



BUILD YOUR OWN BOWL

NUTRITION FACTS

Bowl Base: Pick 1
Protein: Pick 1
Toppings: Pick 2
A little something extra: Pick 1
Sauces: Pick 1

BASE

Brown Rice - 9 calories | .8g fat | 23g carbs | 2.3g protein
Quinoa - 111 calories | fat 1.8g | 19.7g carbs | 4g protein
Cauliflower Rice - 47 calories | 2.85g fat | 4.8g carbs | 2.1g protein
Baby Kale - 40 calories | 1g fat | 5g carbs | 3g protein
Spinach - 14 calories | 0g fat | 2 g carbs | 2g protein
Zoodles - 80 calories | 7g fat | 19.7 g carbs | 4g protein

PROTEIN

Grass-Fed Beef - 215 calories | 15g fat | 0g carbs | 20g protein
Baked Wild Salmon - 164 calories | 6g fat | 0g carbs | 27.5g protein
Baked Chicken Breast - 196.5 calories | 4.5g fat | 0g carbs | 39g protein
Braised Lamb - 328 calories | 24g fat | 0g carbs | 28g protein
Pulled Pork - 339.9 calories | 4.4g fat | 0.65g carbs | 34.9g protein
Vegan Patty - 313 calories | 12g fat | 43g carbs | 11g protein

SAUCES

Balsamic - 103 calories | 10g fat | 1g carbs | 0g protein
Tahini - 72.9 calories | 6.5g fat | 1.5g carbs | 1.1g protein
Chimichurri - 119 calories | 14g fat | 0g carbs | 0g protein
Cucumber Dill - 46 calories | 4g fat | 6g carbs | 1g protein
Red Miso - 26 calories | 2g fat | 0g carbs | 1g protein
Salsa - 20 calories | 0g fat | 2g carbs | 4g protein
Aioli - 418 calories | 48g fat | 0.8g carbs | 0.6g protein
Teriyaki - 40 calories | .3g fat | 7.1g carbs | .3g protein
Whole30 Approved BBQ sauce - 38.8 calories | 0g fat | 8.6g carbs | 1.6g protein
Lemon Garlic Vinaigrette - 348 calories | 38g fat | 1.4g carbs | 0.14g protein

TOPPINGS

Avocado - 46.6 calories | 3.9g fat | 2.5g carbs | 0.54g protein
Broccoli - 7.8 calories | 0.08g fat | 1.1g carbs | 0.65g protein
Red Bell Peppers - 15 calories | 0.18g fat | 2.8g carbs | 0.56g protein
Mushrooms - 8 calories | 0g fat | 0.66g carbs | 1.33g protein
Fermented Kraut - 8 calories | 0g fat | 1.75g carbs | 0.25g protein
Black Beans - 104 calories | .3g fat | 19g carbs | 6.9g protein
Sweet Potato - 143.4 calories | 5.6g fat | 21.25g carbs | 2.1g protein
Corn - 33 calories | 0.4g fat | 4.2g carbs | 0.5g protein
Shredded Carrots - 10 calories | 0g fat | 3g carbs | 1g protein
Cherry Tomatoes - 21 calories | 0g fat | 0g carbs | 0g protein
Cucumber - 11 calories | 0g fat | 3g carbs | 0g protein
Red Onion - 16 calories | 0g fat | 4g carbs | 0g protein
Green Onions - 10 calories | 0g fat | 2g carbs | 0g protein
Roasted Chickpeas - 119 calories | 3.9g fat | 16g carbs | 5.3g protein

A LITTLE SOMETHING EXTRA

Flax Seed - 58.3 calories | 4.3 fat | 3g carbs | 1.9g protein
Chia Seeds - 59 calories | 3g fat | 5g carbs | 3g protein
Hemp Seeds - 58.1 calories | 4.5g fat | 0.7g carbs | 3.7g protein
Goji Berries - 52.8 calories | 0g fat | 10.8g carbs | 2.4g protein
Feta - 75 calories | 6 fat | 1.2g car

BeFit Foods - Meal Prep Made Easy

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