

## BASES (primary portion)

## INGREDIENTS

	Brown Rice	Roots Rice	Bulgur	Kale	Spinach	Arcadian Mix	Black Beans	White Beans	Chickpeas	Cucumbers	Tomatoes	Onions	Avocado	Red Cabbage	Carrots
Calories	177	173	58	49	20	22	47	56	55	8	7	10	81	8.7	10.3
Carbs (g)	37	36	13	10	3	5	9	10	10	2	2	2	4	2.1	2.4
Fiber (g)	3	3	3	1	3	2	3	3	2	0	1	0.5	4	0.6	0.7
Sugars (g)	1	1	0	0	0	1	0.5	0	2	0	0	0	0	1.1	1.2
Proteins (g)	4	4	2	3	3	1	3	4	3	0	0	0	2	0.4	0.2
Fats (g)	2	2	0	0	0	0	0	0	1	0	0	0	7	0	0
Sat. Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0

## CONTINUED

## ROASTED

	Pita Chips	Goat Cheese	Parmesan	Feta	Cheddar	Craisins	Egg	Corn	Almonds	Pickled Onions	Jalapeños	Sweet Potatoes	Beets	Broccoli
Calories	93	86	104	75	84	77	77	56	75	12	5	92	35	27
Carbs (g)	14	3	0	2	2	21	1	7	3	2	3.4	14	5	3
Fiber (g)	1	0	0	0	0	1	0	1	1	0	0.6	3	1	1
Sugars (g)	0	0	0	0	0	16	1	1	0.5	2	0.5	5	4	1
Proteins (g)	2	5	8	5	6	0	6	1	3	0	0.2	1	1	1
Fats (g)	4	6	6	6	5	1	5	3	7	0	0.2	3	1	4
Sat. Fat (g)	0.5	4	4	4	3	0	2	0.5	0.5	0	0	0.5	0.2	0.5

## GRILLED

## DRESSINGS (per oz. - 1 ½ to 2 oz. per serving)

	Chicken	Red Chili Miso Tofu	BBQ Tofu	Mushrooms	Cilantro Lime	Tahini	Pesto	Greek Feta	Caesar	Lemon Za'Atar	Balsamic	Miso Ginger
Calories	140	238	250	123	127	102	149	90	143	124	189	97
Carbs (g)	1	14	24.7	5	1.3	2.6	0.7	1.1	0.8	1.2	3.1	1.8
Fiber (g)	0	2.6	1.8	1	0.2	0.6	0.1	0.1	0	0.2	0	0
Sugars (g)	0	7.6	18.2	2	0.8	0.5	0.1	0.6	0.2	0.3	2.7	1.2
Proteins (g)	26	16.1	14.1	2	0.2	1.1	0.8	0.7	1.4	0.1	0.1	0.2
Fats (g)	5	14.6	12	8	13.7	10.1	16.1	9.4	15.2	13.6	19.8	10.2
Sat. Fat (g)	1	2.5	2	2	2.1	1.5	2.8	1.9	2.5	2	3.1	1.6



# NUTRITION INFO



# FOOD & MEALS



## Our Approach



When it comes to foods and the meals they make up we believe 3 things,

1. They should be delicious
2. They should be mostly natural
3. They should leave you satisfied

Why these 3 things? We think they check all the boxes for what us humans would want out of a meal. It would be enjoyable to eat (**delicious**), would support us with long-lasting energy and make us feel great (**natural**), and keep us full after to avoid snacking (**satisfied**).

Nature really has our backs! Very cool to see how packed with nutrients natural food is. These are things that help us sleep, manage stress, focus longer, etc.

# HAVE SPECIFIC DIETARY NEEDS?



## Lower Carb

Cutting carbs? Try reducing the amount of grains in your bowl, and adding in more lettuce instead. Also try swapping out pita chips, or sweet potatoes for cucumbers, broccoli, or cabbage.

## Lower Calorie

Going lower calorie? Couple ways to do that a) reduce grains a bit and add more lettuce, b) go a little lighter on the dressing and add in some lime and lemon squeezes instead, and c) take out a higher calorie ingredient and replace with a lower calorie one.

## Lower Sodium

Reducing your sodium intake? Try swapping cheese for a plant-based ingredient, like avocado, cucumbers, or corn.



# SIGNATURE BOWLS

\*Percent daily values are based on a 2000 calorie diet.

	El Jefe	The Apollo	The Southern	Roots Bowl	Mad Bowl	Mayweather	Pesto Caesar	Cobb	Balboa	Tamari
<b>Calories</b>	878	771	822	744	771	723	677	673	969	573
<b>Carbs (g)</b>	79	120	136	112	64	59	43	55	88	55
<b>Fiber (g)</b>	12	16	18	10	11	11	6	9	10	11
<b>Sugars (g)</b>	4	5	26	22	5	8	3	8	9	16
<b>Proteins (g)</b>	45	40	31	18	21	43	44	41	57	22
<b>Fats (g)</b>	48	40	43	40	46	46	38	41	55	34
<b>Sat. Fat (g)</b>	11	10	9	9	11	12	10	9	12	6
<b>Vitamin A (%)</b>	71	44	78	64	57	300	289	324	18	248
<b>Vitamin C (%)</b>	57	52	109	23	71	203	197	143	24	175
<b>Vitamin D (%)</b>	0	0	5	0	2	0	0	0	0	0
<b>Vitamin E (%)</b>	12	10	10	12	14	13	11	14	16	9
<b>Vitamin K (%)</b>	275	170	307	323	289	1082	968	653	129	608
<b>Thiamin (%)</b>	38	28	34	43	30	34	20	31	40	16
<b>Riboflavin (%)</b>	32	32	47	29	32	38	29	45	44	12
<b>Niacin (%)</b>	114	107	25	41	39	115	99	115	167	14
<b>B6 (%)</b>	73	65	36	68	33	94	58	88	106	25
<b>Folate (%)</b>	47	43	54	19	56	37	14	31	24	19
<b>B12 (%)</b>	16	16	23	1	6	9	15	19	21	0
<b>Calcium (%)</b>	24	25	53	16	47	26	51	22	26	23
<b>Iron (%)</b>	26	31	39	25	29	34	23	39	27	27
<b>Magnesium (%)</b>	49	42	41	51	43	43	28	42	52	20
<b>Phosphorous (%)</b>	70	67	57	39	59	59	60	60	83	17
<b>Potassium (%)</b>	33	26	18	28	34	46	26	42	37	17
<b>Sodium (%)</b>	46	47	41	34	30	35	46	32	68	46
<b>Zinc (%)</b>	30	29	27	19	29	24	21	25	34	10
<b>Copper (%)</b>	35	26	29	45	51	57	22	35	40	17
<b>Manganese (%)</b>	102	120	145	185	116	105	59	85	116	70
<b>Selenium (%)</b>	82	84	29	20	64	56	63	81	108	15