

Standard Meals

	Calories	Total Fat (g)	Saturated Fat(g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber(g)	Sugar (g)	Protein (g)
Bang Bang Shrimp	261	5	1	35	400	34	5	3	20
BBQ Steak	375	11	3	85	375	37	4	7	32
BBQ Swole Nuggs	352	8	2	60	325	33	5	5	37
Buffalo Chicken Casserole	360	8	2	60	275	35	7	5	37
Buffalo Pulled Pork	319	7	1	55	275	32	5	4	32
Buffalo Ranch Swole Nuggs	358	10	2	80	275	31	5	6	36
Buffalo Wolverine Burger	444	20	5	125	350	32	4	4	34
Cajun Salmon	282	6	1	20	450	32	5	4	25
Chicken Burrito Bowl	388	8	2	60	320	45	5	5	34
Chicken Francese	312	4	1	20	250	36	7	3	33
Chicken Mac Attack	343	7	2	55	320	33	7	4	37
Chicken Parmesan	317	5	1	35	250	35	7	5	33
Chicken Stir Fry	300	4	0	20	250	34	5	3	32
Creamy Alfredo Chicken	313	5	1	35	250	32	7	5	35
Drunken Pork	335	7	2	55	280	36	4	5	32
Eggcellent Sammy	236	4	0	20	200	25	4	3	25
Garlic Parmesan Swole Nuggs	340	8	2	60	265	31	5	4	36
Garlic Shrimp	260	4	0	20	400	34	5	3	22
Korean BBQ Chicken	313	5	1	35	300	35	5	7	32
Lemon Pepper Chicken	296	4	0	20	250	33	5	3	32
Lemon Pepper Shrimp	260	4	0	20	365	34	5	3	22
Lemon Pepper Tilapia	312	4	0	20	365	34	5	3	35
Mac Daddy	435	19	4	120	410	33	7	5	33
Maui Chicken	325	5	1	35	320	37	5	8	33

Mozzarella Waffle Pizza	302	10	2	80	250	30	4	7	23
Nonna's Lasagna Roll Ups	377	17	4	120	375	31	7	7	25
Nostrand Avenue Chili	300	8	2	60	350	28	6	7	29
Parmesan Crusted Tilapia	304	4	0	20	400	35	7	5	32
PB&J Waffles	355	19	4	90	240	23	4	4	23
Penne Alla Vodka	317	5	1	35	275	34	7	7	34
Pepperoni Waffle Pizza	324	12	3	90	230	30	4	6	24
Pesto Caprese Burger	430	18	4	125	300	31	5	5	36
Protein Waffles	270	6	1	45	175	30	4	4	24
Pulled BBQ Chicken	317	5	1	35	275	35	5	5	33
Pulled Pork	343	7	1	55	300	37	5	4	33
Roasted Red Pepper Chicken	333	5	1	35	250	37	7	5	35
Sweet and Sour Chicken	343	11	3	85	375	31	5	7	30
SwoleCakes	236	4	1	20	150	33	4	3	17
Swolehouse BreakFast	237	5	1	35	260	23	4	2	25
Swoletoast	201	5	0	15	200	20	5	2	19
Taco Bowl	356	8	2	60	300	36	6	4	35
Taste of Tuscany	329	5	1	35	350	37	7	4	34
Teriyaki Chicken	305	5	1	35	350	32	5	3	33
Teriyaki Pork	334	6	1	45	320	37	5	5	33
Teriyaki Salmon	330	6	1	45	450	37	5	5	32
Teriyaki Steak	359	11	2	85	410	33	5	6	32
Teriyaki Swole Nuggets	340	8	2	60	350	31	5	6	36
The Boss Steak and Eggs	399	15	3	110	355	33	4	5	33
Whiz Wit Cheese Steak	417	17	4	120	375	34	7	5	32
Merica Smokehouse Burger	395	15	3	130	300	32	4	5	33
Sweet Chili Swole Nuggets	332	8	2	60	265	31	5	3	34
Cheesin Hard Swole Nuggets	397	13	4	90	295	32	6	4	38
Cookie Doe Protein Waffle	347	11	2	80	240	37	4	4	25
Green Lantern Swole Taco	285	5	1	70	275	31	4	3	29

Zestry Shrimp Swole Taco	247	3	1	70	270	33	4	4	22
Baja Citrus Steak Swole Taco	307	7	1	85	285	33	4	3	28
Spicy Honey Chicken Swole Taco	291	3	1	65	300	34	4	4	32

Standard Low Carb Meals

	Calories	Total Fat (g)	Saturated Fat(g)	Cholesterol(mg)	Sodium (mg)	Total Carbohydrates(g)	Dietary Fiber(g)	Sugar (g)	Protein(g)
Bang Bang Shrimp	161	5	1	35	400	9	6	3	20
BBQ Steak	275	11	3	85	375	12	9	4	32
BBQ Swole Nuggs	252	8	2	60	325	8	5	2	37
Buffalo Chicken Casserole	260	8	2	60	275	10	7	3	37
Buffalo Pulled Pork	219	7	1	55	275	7	4	2	32
Buffalo Ranch Swole Nuggs	258	10	2	80	275	6	3	2	36
Buffalo Wolverine Burger	344	20	5	125	350	7	4	2	34
Cajun Salmon	182	6	1	20	450	7	4	2	25
Chicken Francese	212	4	1	20	250	11	8	3	33
Chicken Mac Attack	243	7	2	55	320	8	5	2	37
Chicken Parmesan	217	5	1	35	250	10	7	3	33
Chicken Stir Fry	200	4	0	20	250	9	6	3	32
Creamy Alfredo Chicken	213	5	1	35	250	7	4	2	35
Drunken Pork	235	7	2	55	280	11	8	3	32
Garlic Parmesan Swole Nuggs	240	8	2	60	265	6	3	2	36
Garlic Shrimp	160	4	0	20	400	9	6	3	22
Korean BBQ Chicken	213	5	1	35	300	10	7	3	32
Lemon Pepper Chicken	196	4	0	20	250	8	5	2	32
Lemon Pepper Shrimp	160	4	0	20	365	9	6	3	22
Lemon Pepper Tilapia	212	4	0	20	365	9	6	3	35
Mac Daddy	335	19	4	120	410	8	5	2	33
Maui Chicken	225	5	1	35	320	12	9	4	33
Parmesan Crusted Tilapia	204	4	0	20	400	10	7	3	32
Penne Alla Vodka	217	5	1	35	275	9	6	3	34

Pesto Caprese Burger	330	18	4	125	300	6	3	2	36
Pulled BBQ Chicken	217	5	1	35	275	10	7	3	33
Pulled Pork	243	7	1	55	300	12	9	4	33
Roasted Red Pepper Chicken	233	5	1	35	250	12	9	4	35
Sweet and Sour Chicken	243	11	3	85	375	6	3	2	30
Teriyaki Chicken	205	5	1	35	350	7	4	2	33
Teriyaki Pork	234	6	1	45	320	12	9	4	33
Teriyaki Salmon	230	6	1	45	450	12	9	4	32
Teriyaki Steak	259	11	2	85	410	8	5	2	32
Teriyaki Swole Nuggs	240	8	2	60	350	6	3	2	36
The Boss Steak and Eggs	299	15	3	110	355	8	5	2	33
Whiz Wit Cheese Steak	317	17	4	120	375	9	6	3	32
Merica Smokehouse Burger	295	15	3	130	300	7	4	2	33
Sweet Chili Swole Nuggs	232	8	2	60	265	6	3	2	34
Cheesin Hard Swole Nuggs	297	13	4	90	295	7	4	2	38

XL Meals

	Calories	Total Fat (g)	Saturated Fat(g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber(g)	Sugar (g)	Protein (g)
Bang Bang Shrimp	474	9	2	47	540	63	9	6	36
BBQ Steak	677	19	5	115	506	68	7	13	58
BBQ Swole Nuggs	637	14	4	81	439	61	9	9	67
Buffalo Chicken Casserole	651	14	4	81	371	65	13	9	67
Buffalo Pulled Pork	577	12	2	74	371	59	9	7	58
Buffalo Ranch Swole Nuggs	646	18	4	108	371	57	9	11	65
Buffalo Wolverine Burger	797	35	9	169	473	59	7	7	61
Cajun Salmon	511	11	2	27	608	59	9	7	45
Chicken Burrito Bowl	704	14	4	81	432	83	9	9	61
Chicken Francese	567	7	2	27	338	67	13	6	59
Chicken Mac Attack	621	12	4	74	432	61	13	7	67
Chicken Parmesan	575	9	2	47	338	65	13	9	59
Chicken Stir Fry	545	7	0	27	338	63	9	6	58
Creamy Alfredo Chicken	568	9	2	47	338	59	13	9	63
Drunken Pork	607	12	4	74	378	67	7	9	58
Eggcellent Sammy	428	7	0	27	270	46	7	6	45
Garlic Parmesan Swole Nuggs	615	14	4	81	358	57	9	7	65
Garlic Shrimp	473	7	0	27	540	63	9	6	40
Korean BBQ Chicken	568	9	2	47	405	65	9	13	58
Lemon Pepper Chicken	538	7	0	27	338	61	9	6	58
Lemon Pepper Shrimp	473	7	0	27	493	63	9	6	40
Lemon Pepper Tilapia	567	7	0	27	493	63	9	6	63
Mac Daddy	781	33	7	162	554	61	13	9	59
Maui Chicken	590	9	2	47	432	68	9	15	59

Nonna's Lasagna Roll Ups	677	30	4	108	338	57	7	13	45
Nostrand Avenue Chili	542	14	7	162	506	52	13	13	52
Parmesan Crusted Tilapia	552	7	4	81	473	65	11	13	58
Penne Alla Vodka	575	9	0	27	540	63	13	9	61
Pesto Caprese Burger	772	32	7	122	324	57	7	7	65
Protein Waffles	489	11	2	47	371	56	13	13	43
Pulled BBQ Chicken	575	9	5	122	311	65	7	11	59
Pulled Pork	622	12	7	169	405	68	9	9	59
Roasted Red Pepper Chicken	605	9	2	61	236	68	7	7	63
Sweet and Sour Chicken	619	19	2	47	371	57	9	9	54
SwoleCakes	430	7	2	74	405	61	9	7	31
Swolehouse BreakFast	429	9	2	47	338	43	13	9	45
Swoletoast	364	9	5	115	506	37	9	13	34
Taco Bowl	644	14	2	27	203	67	7	6	63
Taste of Tuscany	597	9	2	47	351	68	7	4	61
Teriyaki Chicken	553	9	0	20	270	59	9	4	59
Teriyaki Pork	606	11	4	81	405	68	11	7	59
Teriyaki Salmon	599	11	2	47	473	68	13	7	58
Teriyaki Steak	648	19	2	47	473	61	9	6	58
Teriyaki Swole Nuggs	615	14	2	61	432	57	9	9	65
The Boss Steak and Eggs	718	26	2	61	608	61	9	9	59
Whiz Wit Cheese Steak	750	30	4	115	554	63	9	11	58
Merica Smokehouse Burger	711	26	4	81	473	59	9	11	59
Sweet Chili Swole Nuggs	600	14	5	149	479	57	7	9	61
Cheesin Hard Swole Nuggs	715	23	7	162	506	59	13	9	68

XL Low Carb Meals

	Calories	Total Fat (g)	Saturated Fat(g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber(g)	Sugar (g)	Protein (g)
Bang Bang Shrimp	262	9	2	47	540	10	7	3	36
BBQ Steak	477	19	5	115	506	18	13	6	58
BBQ Swole Nuggs	437	14	4	81	439	11	8	3	67
Buffalo Chicken Casserole	451	14	4	81	371	15	10	4	67
Buffalo Pulled Pork	377	12	2	74	371	9	6	3	58
Buffalo Ranch Swole Nuggs	446	18	4	108	371	7	5	2	65
Buffalo Wolverine Burger	597	35	9	169	473	9	6	3	61
Cajun Salmon	311	11	2	27	608	9	6	3	45
Chicken Francese	367	7	4	81	432	17	12	5	59
Chicken Mac Attack	421	12	2	27	338	11	8	3	67
Chicken Parmesan	375	9	4	74	432	15	10	4	59
Chicken Stir Fry	345	7	2	47	338	13	9	4	58
Creamy Alfredo Chicken	368	9	0	27	338	9	6	3	63
Drunken Pork	407	12	2	47	338	17	12	5	58
Garlic Parmesan Swole Nuggs	415	14	4	74	378	7	5	2	65
Garlic Shrimp	273	7	0	27	270	13	9	4	40
Korean BBQ Chicken	368	9	4	81	358	15	10	4	58
Lemon Pepper Chicken	338	7	0	27	540	11	8	3	58
Lemon Pepper Shrimp	273	7	2	47	405	13	9	4	40
Lemon Pepper Tilapia	367	7	0	27	338	13	9	4	63
Mac Daddy	581	33	0	27	493	11	8	3	59
Maui Chicken	390	9	0	27	493	18	13	6	59
Parmesan Crusted Tilapia	352	7	7	162	554	15	10	4	58
Pesto Caprese Burger	572	32	2	47	432	7	5	2	65

Protein Waffles	289	11	4	108	338	6	4	2	43
Pulled BBQ Chicken	375	9	7	162	506	15	10	4	59
Pulled Pork	422	12	4	81	473	18	13	6	59
Roasted Red Pepper Chicken	405	9	0	27	540	18	13	6	63
Sweet and Sour Chicken	419	19	7	122	324	7	5	2	54
Teriyaki Chicken	353	9	2	47	371	9	6	3	59
Teriyaki Pork	406	11	5	122	311	18	13	6	59
Teriyaki Salmon	399	11	7	169	405	18	13	6	58
Teriyaki Steak	448	19	2	61	236	11	8	3	58
Teriyaki Swole Nuggs	415	14	2	47	371	7	5	2	65
The Boss Steak and Eggs	518	26	2	74	405	11	8	3	59
Whiz Wit Cheese Steak	550	30	2	47	338	13	9	4	58
Merica Smokehouse Burger	511	26	5	115	506	9	6	3	59
Sweet Chili Swole Nuggs	400	14	2	27	203	7	5	2	61
Cheesin Hard Swole Nuggs	515	23	2	47	351	9	6	3	68