

<b>Chicken Plate with salad</b>	
<b>Servings: 1</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>464</b>
<b>% Daily Value*</b>	
<b>Total Fat 12.9g</b>	<b>17%</b>
Saturated Fat 1g	5%
<b>Cholesterol 125mg</b>	<b>42%</b>
<b>Sodium 950mg</b>	<b>41%</b>
<b>Total Carbohydrate 38.6g</b>	<b>14%</b>
Dietary Fiber 6g	21%
Total Sugars 13.7g	
<b>Protein 49.4g</b>	



<b>Steak Plate with salad</b>	
<b>Servings: 1</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>557</b>
<b>% Daily Value*</b>	
<b>Total Fat 18.6g</b>	<b>24%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol 152mg</b>	<b>51%</b>
<b>Sodium 962mg</b>	<b>42%</b>
<b>Total Carbohydrate 38.6g</b>	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 13.7g	
<b>Protein 59.5g</b>	



<b>Half &amp; Half Plate with salad</b>	
<b>Servings: 1</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>400</b>
<b>% Daily Value*</b>	
<b>Total Fat 13.3g</b>	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 77mg</b>	<b>26%</b>
<b>Sodium 906mg</b>	<b>39%</b>
<b>Total Carbohydrate 38.6g</b>	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 13.7g	
<b>Protein 33.9g</b>	



<b>Tofu Plate with salad</b>	
<b>Servings: 1</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>333</b>
<b>% Daily Value*</b>	
<b>Total Fat 11.2g</b>	<b>14%</b>
Saturated Fat 1.5g	8%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 955mg</b>	<b>42%</b>
<b>Total Carbohydrate 41.9g</b>	<b>15%</b>
Dietary Fiber 6.1g	22%
Total Sugars 15.4g	
<b>Protein 20.3g</b>	





<b>Salmon Plate with salad</b>	
<b>Servings: 1</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>519</b>
<b>% Daily Value*</b>	
<b>Total Fat 20.4g</b>	<b>26%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 108mg</b>	<b>36%</b>
<b>Sodium 936mg</b>	<b>41%</b>
<b>Total Carbohydrate 38.6g</b>	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 13.7g	
<b>Protein 46.7g</b>	



<b>Shrimp Plate with salad</b>	
<b>Servings: 1</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>398</b>
	<b>% Daily Value*</b>
<b>Total Fat 8g</b>	<b>10%</b>
Saturated Fat 1g	5%
<b>Cholesterol 280mg</b>	<b>93%</b>
<b>Sodium 1095mg</b>	<b>48%</b>
<b>Total Carbohydrate 42.1g</b>	<b>15%</b>
Dietary Fiber 6g	21%
Total Sugars 13.7g	
<b>Protein 44.6g</b>	

