Roasted Herbed Turkey Breast

Serving Size: 3ozw
Calories: 130, Calories From Fat: 90, Total Fat: 7g, Sodium: 420mg, Protein: 19g

Roasted Brussels Sprouts

Serving Size: ½ cup
Calories: 60, Calories From Fat: 20, Total Fat: 1g, Sodium: 5mg, Protein: 2g

Roasted Honey Sage Sweet Potatoes

Serving Size: 3ozw
Calories: 80, Calories From Fat: 30, Total Fat: 4g, Sodium: 90mg, Protein: 3g
Scrambled Eggs  
**Serving Size: ½ cup**  
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 310mg, Protein: 12g  
Contains: EGG

Bacon  
**Serving Size: 2 slices**  
Calories: 90, Calories From Fat: 60, Total Fat: 7g, Sodium: 320mg, Protein: 5g

Turkey Sausage Patty  
**Serving Size: 1 each**  
Calories: 70, Calories From Fat: 50, Total Fat: 5g, Sodium: 200mg, Protein: 6g

Crispy Tater Puffs  
**Serving Size: ½ cup**  
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 240mg, Protein: 2g  
Contains: GLUTEN, SOY

Ham and Cheddar Breakfast Stromboli  
**Serving Size: 1 slice**  
Calories: 330, Calories From Fat: 130, Total Fat: 15g, Sodium: 720mg, Protein: 15g  
Contains: GLUTEN, SOY, DAIRY, EGG

French Toast  
**Serving Size: 1 slice**  
Calories: 170, Calories From Fat: 40, Total Fat: 4g, Sodium: 280mg, Protein: 8g  
Contains: GLUTEN, SOY, DAIRY, EGG

Pancake Syrup  
**Serving Size: 2 tbsp**  
Calories: 70, Calories From Fat: 0, Total Fat: 0g, Sodium: 60mg, Protein: 0g
Donut Bites

Serving Size: 4 each
Calories: 210, Calories From Fat: 110, Total Fat: 12g, Sodium: 300mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Chocolate Chip Crumb Cupcakes

Serving Size: 1 each
Calories: 160, Calories From Fat: 40, Total Fat: 5g, Sodium: 170mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Pineapple Mint Smoothie

Serving Size: 8oz
Calories: 140, Calories From Fat: 0, Total Fat: 1g, Sodium: 20mg, Protein: 2g
Contains: DAIRY