

| Chicken Bowl | |
|---------------------------------|------------|
| Servings: 1 | |
| Amount per serving | |
| Calories | 376 |
| % Daily Value* | |
| Total Fat 4.5g | 6% |
| Saturated Fat 0g | 0% |
| Cholesterol 72mg | 24% |
| Sodium 755mg | 33% |
| Total Carbohydrate 47.2g | 17% |
| Dietary Fiber 4.5g | 16% |
| Total Sugars 9.5g | |
| Protein 31.2g | |



| Steak Bowl | |
|---------------------------------|------------|
| Servings: 1 | |
| Amount per serving | |
| Calories | 494 |
| % Daily Value* | |
| Total Fat 10.5g | 13% |
| Saturated Fat 3.3g | 17% |
| Cholesterol 125mg | 42% |
| Sodium 879mg | 38% |
| Total Carbohydrate 49.2g | 18% |
| Dietary Fiber 4.6g | 17% |
| Total Sugars 11.4g | |
| Protein 50.4g | |



| Half & Half Bowl | |
|---------------------------------|------------|
| Servings: 1 | |
| Amount per serving | |
| Calories | 444 |
| % Daily Value* | |
| Total Fat 7.9g | 10% |
| Saturated Fat 1.7g | 8% |
| Cholesterol 107mg | 36% |
| Sodium 869mg | 38% |
| Total Carbohydrate 49.2g | 18% |
| Dietary Fiber 4.6g | 17% |
| Total Sugars 11.4g | |
| Protein 44g | |



| Tofu Bowl | |
|-------------------------------|------------|
| Servings: 1 | |
| Amount per serving | |
| Calories | 325 |
| % Daily Value* | |
| Total Fat 4.3g | 6% |
| Saturated Fat 0.4g | 2% |
| Cholesterol 0mg | 0% |
| Sodium 786mg | 34% |
| Total Carbohydrate 50g | 18% |
| Dietary Fiber 4.7g | 17% |
| Total Sugars 10.9g | |
| Protein 17.9g | |

