



	Item Name	Calories	Carbs (g)	Protein (g)	Sugar (g)	Fat (g)	Fiber (g)	Sodium (mg)	Saturated Fat (g)
BURGER BAR	Classic	630	29	37	9	38	6	740	20
	California Club	610	30	34	6	65	9	670	25
	Mushroom Supreme	610	27	36	5	41	4	400	25
	Jalapeno	560	29	35	7	35	5	160	14
	Recovery	640	22	42	4	42	3	600	16
FRESH GREENS	MMG Caesar Salad	350	8	32	2	23	3	760	7
	Italiano Salad	430	22	53	11	7	6	1240	6
	Asian Sesame Ginger Salad	480	41	32	25	23	12	440	3
	Hollywood Salad (GF)	250	13	32	-	9	-	-	-
	Impossible Taco Salad	630	39	29	11	39	11	1900	17
HEALTHY WRAPS	MMG Signature Wrap	710	67	55	11	21	4	1330	7
	Santa Fe Wrap	700	77	49	9	22	8	1620	8
	Rocky Wrap	680	66	55	4	18	3	1360	6
	Tex-Mex Fajita Wrap	600	60	50	5	19	3	1260	7
	Veggie Wrap	470	66	20	10	14	5	1140	3.5
	Turkey Meatball Wrap	670	73	42	5	19	3	1550	9
	BBQ Wrap	750	69	68	8	21	2	1440	8
FIT BOWLS	Arizona	570	59	47	10	11	4	820	3
	Godfather	440	24	60	11	8	6	970	5
	El Mexicana	490	49	51	7	11	7	1240	3.5
	Teriyaki Stir-Fry	580	67	37	13	21	7	950	2
	Impossible Chili Bowl	360	16	28	1	21	6	650	12

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KETO YOUR WAY

Item Name	Calories	Carbs (g)	Protein (g)	Sugar (g)	Fat (g)	Fiber (g)	Sodium (mg)	Saturated Fat (g)
The Buffalo (Chicken)	590	17	40	6	43	6	1410	10
The Buffalo (Steak)	630	17	38	6	47	6	1430	11
The Phoenix (Chicken)	410	15	38	6	14	5	1130	5
The Phoenix (Steak)	490	15	42	6	20	5	1160	7
Keto Recovery Burger	1030	6	54	0	78	3	1160	25
Philly Caesar Salad (Chicken)	380	12	37	3	20	4	720	7
Philly Caesar Salad (Steak)	410	12	35	3	24	4	740	9
Keto Hollywood Salad (Chicken)	510	12	40	2	24	8	820	7
Keto Hollywood Salad (Steak)	540	12	38	2	28	8	840	9
Avocado Smash	110	6	1	0	10	5	5	1
Caesar Salad	80	4	2	1	10	2	230	1.5
Cucumber Salad	25	4	2	2	0	2	75	0
Hardboiled Eggs	211	2	17	2	14	0	169	4
Brown Rice	180	39	4	0	1	2	170	0
Brown Rice and Beans	170	34	6	2	1	5	660	0
Buffalo 'Shrooms	340	46	10	8	14	5	1010	2
Cauliflower Rice	130	12	8	7	8	3	580	3
Roasted Broccoli	180	9	4	2	16	4	1210	2
Oven Roasted Sweet Potatoes	610	25	2	5	56	4	1540	8
Sweet Potato Fries	170	28	2	9	6	4	260	0
Turkey Meatballs	300	23	31	2	14	1	440	3.4
Grilled Chicken	210	0	39	0	6	0	60	2

POWER SIDES

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