oyster juice, Modified corn starch, Vinegar solids, Natural flavor, Natural smoke flavor], Sodium phosphates. Contains: Shellfish, Soy, Wheat
I Beef & Lamb Gyros	Beef, lamb, water, 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.

Personal Trainer Food Ingredient Information

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.
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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 witholeoresin paprika,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%offessof: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 Korean BBQ Pork Shank	Pork Shank, salt, Sugar, Pork Flavoring Sauce: High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (Preservative), Garlic,* Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. *Dried
R Monterey Jack Chicken Sticks 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, Guargum, 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, Guargum), 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, Spices, 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 Buffalo Chicken Wings	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 annatto color, Powdered cellulose (anticaking agent)), Chicken skin, Seasoning (Soy protein isolate, Non-fat milk solids, Salt, Hydrolyzed soy and wheat protein, Sodium Tripolyphosphate, Dextrose, Onion powder, Spice extractives), Soybean oil, Modified food starch, Adhesive (Corn syrup solids, Modified corn starch, Guar gum), Red pepper, Smoke flavor, Onion powder, Garlic powder, Sodium tripolyphosphate, Xanthan gum, Sodium benzoate and potassium sorbate (preservatives). Allergen information: Contains Wheat, Milk, and Soy.
U Buffalo Ranch Chicken Sticks 2ct	Chicken wing sections, water, wheat flour, modified food starch, sodium phosphates, salt, seasoning (salt, oil of garlic). COATED WITH: Hot sauce (fresh red ripe peppers, distilled vinegar, salt), water, soybean oil, chili pepper, cellulose gum, modified corn starch, salt, spice extractives. Blanched in vegetable oil.

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, Naturalfavor, 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,Cornsyrupsolids, 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[Fromcomandrice], Seasoning(Gumarabic,Naturalfavor,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 Fire Braised Chicken Thigh	Chicken Thigh Meat, Water, Contains 2% or less of Spices, Salt, Flavoring, Paprika, Olive Oil, Xanthan Gum.
ZB Meatballs with Onions	Beef,Water,Onions,Texturedvegetableprotein(Soyflour,Caramelcolor), Breadcrumbs(Bleachedwheatflour, Sugar, Salt,Yeast, and Canolaoil), Soyprotein concentrate,Seasoning(Salt, Cornsyrupsolids,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:Cornflakecumb (Yellowcormmeal, 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. Breeding setinvegetable oil.
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

Personal Trainer Food Ingredient Information

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, Thiamin mononitrate (B1), Pyridoxine hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Smoke flavor, Salt, Modified food starch, Sodium phosphate. Contains: Soy.
ZM Piri Piri Chicken Skewer	CHICKEN BREAST, WATER, POTATO STARCH, CANOLA OIL, SALT, SPICE, MODIFIED CORN STARCH, MALTODEXTRIN, DEHYDRATED RED BELL PEPPER, PAPRIKA, SUGAR, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, ONION POWDER, CAYENNE PEPPER SAUCE POWDER □ CAYENNE PEPPER SAUCE □ AGED CAYENNE RED PEPPERS, VINEGAR, SALT, GARLIC POWDER □, MALTODEXTRIN, FLAVOR □, DEHYDRATED GARLIC, DEHYDRATED LEMON PEEL, FLAVOR, SPICE EXTRACT. ALLERGENS: NONE
X 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	Italian Sausage	Ingredients: Pork, Water, Spices, Salt, Corn Syrup Solids, Paprika, Dextrose, Flavoring, Monosodium Glutamate, Dehydrated Red Bell Peppers, Sugar, Extractives of Paprika and Annatto, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Solids, Lemon Oil), Disodium Inosinate and Disodium Guanylate, BHA, BHT, Citric Acid, Propyl Gallate.
ZJ	Popcorn Chicken	Chicken, water, textured soy protein concentrate, isolated soy protein with less than 2% lecithin, chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breeding set in vegetable oil.
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	Lemongrass Chicken Skewer	Halal chicken breast, water, modified corn starch, sugar, canola oil, salt, spice, sodium phosphate, dehydrated onion, tumeric, lemongrass powder, dehydrated garlic, yeast extract flavor, oleoresin turmeric, extractives of paprika
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 Roasted Blend	Roasted Sweet Potatoes, Roasted Yellow Carrots, Roasted Parsnips Roasted Red Peppers, Roasted Red Onions, IQF Kale, Light Olive Oil Sea Salt
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 Cauliflower Rice	Cauliflower
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 Seasoned Sweet Corn and Peppers	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 Asparagus	Asparagus
W Sauted Peppers and Onions	Onion, Red Pepper, Green Pepper
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		Fat (g)					Cholesterol (mg)		Sodium (mg)		Total Carbohydrates (g)					Protein (g)		Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)		
			Calories from Fat	Fat	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	%DV Cholesterol	Sodium	%DV Sodium	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	%DV Protein										
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	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	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	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	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	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	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	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	0	0	1	0	0	0	

Ingredients

Sweet Garlic Butter Sauce (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.], Garlic & Herb Seasoning [Garlic, Spices (Including Oregano, Rosemary, Basil, and Red pepper), Orange peel, Onion, Parsely, Paprika, and Celery.] Garlic Salt [Salt, Garlic, Calcium silicate (added to make free flowing), and Garlic oil.] Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and sodium benzoate as preservatives.]. CONTAINS SOY.
Sweet Garlic Butter Sauce (4 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.], Garlic & Herb Seasoning [Garlic, Spices (Including Oregano, Rosemary, Basil, and Red pepper), Orange peel, Onion, Parsely, Paprika, and Celery.] Garlic Salt [Salt, Garlic, Calcium silicate (added to make free flowing), and Garlic oil.] Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and sodium benzoate as preservatives.]. CONTAINS SOY.
Sweet Bacon & White Cheddar (8 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, Comprotein, Sodium caseinate, Citric acid, Chives, Onion, Parsely. Silicon dioxide added to prevent caking], Sucralose Liquid [Water, Sucralose (25% of total weight), Citric acid, Sodium citrate, with Potassium sorbate and Sodium benzoate as preservatives.]. CONTAINS SOY, MILK, AND WHEAT.

Personal Trainer Food 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)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrates (g)	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)	Protein (g)	%DV Protein	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
U	Chocolate Shake	1	1.00	100	15	2	2	0	0	0	5	2	260	11	7	2	1	4	4	1	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	2	20	20	20

Ingredients

Chocolate Shake	Proteinblend(Calcium caseinate, Milkproteinconcentrate, Sodium caseinate), Coccoapowder(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, Manganesesulfate, Pyridoxine HCl, Riboflavin, Thiamin mononitrate, VitaminAaspalmite, 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. Manufacturedinafacility 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, phytonadione 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					Cholesterol (mg)			Sodium (mg)		Total Carbohydrates (g)				Protein (g)		Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
					Fat (g)	%DV Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)		%DV Cholesterol		%DV Sodium	%DV Total Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugar (g)		%DV Protein						
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	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	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	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	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	Polyglycolol 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.