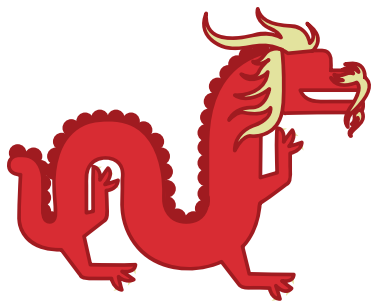




PANDA EXPRESS

Orange Chicken

- Calories- 380
- Fat- 18 grams
- Sugar- 19 grams
- Protein- 14 grams

Crunchy Shrimp

- Calories- 260
- Fat- 13 grams
- Sugar- 2 grams
- Protein- 9 grams

Spring Roll with Veggies

- Calories- 260
- Fat- 13 grams
- Sugar- 2 grams
- Protein- 9 grams





SUBWAY

Turkey Sandwich

- Calories- 283
- Fat- 4 grams
- Sugar- 7 grams
- Protein- 15 grams

Veggie Delight

- Calories- 228
- Fat- 2 grams
- Sugar- 7 grams
- Protein- 8 grams

Meatballs

- Calories- 475
- Fat- 18 grams
- Sugar- 14 grams
- Protein- 21 grams



EINSTEIN BROTHERS



Bagel with Egg and Cheese

- Calories- 350
- Fat- 16 grams
- Sugar- 7 grams
- Protein- 22 grams

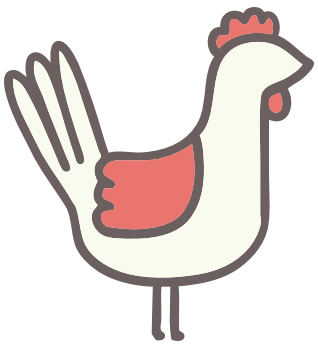
Bagel with Egg White, Bacon and Cheese

- Calories- 228
- Fat- 12 grams
- Sugar- 7 grams
- Protein- 38 grams

Hot Chocolate

- Calories- 350
- Fat- 7 grams
- Sugar- 43 grams
- Protein- 21 grams





CHICK-FIL-A

Chicken Sandwich

- Calories- 440
- Fat- 19 grams
- Carbohydrates- 43 grams
- Protein- 21 grams

Grilled Chicken Wrap

- Calories- 360
- Fat- 13 grams
- Carbohydrates- 30 grams
- Protein- 40 grams

Grilled Chicken Nuggets

- Calories- 140 grams
- Fat- 3.5 grams
- Carbohydrates- 2 grams
- Protein- 25 grams





STARBUCKS

Ham and Cheese Crossiant

- Calories- 368
- Fat- 23 grams
- Carbohydrates- 28 grams
- Proteina- 7 grams

Pecan Tart

- Calories- 371
- Fat- 20 grams
- Carbohydrates- 44 grams
- Proteins- 5 grams

Soy Caramel Machiatto

- Calories- 348
- Fat- 6 grams
- Carbohydrates- 30 grams
- Protein- 11 grams





FRESHII

Mexican Bowl

- Calories- 770
- Fat- 19 grams
- Carbohydrates- 130 grams
- Protein- 17 grams

Mediterranean Bowl (Without Meat)

- Calories- 510
- Fat- 25 grams
- Carbohydrates- 56 grams
- Protein- 17 grams

Frozen Yogurt

- Calories- 420
- Fat- 12 grams
- Carbohydrates- 74 grams
- Protein- 12 grams

