ALLERGY DISCLAIMER

Manufactured in a facility that also processes egg, fish, milk, shellfish, soy, tree nuts, peanuts, and wheat.

EAT FIT GO

ALLERGEN INFORMATION

● = allergen free

Breakfast	Dairy Free	Egg Free	Fish Free	Peanut Free	Shellfish Free	Soy Free	Tree Nut Free	Wheat Free	Gluten Free
Tiffany's Good Morning Sunshine			●	●	●	●	●	●	●
Southwest Scramble			●	●	●	●	●	●	●
The Classic Steak & Egg	●		●	●	●		●	●	●
Berry Overnight Oats		●	●	●	●	●		●	●
All American	●		●	●	●	●	●	●	●
Breakfast Taco			●	●	●	●	●		
All American Burrito			●	●	●	●	●		

Vegetarian	Dairy Free	Egg Free	Fish Free	Peanut Free	Shellfish Free	Soy Free	Tree Nut Free	Wheat Free	Gluten Free
Veggie Breakfast Taco			●	●	●		●		
Veggie Mac			●	●	●		●		
Spinach Enchiladas		●	●	●	●	●	●		
Ancient Grain Bowl	●	●	●	●	●		●	●	

Steak/Turkey/Salmon	Dairy Free	Egg Free	Fish Free	Peanut Free	Shellfish Free	Soy Free	Tree Nut Free	Wheat Free	Gluten Free
Fajita Steak Bowl		●	●	●	●		●	●	●
Steak & Potatoes	●	●	●	●	●		●	●	●
Steak Cauli Rice Bowl	●	●	●	●	●		●	●	●
Vinny's Fit Pasta		●	●	●	●	●	●	●	●
Get Yo Mac On		●	●	●	●	●	●	●	●
Turkeylicious Chili	●	●	●	●	●	●	●	●	●
Turkey Meatball Zoodles		●	●	●	●	●	●	●	●
Citrus Salmon	●	●		●	●	●	●	●	●
The Basic Meal Salmon	●	●		●	●	●	●	●	●
Teriyaki Salmon	●	●		●	●		●	●	
Salmon Alfredo		●		●	●	●	●	●	●
Look Good Naked Salmon	●	●		●	●	●	●	●	●

Chicken/Salads	Dairy Free	Egg Free	Fish Free	Peanut Free	Shellfish Free	Soy Free	Tree Nut Free	Wheat Free	Gluten Free
Smart Chicken Pesto		●	●	●	●	●	●	●	●
Jambalaya Bowl	●	●	●	●		●	●	●	●
Smart Chicken Parm		●	●	●	●	●	●	●	●
Smart Chicken Alfredo		●	●	●	●	●	●	●	●
Look Good Naked Smart Chicken	●	●	●	●	●	●	●	●	●
Smart Chicken Enchiladas		●	●	●	●	●	●		
Smart Chicken Fried Rice	●		●	●	●		●	●	●
Smart Chicken Cauli Rice Bowl	●	●	●	●	●		●	●	●
Sweet Potato Smart Chicken	●	●	●	●	●	●	●	●	●
The Basic Meal Smart Chicken	●	●	●	●	●	●	●	●	●
Fajita Smart Chicken Bowl		●	●	●	●	●	●	●	●
Seasonal Berry Salad (no dressing)		●	●	●	●	●	●	●	●
+ dressing		●	●	●	●	●	●	●	●
Asian Side Salad (no dressing)	●	●	●	●	●	●	●	●	●
+ dressing	●	●	●	●	●		●	●	●
Cranberry Almond Salad (no dressing)		●	●	●	●	●		●	●
+ dressing		●	●	●	●	●		●	●
Triple Berry Side Salad (no dressing)	●	●	●	●	●	●	●	●	●
+ dressing	●	●	●	●	●	●	●	●	●
Asian Citrus Salad (no dressing)	●	●	●	●	●			●	●
+ dressing	●	●	●	●	●			●	●
Cranberry Balsamic Side Salad (no dressing)		●	●	●	●	●	●	●	●
+ dressing		●	●	●	●	●	●	●	●

Snacks	Dairy Free	Egg Free	Fish Free	Peanut Free	Shellfish Free	Soy Free	Tree Nut Free	Wheat Free	Gluten Free
Veggie Stix & Hummus	●	●	●	●	●	●	●	●	●
Harvest Tomato Soup		●	●	●	●	●	●	●	●
Strawberry Yogo Parfait		●	●	●	●	●	●	●	●
+ granola		●	●	●	●		●	●	●
Peach Yogo Parfait		●	●	●	●	●	●	●	●
+ granola		●	●	●	●		●	●	●
Walnut Yogo Parfait		●	●	●	●	●		●	●
+ granola		●	●	●	●			●	●
Greek Blueberry Yogo Parfait		●	●	●	●	●	●	●	●
+ granola		●	●	●	●		●	●	●
Greek Raspberry Yogo Parfait		●	●	●	●	●	●	●	●
+ granola		●	●	●	●		●	●	●
Greek Peach Yogo Parfait		●	●	●	●	●	●	●	●
+ granola		●	●	●	●		●	●	●
Snack Box		●	●	●	●	●		●	●
Angry Bird Snack Tacos	●	●	●	●	●	●	●		
It's a Wrap!			●	●	●	●	●		
Crazy Cow Snack Tacos	●	●	●	●	●		●		
Coconut Cranberry GoGo Bites	●	●	●		●	●		●	●
Peanut Butter Choc Chip GoGo Bites		●	●		●	●		●	●
Maple Sea Salt RX Bar	●		●	●	●	●		●	●
Chocolate Sea Salt RX Bar	●		●	●	●	●		●	●
Mint Chocolate RX Bar	●		●	●	●	●		●	●
Blueberry RX Bar	●		●	●	●	●		●	●
Coconut Chocolate RX Bar	●		●	●	●	●		●	●
Peanut Butter RX Bar	●		●		●	●	●	●	●
Peanut Butter Chocolate RX Bar	●		●		●	●	●	●	●
Chocolate Chip RX Bar	●		●	●	●	●		●	●
Mixed Berry RX Bar	●		●	●	●	●		●	●

Kid's menu	Dairy Free	Egg Free	Fish Free	Peanut Free	Shellfish Free	Soy Free	Tree Nut Free	Wheat Free	Gluten Free
Smart Chicken Kidsadilla		●	●	●	●	●	●		
Chick Mac		●	●	●	●	●	●	●	●
Tip Top Turkey Roll Up		●	●	●	●	●	●		
Snack Time		●	●	●	●	●	●		