



MEALS UNDER 550 CALORIES

THREE PIECE DARK ROTISSERIE CHICKEN

(thigh and 2 drumsticks, no skin) with
Garlic Dill New Potatoes and Fresh Steamed Vegetables
490 calories, 16 g fat, 4.5 g saturated fat, 0 g trans fat,
32 g carbs, 50 g protein, 6 g fiber, 6 g sugars

ROASTED TURKEY BREAST

(regular), with Mashed Potatoes (no gravy)
and Fresh Steamed Vegetables
510 calories, 16 g fat, 6 g saturated fat, 0 g trans fat,
44 g carbs, 45 g protein, 7 g fiber, 5 g sugars

QUARTER WHITE ROTISSERIE CHICKEN

(no skin) with Garlic Dill New Potatoes
and Fresh Steamed Vegetables
440 calories, 9 g fat, 2 g saturated fat, 0 g trans fat,
33 g carbs, 55 g protein, 6 g fiber, 5 g sugars

QUARTER WHITE ROTISSERIE CHICKEN

(no skin) with Fresh Steamed Vegetables
and Cinnamon Apples
510 calories, 9 g fat, 1 g saturated fat, 0 g trans fat,
56 g carbs, 52 g protein, 6 g fiber, 45 g sugars

ROASTED TURKEY BREAST

(regular) with Fresh Vegetable Stuffing
and Fresh Steamed Vegetables
430 calories, 13 g fat, 2 g saturated fat, 0 g trans fat,
33 g carbs, 43 g protein, 5 g fiber, 7 g sugars

HALF ROASTED TURKEY CARVER®

with Fresh Steamed Vegetables
455 calories, 19.5 g fat, 4.5 g saturated fat, 0 g trans fat,
41 g carbs, 27 g protein, 4 g fiber, 6 g sugars

HALF ROTISSERIE CHICKEN CARVER®

with Half Caesar Salad (without dressing, croutons, or chicken)
and Light Ranch Dressing (request)
540 calories, 25 g fat, 11 g saturated fat, 0 g trans fat,
44 g carbs, 33 g protein, 2 g fiber, 8 g sugars

HALF ROASTED TURKEY CARVER®

with Garlic Dill New Potatoes
535 calories, 20.5 g fat, 5.5 g saturated fat, 0 g trans fat,
57 g carbs, 28 g protein, 4 g fiber, 5 g sugars