

Smart Meals Nutritional Info

*estimate and results may vary

Item	Calories	Fat (gm)	Carb (gm)	Pro (gm)
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BREAKFAST & SNACK ITEMS

Breakfast Hash	190	3	12	28
Turkey Bacon & Egg White SmartWrap	320	7	33	31
Beef & Egg White SmartWrap	320	6	33	33
Blueberry Egg White Pancake	218	4	35	11

PROTEINS

Corn Flake Baked Chicken Lg	352	4	29	50
Corn Flake Baked Chicken Sm	210	3	17	29
Body Builder Chicken Lg	230	3	1	50
Body Builder Chicken Sm	140	2	1	29
Rodeo Special BBQ Chicken Lg	300	4	16	50
Rodeo Special BBQ Chicken Sm	180	3	13	29
Cuban Chicken Lg	240	3	3	50
Cuban Chicken Sm	150	2	3	29
Chicken Parmesan Lg	365	5	26	55
Chicken Parmesan Sm	190	3	13	28
Sweet and Tangy Grilled Turkey Breast Lg	275	4	18	42
Sweet and Tangy Grilled Turkey Breast Sm	163	3	10	24
Shimp Brochette Lg	270	7	7	48
Shimp Brochette Sm	215	6	4	36

COMBO MEALS

Beef Bolognese Lg Combo	499	10	63	37
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Beef Bolognese Sm Combo	375	7	53	25
Beef Lasagna	446	5	61	39
Body Builder Chicken Lg Combo	460	5	54	50
Body Builder Chicken Sm Combo	336	4	46	29
Corn Flake Baked Chicken Lg Combo	495	5	62	50
Corn Flake Baked Chicken Sm Combo	365	4	52	30
Cuban Chicken Lg Combo	465	5	55	50
Cuban Chicken Sm Combo	310	3	41	29
Dijon & Sage Lg Combo	460	5	54	50
Dijon & Sage Sm Combo	310	3	41	30
Rodeo BBQ Lg Combo	525	7	63	52
Rodeo BBQ Sm Combo	380	6	53	29
Shrimp Brochette Lg	270	7	7	48
Shrimp Brochette Sm	180	4.5	4.5	32
Sweet & Tangy Grilled Turkey Lg Combo	445	5	56	44
Sweet & Tangy Grilled Turkey Sm Combo	345	3	53	26

SMART PIZZAS

Cheese Pizza	360	6	57	19
Turkey Bacon Jalapeno Pizza	390	8	55	24
Turkey Pepperoni Pizza	400	9	55	25

SMART WRAPS

Blackened Turkey Smart Wrap	355	6	38	38
Herb Chicken Smart Wrap	340	6	35	37

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Snack ChickenSmart Wrap	210	5	22	19
Spicy BBQ Chicken Smart Wrap	370	6	42	37
Spicy Frijoles Smart Wrap	355	6	35	40
Turkey Bacon & Egg White Smart Wrap	320	7	33	31

CARBOHYDRATES

Brown Rice & Quinoa w/Sweet Peppers	245	3	49	6
Herb Roasted Yams	179	1	41	2
Mashed Yams	250	3	54	2
Pasta w/Marinara Sauce	260	3	56	2
Rosemary Potatoes	180	1	40	2
Spaghetti Squash	95	1	21	1
Wild Rice & Brown Rice Medley	215	2	45	4

If highlighted then this item was analyzed by AFL Food Labs