



Breakfast Menu

Spinach & Sundried Tomato Egg Cups with Turkey Bacon

Cal- 210 [Fat 13.6g, Carb 4.9g, Protein 17.3g]

Bacon Egg & Cheese Muffin Cups with Turkey Sausage

Cal- 200 [Fat 2, Carb 0g, Protein 8.2g]

Banana Pecan Oatmeal Muffin Cups with Greek Yogurt & Granola

Cal- 247 [Fat 5g, Carb 59g, Protein 5.7g]

Raspberry Chocolate Oatmeal Muffins with Greek Yogurt & Granola

Cal- 343 [Fat- 5.3g, Carb- 59g, Protein- 17g]

Scrambled Eggs with Turkey Bacon

Cal- 273 [Fat- 21g, Carb- 3g, Protein- 18]