

# food FIT



	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
42nd Street Grill - Ham & Cheese Pita	-	-	-	-	-	-	-
42nd Street Grill - Italian Pita	-	-	-	-	-	-	-
42nd Street Grill - Roast Beef Pita	-	-	-	-	-	-	-
Apples	-	-	-	-	-	-	-
Bagel Time Blueberry	-	-	-	-	-	-	-
Bumblebee Chicken Salad with Crackers	-	-	-	-	-	-	-
Bumblebee Tuna Salad with Crackers	-	-	-	-	-	-	-
Chef Salad with Balsamic Vinaigrette	-	-	-	-	-	-	-
Chef Salad with Honey Mustard	-	-	-	-	-	-	-
Chef Salad with Ranch	-	-	-	-	-	-	-
FoodFit - Baked Ziti w/ Turkey & Veggies	8	379	17	-	32	-	29
FoodFit - BBQ Chicken, Yams & Green Beans	8	224	3	-	25	-	28
FoodFit - Chicken & Rice Burritos	8	392	12	-	47	-	26
FoodFit - Chicken Burritos	8	387	12	-	47	-	31
FoodFit - Chicken Salad over Tri-colored Pasta	8	358	15	-	24	-	32
FoodFit - Chicken Salad over Tri-colored Pasta Salad	8	398	20	-	33	-	33
FoodFit - Chicken Salad Wrap	8	339	11	-	32	-	33
FoodFit - Grilled Chicken Breast, Red Potatoes, Mixed Veggies	8	174	52	-	22	-	18
FoodFit - Grilled Chicken with Black Bean & Rice Salad	8	318	4	-	36	-	33
FoodFit - Grilled Rosemary Chicken, Brown Rice, Green Beans	8	367	5	-	50	-	30
FoodFit - Ground Turkey & Beef, Bean & Cheese Burrito	8	481	18	-	58	-	29
FoodFit - Hawaiian Chicken, Brown Rice, & Green Beans	9	300	4	-	38	-	28
FoodFit - Italian Chicken Bow Ties	8	212	6	-	19	-	19
FoodFit - Jamaican Jerk Pork Loin	9	273	8	-	25	-	26
FoodFit - Jamaican Jerk Pork Strips with Green Beans & Rice	8	312	8	-	31	-	27
FoodFit - Lemon Garlic Chicken & Veggie Medley	8	281	5	-	30	-	29
FoodFit - Meatloaf & Gren Beans	8	282	15	-	28	-	28
FoodFit - Mexican Chicken over Spicy Rice & Veggies	8	269	4	-	28	-	28
FoodFit - Spaghetti with Turkey Meat Sauce & Veggies	8	363	13	-	32	-	29
FoodFit - Tuna Salad Wrap	8	352	11	-	36	-	32
FoodFit - Turkey, Bean & Cheese Burrito	8	481	18	-	58	-	29
FoodFit - Vegetable Lasagna & Veggies	8	394	10	-	58	-	19
Fresh Fruit	-	-	-	-	-	-	-
Grilled Chicken Salad with Balsamic Vinegar	-	-	-	-	-	-	-
Grilled Chicken Salad with Honey Mustard	-	-	-	-	-	-	-
Grilled Chicken Salad with Ranch	-	-	-	-	-	-	-
Ham & Turkey Wrap	-	-	-	-	-	-	-
Ham Pita	-	-	-	-	-	-	-
Kashi Cereal - Flakes	1.8	180	1	150	41	5	6
Kashi Cereal - Honey Puffs	1.1	120	1	6	25	6	3
Kashi Cereal - Mighty Bites	1.2	110	1.5	160	23	5	5
Kashi Cereal - Nuggets	.6	210	1.5	260	47	3	7
Kashi Cereal - Puffs	.6	70	0.5	0	15	0	2
Kashi Cereal - Vive	1.9	170	2.5	100	43	10	4
Kashi Frozen Entrees - Black Bean Mango	10	340	8	430	58	11	8
Kashi Frozen Entrees - Chicken Florentine	10	290	9	550	31	1	22
Kashi Frozen Entrees - Chicken Pasta Pomodoro	10	280	6	470	38	5	19

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Kashi Frozen Entrees - Lemon Rosemary Chicken	10	330	9	640	45	1	17
Kashi Frozen Entrees - Lemongrass Coconut Chicken	10	300	8	680	38	6	18
Kashi Frozen Entrees - Lime Cilantro Shrimp	10	250	8	690	33	8	12
Kashi Frozen Entrees - Pesto Pasta Primavera	10	290	11	750	37	4	11
Kashi Frozen Entrees - Southwest Style Chicken	10	240	5	680	32	3	16
Kashi Frozen Entrees - Sweet & Sour Chicken	10	320	3.5	380	55	25	18
Kashi GoLean Cereal	1.8	140	1	85	30	6	13
Kashi GoLean Crunch Cereal - Honey Almond Flax	1.9	200	5	140	34	12	9
Kashi GoLean Crunch Cereal - Original	1.9	190	3	95	36	13	9
Kashi Good Friends Cereal - Cinna-Raisin Crunch	1.8	170	1.5	105	41	13	4
Kashi Good Friends Cereal - Original	1.9	170	2	130	43	9	5
Kashi Granola Cereal - Mountain Medley	1.9	220	7	110	37	12	6
Kashi Granola Cereal - Orchid Spice	1.9	220	7	130	37	11	6
Kashi Heart to Heart Cereal - Honey Toasted Oat	2.3	240	3.5	150	50	9	8
Kashi Heart to Heart Cereal - Oat Flakes & Wild Blueberry Clusters	1.9	200	2.5	130	42	13	6
Kashi Kashi Granola Cereal - Cocoa Beach	1.9	230	9	120	33	11	6
Kashi Organic Promise Cereal - Autumn Wheat	1.9	190	1	0	45	7	5
Kashi Organic Promise Cereal - Cinnamon Harvest	1.9	190	1	0	44	9	4
Kashi Organic Promise Cereal - Strawberry Fields	1.1	120	0	200	28	9	2
Kellogg's Nutri-Grain Cereal Bar - Blueberry	1.3	140	3	-	26	13	-
Kellogg's Nutri-Grain Cereal Bar - Raspberry	1.3	140	3	-	26	13	-
Kellogg's Nutri-Grain Cereal Bar - Strawberry	1.3	140	3	-	26	13	-
Kellogg's Smart Start® Antioxidants	2.7	290	1	430	65	21	5
Kellogg's Smart Start® Healthy Heart	-	-	-	-	-	-	-
Kellogg's Smart Start® Healthy Heart Bars Cinnamon	-	-	-	-	-	-	-
Kellogg's Smart Start® Healthy Heart Bars Strawberry Vanilla	-	-	-	-	-	-	-
Kellogg's Smart Start® Healthy Heart Cinnamon Raisin	-	-	-	-	-	-	-
Kellogg's Smart Start® Healthy Heart Maple Brown Sugar	-	-	-	-	-	-	-
Lean Pockets - Bacon, Egg, & Cheese	4.5	130	4	230	18	3	6
Lean Pockets - Barbeque Beef	4.5	290	7	700	46	11	11
Lean Pockets - Cheeseburger	4.5	280	7	560	40	12	12
Lean Pockets - Chicken Fajita	4.5	240	7	660	35	6	10
Lean Pockets - Chicken Parmesan	4.5	290	7	500	46	5	11
Lean Pockets - Four Cheese Pizza	4.5	300	7	680	45	11	15
Lean Pockets - Ham & Cheddar	4.5	270	7	560	39	11	12
Lean Pockets - Ham, Egg, & Cheese	4.5	130	4	230	18	6	5
Lean Pockets - Meatballs & Mozzarella	4.5	280	7	660	39	10	13
Lean Pockets - Pepperoni Pizza	4.5	280	7	700	39	10	13
Lean Pockets - Philly Steak & Cheese	4.5	270	7	600	38	8	11
Lean Pockets - Sausage and Pepperoni Pizza	4.5	280	7	630	39	10	12
Lean Pockets - Sausage, Egg, & Cheese	4.5	140	4	220	18	6	6
Lean Pockets - Spinach Artichoke Chicken	4.5	260	7	590	39	7	11
Lean Pockets - Steak Fajita	4.5	250	7	670	36	8	10
Lean Pockets - Three Cheese & Chicken Quesadilla	4.5	260	7	690	34	9	13
Lean Pockets - Whole Grain - Chicken, Broccoli & Cheddar	4.5	250	7	440	38	13	10
Lean Pockets - Whole Grain - Ham & Cheese	4	240	7	560	33	6	12
Lean Pockets - Whole Grain - Meatballs & Mozzarella	4	220	7	550	30	9	11

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Lean Pockets - Whole Grain - Supreme Pizza	4	220	7	490	30	10	10
Lean Pockets - Whole Grain - Supreme Pizza	4	220	7	490	30	10	10
Lean Pockets - Whole Grain - Three Cheese & Broccoli	4.5	250	7	480	38	4	10
Lean Pockets - Whole Grain - Turkey & Ham with Cheese	4.5	260	7	580	39	11	12
Lean Pockets - Whole Grain - Turkey Broccoli & Cheese	4.5	250	7	390	38	14	10
LeanCuisine Cafe Classics - Asian-Style Beef with Ginger and Soy	9.2	200	3	550	29	8	13
LeanCuisine Cafe Classics - Beef Portobello	9	220	6	660	25	6	16
LeanCuisine Cafe Classics - Bow Tie Pasta & Chicken	9.5	230	4.5	660	32	7	16
LeanCuisine Cafe Classics - Chicken à l'Orange	9	260	3	580	39	12	18
LeanCuisine Cafe Classics - Chicken and Vegetables	10.5	230	5	640	37	5	20
LeanCuisine Cafe Classics - Chicken Carbonara	9	270	7	620	33	5	19
LeanCuisine Cafe Classics - Chicken Fried Rice	10	280	6	690	9	6	17
LeanCuisine Cafe Classics - Chicken Marsala	8.1	140	4	620	12	4	14
LeanCuisine Cafe Classics - Chicken Teriyaki	11	250	2	690	44	10	15
LeanCuisine Cafe Classics - Chicken with Almonds	8.5	260	6	490	34	13	17
LeanCuisine Cafe Classics - Chicken with Basil Cream Sauce	8.5	280	7	470	35	5	18
LeanCuisine Cafe Classics - Creamy Basil Chicken	10.5	290	7	640	34	7	22
LeanCuisine Cafe Classics - Fiesta Grilled Chicken	8.5	250	5	560	31	6	19
LeanCuisine Cafe Classics - Garlic Beef and Broccoli	9	170	6	520	14	5	15
LeanCuisine Cafe Classics - Glazed Chicken	8.5	220	3.5	500	25	5	21
LeanCuisine Cafe Classics - Grilled Chicken Caesar	9	230	6	340	24	2	19
LeanCuisine Cafe Classics - Grilled Chicken with Teriyaki Glaze	10	280	3	500	46	7	17
LeanCuisine Cafe Classics - Honey Dijon Grilled Chicken	8	220	7	660	22	10	17
LeanCuisine Cafe Classics - Lemon Pepper Fish	9	330	8	590	50	3	15
LeanCuisine Cafe Classics - Roasted Garlic Chicken	8.8	180	7	680	9	4	21
LeanCuisine Cafe Classics - Sesame Chicken	9	330	9	650	47	14	16
LeanCuisine Cafe Classics - Shrimp and Angel Hair Pasta	10	220	4	590	32	5	14
LeanCuisine Cafe Classics - Steak Tips Portobello	7.5	180	7	460	13	4	15
LeanCuisine Cafe Classics - Sweet and Sour Chicken	10	300	3	560	51	20	18
LeanCuisine Cafe Classics - Teriyaki Steak	10.5	280	6	680	37	9	19
LeanCuisine Cafe Classics - Thai-Style Chicken	9	220	4	610	30	8	17
LeanCuisine Cafe Classics - Three Cheese Chicken	8	220	9	520	14	5	21
LeanCuisine Cafe Classics - Three Cheese Stuffed Rigatoni	10	240	6	660	35	10	12
LeanCuisine Casual Eating - BBQ Recipe Chicken Pizza	6	350	8	620	50	10	19
LeanCuisine Casual Eating - Cheese French Bread Pizza	6	310	7	670	46	8	18
LeanCuisine Casual Eating - Chicken Club Panini	6	350	9	830	44	6	24
LeanCuisine Casual Eating - Chicken Philly Flatbread Melts	6.5	330	8	650	41	3	21
LeanCuisine Casual Eating - Chicken Ranch Club Flatbread Melts	6.5	330	9	640	41	4	21
LeanCuisine Casual Eating - Chicken Tuscan Panini	6	320	7	590	41	3	22
LeanCuisine Casual Eating - Chicken, Spinach & Mushrooms Panini	6	320	7	660	41	6	22
LeanCuisine Casual Eating - Chophouse Steak Flatbread Melts	6.2	330	9	570	40	4	21
LeanCuisine Casual Eating - Deluxe French Bread Pizza	6.1	310	9	700	44	7	16
LeanCuisine Casual Eating - Deluxe Pizza	6	350	8	530	50	6	19
LeanCuisine Casual Eating - Four Cheese Pizza	6	360	8	690	55	6	17
LeanCuisine Casual Eating - Gourmet Mushroom Pizza	6	320	7	660	49	4	15
LeanCuisine Casual Eating - Margarita Pizza	6	340	9	540	50	5	14
LeanCuisine Casual Eating - Pepperoni French Bread Pizza	5.2	290	8	650	43	7	15

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
LeanCuisine Casual Eating - Pepperoni Pizza	6	370	9	690	53	9	20
LeanCuisine Casual Eating - Pesto Chicken Flatbread Melts	6.75	330	8	630	43	6	22
LeanCuisine Casual Eating - Philly-style Steak & Cheese Panini	6	330	9	690	42	5	21
LeanCuisine Casual Eating - Roasted Garlic Chicken Pizza	6	340	7	670	49	3	20
LeanCuisine Casual Eating - Roasted Vegetable Pizza	6	310	5	530	52	6	14
LeanCuisine Casual Eating - Southwest-style Chicken Panini	6	330	7	750	44	8	22
LeanCuisine Casual Eating - Spinach & Mushroom Pizza	6.1	330	7	440	51	4	16
LeanCuisine Casual Eating - Steak, Cheddar & Mushroom Panini	6	340	9	720	44	6	21
LeanCuisine Casual Eating - Three Meat Pizza	6.3	370	9	630	51	6	20
LeanCuisine Comfort Classics - Baked Chicken	8.6	240	4.5	650	34	5	15
LeanCuisine Comfort Classics - Baked Chicken Florentine	8	200	8	660	14	5	18
LeanCuisine Comfort Classics - Beef Peppercorn	8.75	220	7	690	25	8	14
LeanCuisine Comfort Classics - Beef Pot Roast	9	200	6	690	21	5	15
LeanCuisine Comfort Classics - Chicken Parmesan	10.9	260	5	580	31	9	23
LeanCuisine Comfort Classics - Glazed Turkey Tenderloins	9	260	5	670	41	20	13
LeanCuisine Comfort Classics - Herb Roasted Chicken	8	180	3.5	590	20	6	18
LeanCuisine Comfort Classics - Honey Mustard Chicken	8	250	4	650	37	11	17
LeanCuisine Comfort Classics - Meatloaf and Whipped Potatoes	9.3	250	7	570	26	4	21
LeanCuisine Comfort Classics - Oven Roasted Beef	9.2	210	8	690	18	9	16
LeanCuisine Comfort Classics - Roasted Pork	9.5	250	3.5	660	38	11	16
LeanCuisine Comfort Classics - Roasted Turkey & Vegetables	8	150	5	650	12	4	15
LeanCuisine Comfort Classics - Roasted Turkey Breast	9.7	260	2.5	690	46	28	13
LeanCuisine Comfort Classics - Salisbury Steak	9.5	280	9	610	25	4	24
LeanCuisine Comfort Classics - Southern Beef Tips	8.7	250	5	630	36	11	15
LeanCuisine Dinnertime Selects - Balsamic Glazed Chicken	12	350	9	810	43	10	24
LeanCuisine Dinnertime Selects - Chicken Fettuccini	12	400	8	850	48	3	33
LeanCuisine Dinnertime Selects - Chicken Florentine	13.3	390	8	840	52	13	28
LeanCuisine Dinnertime Selects - Chicken Portobello	12	390	8	560	48	2	32
LeanCuisine Dinnertime Selects - Chicken Tuscan	12	280	6	780	34	7	22
LeanCuisine Dinnertime Selects - Grilled Chicken & Penne Pasta	12	330	4.5	580	52	24	20
LeanCuisine Dinnertime Selects - Jumbo Rigatoni with Meatballs	15.4	390	8	830	56	11	23
LeanCuisine Dinnertime Selects - Lemon Garlic Shrimp	12	350	7	830	54	3	18
LeanCuisine Dinnertime Selects - Roasted Turkey Breast	12	290	7	890	38	11	19
LeanCuisine Dinnertime Selects - Salisbury Steak	12.5	270	8	650	27	10	22
LeanCuisine Dinnertime Selects - Steak Tips Dijon	12	280	7	650	33	11	21
LeanCuisine One Dish Favs - Alfredo Pasta with Chicken & Broccoli	10	260	6	660	34	6	17
LeanCuisine One Dish Favs - Angel Hair Pasta Marinara	10	260	4	690	48	10	8
LeanCuisine One Dish Favs - Asian-Style Pot Stickers	9	260	4	530	47	9	9
LeanCuisine One Dish Favs - Cheese Lasagna Florentine Bake	10	260	7	680	35	10	14
LeanCuisine One Dish Favs - Cheese Ravioli	8.5	240	6	600	38	10	11
LeanCuisine One Dish Favs - Chicken Chow Mein with Rice	9	260	4	550	41	3	14
LeanCuisine One Dish Favs - Chicken Fettuccini	9.2	270	6	690	33	5	22
LeanCuisine One Dish Favs - Chicken Florentine Lasagna	10	290	6	650	37	7	21
LeanCuisine One Dish Favs - Chicken Teriyaki Stir-fry	10	300	4.5	690	49	11	17
LeanCuisine One Dish Favs - Classic Five Cheese Lasagna	11.5	320	8	690	44	11	19
LeanCuisine One Dish Favs - Deluxe Cheddar Potato	10.4	260	7	620	35	7	14
LeanCuisine One Dish Favs - Fettuccini Alfredo	9.2	280	7	680	40	5	14

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
LeanCuisine One Dish Favs - Four Cheese Cannelloni	9.1	240	6	690	30	9	17
LeanCuisine One Dish Favs - Lasagna with Meat Sauce	10.5	320	7	690	44	8	19
LeanCuisine One Dish Favs - Macaroni and Beef	9.5	310	9	630	38	8	20
LeanCuisine One Dish Favs - Macaroni and Cheese	10	290	7	620	41	8	15
LeanCuisine One Dish Favs - Santa Fe Style Rice & Beans	10.4	290	6	590	49	10	10
LeanCuisine One Dish Favs - Spaghetti with Meat Sauce	11.5	290	4.5	600	47	9	15
LeanCuisine One Dish Favs - Spaghetti with Meatballs	9.5	260	5	560	35	7	18
LeanCuisine One Dish Favs - Swedish Meatballs with Pasta	9.13	280	7	630	30	5	23
LeanCuisine One Dish Favs - Three Bean Chili with Rice	10	270	7	620	42	8	9
LeanCuisine One Dish Favs - Vegetable Eggroll	9	310	5	630	60	15	7
LeanCuisine Spa Classics - Butternut Squash Ravioli	9.83	350	9	660	56	10	13
LeanCuisine Spa Classics - Chicken in Peanut Sauce	9	280	8	560	30	7	22
LeanCuisine Spa Classics - Chicken Mediterranean	10.5	240	4	590	32	6	19
LeanCuisine Spa Classics - Chicken Pecan	9	260	6	690	32	6	19
LeanCuisine Spa Classics - Ginger Garlic Stir-fry with Chicken	9.83	290	4	640	46	19	17
LeanCuisine Spa Classics - Grilled Chicken Primavera	9.38	220	5	610	24	6	18
LeanCuisine Spa Classics - Hunan Stir-fry with Beef	8.5	270	7	610	37	12	15
LeanCuisine Spa Classics - Lemon Chicken	9	300	9	570	40	8	15
LeanCuisine Spa Classics - Lemongrass Chicken	9.38	250	6	610	30	4	18
LeanCuisine Spa Classics - Oven Roasted Beef Burgundy	9.25	300	7	640	43	5	17
LeanCuisine Spa Classics - Pork Stir-fry	8.25	280	5	680	39	12	19
LeanCuisine Spa Classics - Rosemary Chicken	8.25	210	4	580	27	1	17
LeanCuisine Spa Classics - Salmon Mediterranean	8.63	230	4	660	30	3	18
LeanCuisine Spa Classics - Salmon with Basil	9.63	220	6	660	24	3	18
LeanCuisine Spa Classics - Salmon with lemon dill sauce	8.63	240	6	690	30	4	16
LeanCuisine Spa Classics - Sesame Stir-fry with Chicken	9.83	300	6	680	41	14	20
Pasta Salad	-	-	-	-	-	-	-
Quaker Breakfast Bar - Apple Crisp	1.3	130	2.5	90	27	9	1
Quaker Breakfast Bar - Cranberry Orange Muffin	1.3	130	2.5	90	27	9	1
Quaker Breakfast Bar - Strawberry	1.3	130	2.5	90	27	9	1
Quaker Breakfast Bar - Very Berry Muffin	1.3	130	2.5	90	27	9	1
Quaker Breakfast Bites - Apple Crisp	1.3	130	2.5	100	28	9	1
Quaker Breakfast Bites - Iced Raspberry	1.3	130	2.5	100	28	9	1
Quaker Breakfast Bites - Iced Strawberry	1.3	130	2.5	100	28	9	1
Quaker Breakfast Bites - Strawberry	1.3	130	2.5	100	28	9	1
Quaker Breakfast Cookie - Apple Cinnamon	1.6	180	4.5	200	33	15	3
Quaker Breakfast Cookie - Oatmeal Raisin	1.6	180	4.5	200	33	15	3
Quaker Breakfast Graham Cereal Bar - Cherry	1	120	3.5	110	22	7	1
Quaker Breakfast Graham Cereal Bar - Strawberry	1	120	3.5	110	22	7	1
South Beach Diet Cereal - Strawberry Harvest Crunch	1.7	170	2	290	37	9	7
South Beach Diet Cereal - Vanilla Almond Crunch	1.7	180	4	280	35	8	8
South Beach Diet Cereal Bar - Chocolate	6	140	5	150	15	7	10
South Beach Diet Cereal Bar - Cinnamon Raisin	6	140	5	150	15	7	10
South Beach Diet Cereal Bar - Cranberry Almond	6	140	5	135	15	7	10
South Beach Diet Cereal Bar - Maple Nut	6	140	5	160	15	7	10
South Beach Diet Cereal Bar - Nut Medley Granola	6	150	7	180	18	7	6
South Beach Diet Cereal Bar - Peanut Butter	6	140	5	160	15	6	10

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
South Beach Diet Cereal Bar - Roasted Peanut Granola	6	150	7	180	18	7	6
South Beach Diet Frozen Pizza - Deluxe on Wheat Crust	7	340	11	650	37	5	30
South Beach Diet Frozen Pizza - Four Cheese on Wheat Crust	6	340	11	650	36	4	31
South Beach Diet Frozen Pizza - Grilled Chicken & Vegetables	7	330	10	600	37	4	30
South Beach Diet Frozen Pizza - Pepperoni on Wheat Crust	6	350	12	700	36	4	31
South Beach Diet Meal Bar - Caramel Peanut Crisp	2.1	210	7	350	26	1	19
South Beach Diet Meal Bar - Chocolate Caramel	1.76	180	5	200	22	6	15
South Beach Diet Meal Bar - Chocolate Crisp	2.1	210	6	360	26	0	19
South Beach Diet Meal Bar - Chocolate Peanut Butter	1.7	180	6	210	21	6	15
South Beach Diet Meal Bar - Cinnamon & Crème	2.1	220	7	360	26	0	19
South Beach Diet Meal Bar - Vanilla Crème	2.1	210	6	340	26	1	19
South Beach Diet Wrap Kits - Deli Ham & Turkey	7	220	10	960	23	0	22
South Beach Diet Wrap Kits - Grilled Chicken Caesar	6	230	11	820	22	1	24
South Beach Diet Wrap Kits - Sesame Chicken	6	220	9	710	28	2	21
South Beach Diet Wrap Kits - Southwestern Style Chicken	8	240	11	810	26	2	25
South Beach Diet Wrap Kits - Turkey & Bacon Club	7	240	12	930	24	1	24
South Beach Living Frozen Entree - Caprese Style Chicken	9.3	240	8	650	10	4	30
South Beach Living Frozen Entree - Chicken Fettuccine Alfredo	9.2	240	7	690	20	3	26
South Beach Living Frozen Entree - Garlic Herb Chicken	8.1	240	10	550	10	2	23
South Beach Living Frozen Entree - Garlic Parmesan Chicken	10	270	10	700	22	3	26
South Beach Living Frozen Entree - Garlic Sesame Beef	9	210	9	730	15	6	15
South Beach Living Frozen Entree - Kung Pao Chicken	8.2	250	9	630	14	5	25
South Beach Living Frozen Entree - Meatloaf with Gravy	8.9	210	9	910	17	5	16
South Beach Living Frozen Entree - Orange Beef	8.2	220	7	770	23	3	15
South Beach Living Frozen Entree - Roasted Turkey	9.4	240	9	920	27	2	17
South Beach Living Frozen Entree - Savory Beef	7.9	220	8	930	16	7	20
South Beach Living Frozen Entree - Savory Pork	9.3	230	9	680	13	4	22
Special K Cereal - Chocolatey Delight	1.1	120	2	170	24	9	2
Special K Cereal - Cinnamon Pecan	1.1	120	2	180	31	7	2
Special K Cereal - Fruit & Yogurt	1.1	120	1	135	27	11	2
Special K Cereal - Original	1.1	110	0	220	22	4	7
Special K Cereal - Protein Plus	1	100	3	110	14	2	10
Special K Cereal - Red Berries	1.1	110	0	220	25	10	3
Special K Cereal - Vanilla Almond	1.1	110	1.5	160	25	9	2
Special K Protein Meal Bar - Chocolate Peanut Butter	1.5	190	6	220	23	16	10
Special K Protein Meal Bar - Chocolatey Chip	1.5	180	4	190	25	15	10
Special K Protein Meal Bar - Double Chocolate	1.59	170	4.5	190	25	15	10
Special K Protein Meal Bar - Strawberry	0.81	90	1.5	95	18	9	1
Sunburst Turkey Swiss on Multi-Grain	-	-	-	-	-	-	-
Sunburst Turkey Swiss on WW	-	-	-	-	-	-	-
Tropical Fruit	-	-	-	-	-	-	-
Vegetable Tray	-	-	-	-	-	-	-