



	Category	Shelf Life (months)	Weight (g)	CALORIES	FAT	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	TOTAL SUGAR	PROTEIN
<b>Breakfast</b>													
Apple Cinnamon Oatmeal	Breakfast	12	37	170	1.5	0	0	0	235	32	3	15	8
Apple Strudel Bar	Breakfast	12	43	160	3	1.5	0	0	90	29	3	11	7
Banana Nut Muffin	Breakfast	6	57	160	4	1	0	15	260	30	6	9	7
Blueberry Muffin	Breakfast	6	57	150	3	0.5	0	20	290	29	6	8	7
Chewy Chocolate Chip Granola Bar	Breakfast	12	40	150	2	0.5	0	0	75	27	3	8	7
Cinnamon Bun	Breakfast	6	51	140	1.5	1	0	5	220	27	6	8	7
Cinnamon Bun Bar	Breakfast	12	40	150	3.5	2	0	0	85	26	3	7	7
Cinnamon Streusel Muffin	Breakfast	6	51	180	8	2	0	10	220	26	5	9	5
Double Chocolate Muffin	Breakfast	6	57	170	5	2	0	15	250	31	10	10	7
Granola Cereal	Breakfast	12	40	200	2.5	0	0	0	155	37	3	17	8
Harvest Nut Bar	Breakfast	12	40	160	6	1	0	0	160	22	3	7	7
Maple Brown Sugar Oatmeal	Breakfast	12	38	150	1.5	0	0	0	140	29	4	7	4
NutriFlakes Cereal	Breakfast	12	28	150	1	0	0	0	275	29	5	10	7
Pancake Mix	Breakfast	12	50	170	1.5	0	0	0	200	33	6	4	9
Peanut Butter Granola Bar	Breakfast	12	40	160	5	2	0	0	95	25	3	7	6
Sweetened O's Cereal	Breakfast	12	31	110	0	0	0	0	0	22	4	8	8
<b>Lunch</b>													
Beans & Ham Soup	Lunch	18	213	160	1	0	0	10	440	25	2	3	12
Black Beans & Rice	Lunch	18	213	210	1.5	0	0	0	480	40	8	2	10
Cheddar Broccoli Rice	Lunch	12	50	200	3	2	0	15	470	33	4	3	10
Cheese Tortellini	Lunch	18	213	170	2.5	1	0	10	550	27	2	10	10
Chicken Noodle Soup	Lunch	18	213	110	2	1	0	25	590	13	0	0	10
Chocolate Peanut Butter Bar	Lunch	12	50	210	8	4.5	0	0	230	26	3	11	11
Double Chocolate Caramel Bar	Lunch	9	50	180	6	4.5	0	0	230	28	7	11	9
Fettucine Alfredo	Lunch	12	51	200	3.5	2	0	10	550	34	3	3	9
Fudge Graham Bar	Lunch	12	50	200	7	4.5	0	5	190	22	3	12	14
Loaded Baked Potato	Lunch	12	50	190	3.5	2	0	10	570	32	2	5	8
Mexican-Style Tortilla Soup	Lunch	12	41	150	1.5	0.5	0	5	500	26	5	4	9
Spicy Kung Pao Noodles	Lunch	12	48	190	2	0	0	0	480	34	3	4	10
Three Cheese Chicken	Lunch	12	51	200	4	2	0	15	600	31	3	3	9
Trail Mix Bar	Lunch	9	50	200	8	2.5	0	0	300	24	5	11	12
White Bean Chicken Chili	Lunch	18	213	180	6	3	0	35	600	20	4	5	12

Dinner													
Chicken Alfredo	Dinner	18	283	240	6	3	0	45	600	28	4	4	19
Chicken Pasta Parmesan	Dinner	18	227	180	5	2	0	35	590	24	2	6	16
Chicken Pot Pie	Dinner	18	241	270	9	4.5	0	40	590	34	3	2	13
Chicken Tortilla Soup	Dinner	24	298	260	7	2	0	25	490	34	5	1	15
Chili with Beans	Dinner	12	213	240	8	3.5	0	25	560	27	6	4	14
Hearty Beef Stew	Dinner	18	213	130	3	1.5	0	20	530	14	2	2	12
Italian Herb Flatbread Pizza	Dinner	6	106	270	7	4	0	10	580	35	2	3	11
Lasagna with Meat Sauce	Dinner	18	227	280	8	4	0	35	590	33	3	6	17
Mac & Cheese	Dinner	12	58	250	7	3.5	0	20	550	34	4	3	12
Mac & Cheese with Beef	Dinner	12	58	240	7	3	0	25	590	32	1	4	11
Mushroom Risotto	Dinner	18	227	200	5	1	0	0	580	27	4	1	12
Pasta Fagioli Soup	Dinner	18	298	240	6	1	0	0	600	35	6	5	13
Ravioli in Meat Sauce	Dinner	12	227	240	9	4	0	35	560	28	3	5	14
Rotini & Meatballs	Dinner	18	227	220	6	2.5	0	25	600	26	3	6	17
Sandwich Stuffers - Sloppy Joe	Dinner	12	48	160	6	2.5	0	35	270	11	2	5	15
Sandwich Stuffers - BBQ Chicken	Dinner	12	113	264	8	1	0	40	474	33	5	10	18
Sesame Ginger Chicken	Dinner	18	269	240	6	1.5	0	70	600	27	1	5	19
Spaghetti with Meat Sauce	Dinner	18	283	230	6	2.5	0	25	580	30	3	12	15
Thick Crust Pizza	Dinner	7	106	250	8	3.5	0	10	570	31	2	2	10
Desserts													
Carrot Cake	Desserts	6	51	140	3.5	2	0	10	210	25	5	11	5
Cheese Puffs	Desserts	6	33	150	5	0.5	0	0	270	18	3	1	8
Chocolate Caramel Bar	Desserts	12	40	150	3.5	2	0	0	150	23	5	10	9
Chocolate Chip Cookies	Desserts	9	36	150	6	3.5	0	20	85	18	3	8	7
Chocolate Chip Pudding Mix	Desserts	12	25	60	1.5	1	0	0	100	14	4	5	6
Chocolatey Nougat Bar	Desserts	12	41	150	6	3	0	0	115	23	6	11	7
Chocolatey Pretzel Bar	Desserts	12	40	150	4	2.5	0	0	210	24	5	11	7
Coconut Almond Bar	Desserts	12	38	150	7	5	0	0	30	19	4	7	7
Double Chocolate Peanut Butter Cookies	Desserts	9	36	150	6	4	0	25	95	19	4	9	6
Golden Pound Cake	Desserts	6	48	150	4.5	1	0	20	280	25	4	9	6
Milk Chocolate Flavored Pretzels	Desserts	12	33	130	6	4	0	2	70	18	3	11	5
Nacho Cheese Tortilla Chips	Desserts	6	28	130	5	1	0	0	280	16	1	1	6
NutriChocolates	Desserts	12	27	140	8.5	7	0	0	170	11	1	9	7
Oatmeal Chocolate Chunk Cookie	Desserts	6	43	180	8	4	0	26	150	26	3	8	5
Peanut Butter Cookie	Desserts	9	36	150	8	3	0	30	160	19	4	8	5
Peppermint Cookie Patty	Desserts	9	39	150	4	4	0	0	20	25	6	15	6
Popcorn	Desserts	6	28	140	7	0.5	0	5	140	16	4	0	4
Thin Mint Crisp Bar	Desserts	12	41	150	4	3	0	0	140	24	4	10	8
White Cheddar Popcorn	Desserts	6	28	130	6	1	0	5	250	16	3	1	5
Zesty Herb Snack Mix	Desserts	12	28	120	4	2	0	0	290	16	4	1	6
Shakes													

Women's energi-ZING Shakes - Chocolate (7 Pack)	Shakes	12	33	120	2	1	0	30	180	12	1	8	15
Women's Craving Crusher Shake - Chocolate (7 Pack)	Shakes	12	40	160	3	0.5	0	5	210	21	3	9	13
Mens energi-ZING Shakes - Chocolate (7 Pack)	Shakes	12	47	180	4	1	0	45	220	18	1	10	20
Mens Craving Crusher Shake - Chocolate (7 Pack)	Shakes	12	46	180	3.5	0.5	0	10	180	22	3	9	16