

MEALS
TO
HELP
YOU

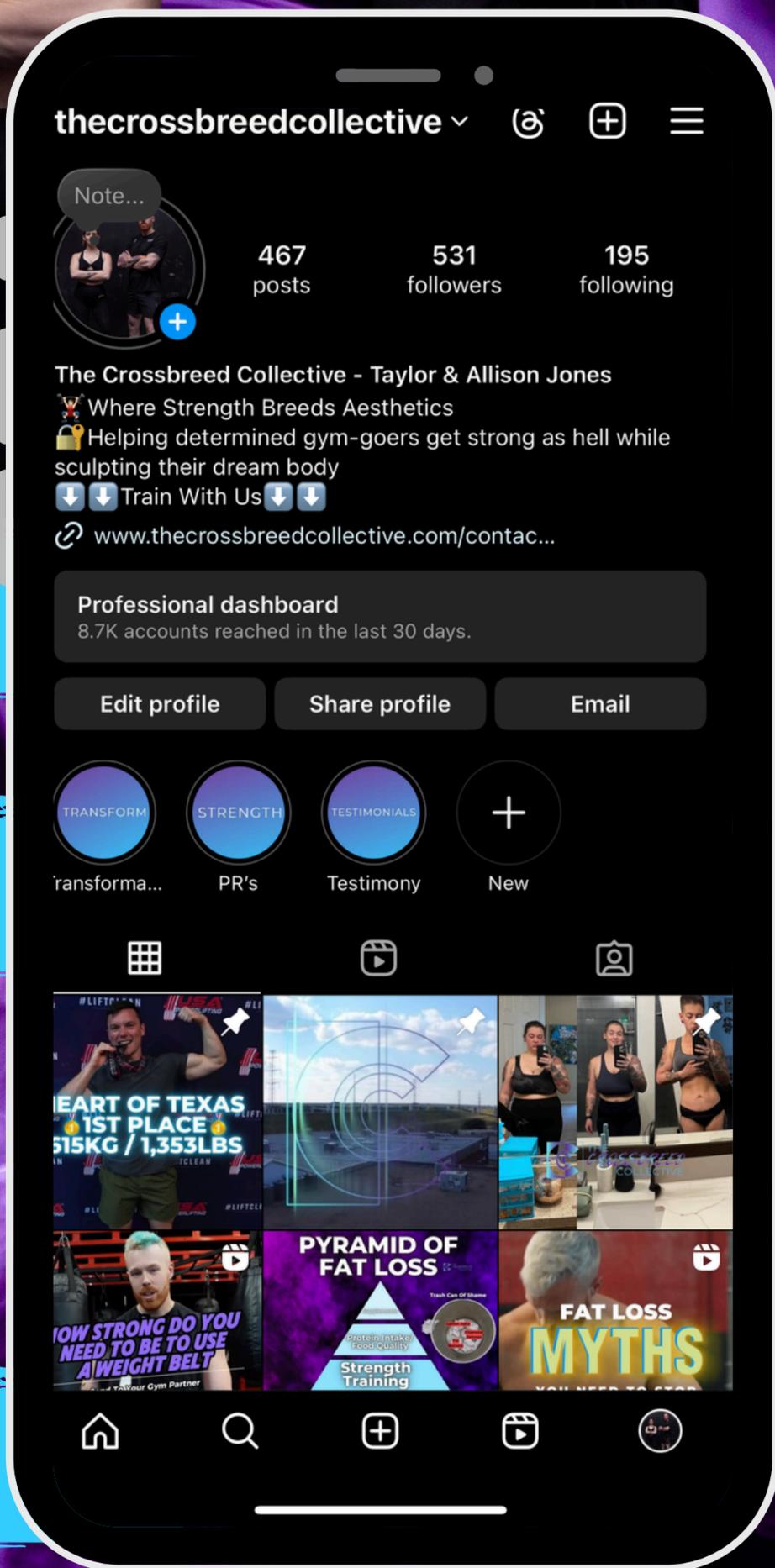
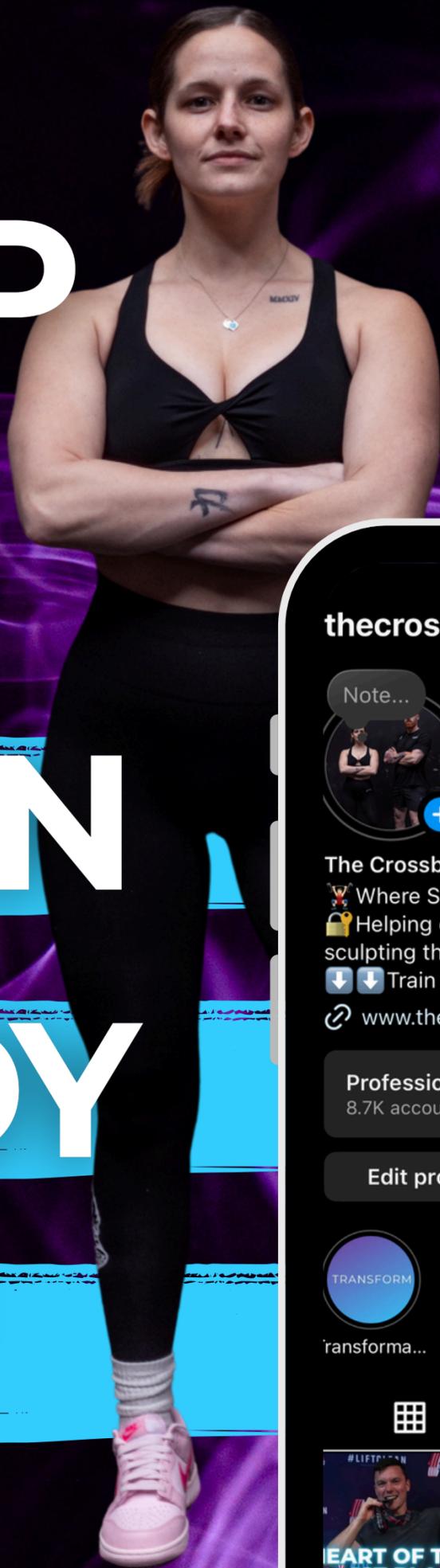
BURN
BODY

FAT

AND

BUILD

MUSCLE





**RESTAURANT
BREWHOUSE**

1. **SLOW ROASTED SIRLOIN AND
CHICKEN**

CALORIES: 690

PROTEIN: 75g

2. **AHI POKE**

CALORIES: 500

PROTEIN: 34g

3. **ENLIGHTENED CHERRY**

CHIPOTLE GLAZED SALMON

CALORIES: 580

PROTEIN: 46G

4. **PROTEIN BOWL WITH
BLACKENED CHICKEN**

CALORIES: 710

PROTEIN: 54G

5. **MEDITERRANEAN CHICKEN PITA
TACOS**

CALORIES: 660

PROTEIN: 38G

Cheddar's

SCRATCH  KITCHEN®

1. KEY WEST CHICKEN & SHRIMP

CALORIES: 550

PROTEIN: 49G

2. GRILLED WHITE FISH

CALORIES: 510

PROTEIN: 53G

3. CAJUN CHICKEN BOWL

CALORIES: 690

PROTEIN: 46G

4. TOP SIRLOIN STEAK & SHRIMP

CALORIES: 560

PROTEIN: 38G

5. GRILLED CHICKEN PECAN SALAD

CALORIES: 620

PROTEIN: 55G



1. EGG WHITE GRILL

CALORIES: 300

PROTEIN: 27g

2. 12CT GRILLED NUGGET + SMALL FRY

CALORIES: 520

PROTEIN: 42g

3. CHICKEN TORTILLA SOUP (BOWL)

CALORIES: 570

PROTEIN: 44G

4. GRILLED SPICY DELUXE + MEDIUM FRUIT CUP

CALORIES: 560

PROTEIN: 33G

5. 3CT CHICKEN STRIP + SMALL MAC N CHEESE

CALORIES: 580

PROTEIN: 41G



1. 8 COUNT BONE-IN WING

CALORIES: 670

PROTEIN: 72G

2. 10 OZ SIRLOIN + AVOCADO

CALORIES: 510

PROTEIN: 60G

3. SURF & TURF SIRLOIN

CALORIES: 580

PROTEIN: 46G

4. SANTA FE SALAD W/ GRILLED

CHICKEN & SHRIMP

CALORIES: 610

PROTEIN: 41G

5. CHICKEN & SHRIMP FAJITAS W/

CORN TORTILLAS

CALORIES: 710

PROTEIN: 58G



CHIPOTLE

MEXICAN GRILL

1. HIGH PROTEIN BOWL

CALORIES: 850

PROTEIN: 82g

PROTEINS

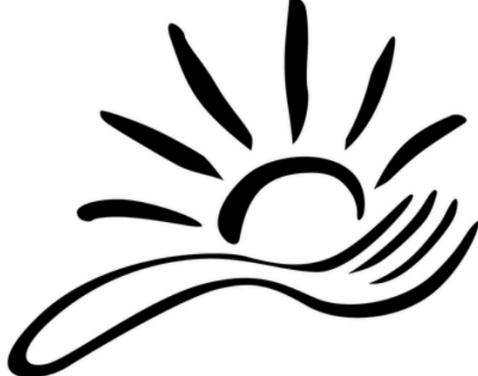
- Chicken: 180 Cals/32g Protein
- Steak: 150 Cals/21g Protein
- Barbacoa: 170 Cals/24g Protein
- Carnitas: 210 Cals/21g Protein

CARBS

- Tortilla: 320 Cals/8g Protein
- White Rice: 210 Cals/4g Protein
- Pinto&Black Beans: 130 Cals/8g Protein

FATS

- Guacamole: 230 Cals/2g Protein
- Queso: 120 Cals/5g Protein
- Cheese: 110 Cals/4g Protein
- Sour Cream: 110 Cals/2g Protein



FIRST WATCH[®]

- 1. HEALTHY TURKEY OMELETTE**
CALORIES: 540
PROTEIN: 48G
- 2. CLASSIC BENEDICT**
CALORIES: 620
PROTEIN: 41G
- 3. FRITTATA RUSTICA (SUB EGG WHITES)**
CALORIES: 567
PROTEIN: 36G
- 4. POWER WRAP**
CALORIES: 500
PROTEIN: 37G
- 5. TRI-ATHLETE (SIDE OF CHICKEN SAUSAGE)**
CALORIES: 690
PROTEIN: 46G



INTERNATIONAL HOUSE OF PANCAKES.

- 1. PROTEIN PANCAKE COMBO + EGG WHITES & TURKEY SAUSAGE**
CALORIES: 520
PROTEIN: 37g
- 2. T-BONE STEAK & EGGS + BUTTERMILK PANCAKES**
CALORIES: 750
PROTEIN: 62g
- 3. EGG WHITE CHICKEN FAJITA OMELETTE + SIDE OF FRUIT**
CALORIES: 640
PROTEIN: 61G
- 4. SPICY POBLANO BENEDICT + SIDE OF HAM**
CALORIES: 580
PROTEIN: 45G
- 5. 2 PANCAKES + SIDE OF EGG WHITES, HAM, AND TURKEY SAUSAGE**
CALORIES: 530
PROTEIN: 37G



GREAT FOOD BRINGS US TOGETHER

1. **CHICKEN DIP**
CALORIES: 540
PROTEIN: 59g
2. **GRILLED CHICKEN KING CLUB(Choose 2 Portion)**
CALORIES: 620
PROTEIN: 49g
3. **THE NEW YORKER**
CALORIES: 800
PROTEIN: 66G
4. **TRADITIONAL CHILI(Bowl)**
CALORIES: 420
PROTEIN: 28G
5. **SWEET&SMOKY CHICKEN**
CALORIES: 700
PROTEIN: 50G



ITALIAN KITCHEN

1. **SHRIMP SCAMPI (ADD GRILLED CHICKEN)**
CALORIES: 620
PROTEIN: 59G
2. **LAGASNA CLASSICA (LUNCH)**
CALORIES: 500
PROTEIN: 29G
3. **GRILLED CHICKEN MARGHERITA**
CALORIES: 650
PROTEIN: 65G
4. **CHICKEN PARM (LUNCH)**
CALORIES: 630
PROTEIN: 36G
5. **HERB GRILLED SALMON**
CALORIES: 610
PROTEIN: 45G



1. 4 NAKED BONELESS WINGS

CALORIES: 477

PROTEIN: 108g

2. BUFFALO BITES

CALORIES: 663

PROTEIN: 93g

3. THE LARRY BIRD

CALORIES: 534-1,119

PROTEIN: 44-57g

4. THE CHICKEN CLUB

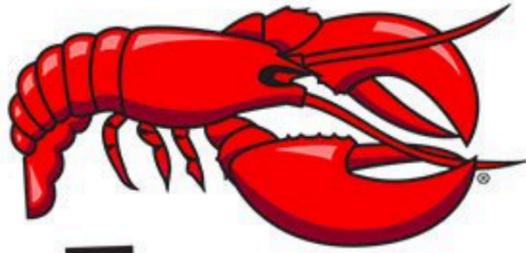
CALORIES: 784-1,109

PROTEIN: 55-67G

5. CHICKEN CHEESESTEAK

CALORIES: 736-1,061

PROTEIN: 42-54G



RED LOBSTER®

1. LIVE MAINE LOBSTER

CALORIES: 440

PROTEIN: 33g

2. GRILLED RAINBOW TROUT

CALORIES: 550

PROTEIN: 68g

3. LEMON BASIL MAHI

CALORIES: 470

PROTEIN: 43G

4. SURF&TURF MAINE LOBSTER

TAIL + 7 OZ SIRLOIN

CALORIES: 740

PROTEIN: 59G

5. SEAFOOD STUFFED MUSHROOM

CALORIES: 390

PROTEIN: 30G



(20 OZ DRINKS)

1. GLADIATOR

CALORIES: 220

PROTEIN: 45g

2. ACTIVATOR RECOVERY

STRAWBERRY BANANA

CALORIES: 250

PROTEIN: 23g

3. HIGH PROTEIN PINEAPPLE

CALORIES: 300

PROTEIN: 27G

4. HIGH PROTEIN BANANA

CALORIES: 330

PROTEIN: 27G

5. ACTIVATOR RECOVERY

ESPRESSO

CALORIES: 230

PROTEIN: 29G



1. 6" BUFFALO CHICKEN (EXTRA CHICKEN)

CALORIES: 380

PROTEIN: 38G

2. 6" STEAK MELT

CALORIES: 357

PROTEIN: 27G

3. 6" CHICKEN STRIP (EXTRA CHICKEN)

CALORIES: 350

PROTEIN: 37G

4. 6" STEAK, EGG & CHEESE

CALORIES: 428

PROTEIN: 32G

5. 6" ITALIAN BMT

CALORIES: 374

PROTEIN: 20G



TACO BELL

- 1. CHICKEN SOFT TACO SUPREME**
CALORIES: 180
PROTEIN: 13g
- 2. CANTINA CHICKEN QUESADILLA**
CALORIES: 570
PROTEIN: 29g
- 3. CANTINA CHICKEN BOWL**
CALORIES: 480
PROTEIN: 24G
- 4. 3-CHEESE CHICKEN FLATBREAD**
MELT
CALORIES: 330
PROTEIN: 20G
- 5. CALIENTE CANTINA CHICKEN**
BURRITO
CALORIES: 450
PROTEIN: 24G



1. BRUSHFIRE ON FLOUR

CALORIES: 281

PROTEIN: 22g

2. HIPSTER

CALORIES: 389

PROTEIN: 29g

3. CHICKEN FAJITA ON FLOUR

CALORIES: 354

PROTEIN: 26g

4. BEEF FAJITA ON FLOUR

CALORIES: 416

PROTEIN: 24G

5. BREAKFAST TACO ON FLOUR

CALORIES: 356

PROTEIN: 20G

WHATABURGER®



1. GRILLED CHICKEN SANDWICH

CALORIES: 430

PROTEIN: 32g

2. CHICKEN FAJITA TACO

CALORIES: 340

PROTEIN: 29g

3. APPLE & CRANBERRY CHICKEN

SALAD

CALORIES: 380

PROTEIN: 33G

4. WHATA CHICKEN BITES

CALORIES: 580

PROTEIN: 45G

5. COBB SALAD WITH GRILLED

CHICKEN

CALORIES: 430

PROTEIN: 44G



1. **BONE-IN WINGS**

CALORIES PER WING: 90-120

PROTEIN PER WING: 10g

2. **BONELESS WINGS**

CALORIES PER WING: 80-110

PROTEIN: 4-5g

3. **BONELESS TENDERS**

(Atomic, Plain, Original Hot)

CALORIES PER TENDER: 140

PROTEIN: 10G

4. **CHICKEN SANDWICH**

(Atomic, Plain, Original Hot)

CALORIES: 650

PROTEIN: 33G

5. **FRIED CORN**

CALORIES: 200

PROTEIN: 6G