

| <b>Save Your Weekend Meals!</b>         | <b>Calories</b> | <b>Carbs</b> | <b>Fats</b> | <b>Protein</b> |
|---|-----------------|--------------|-------------|----------------|
| Breakfast                               |                 |              |             |                |
| French Toast Mini Chocolate Chip        | 400             | 67.4         | 3.5         | 27.2           |
| French Toast M&M Minis                  | 400             | 67           | 3.1         | 27             |
| Bacon Egg Muffin                        | 455             | 46.8         | 13.9        | 35.8           |
| Grilled Cheese Bacon Sandwich           | 550             | 55.8         | 14.4        | 47.8           |
| Lunch/Dinner                            |                 |              |             |                |
| Spicy Chicken Crunch Wrap               | 587             | 56.7         | 16.5        | 44.8           |
| Ground Turkey Crunch Wrap               | 551             | 45.7         | 18.9        | 42.2           |
| Pita Bacon & Ham Pizza                  | 515             | 53.7         | 14.5        | 38             |
| Pita Chicken Bacon Ranch Pizza          | 543             | 63.5         | 13.4        | 38.2           |
| Snack                                   |                 |              |             |                |
| Chocolate Chip Cookies (per cookie)     | 104             | 5.4          | 6.8         | 5.6            |
| Chocolate Explosion Cookie (per cookie) | 111             | 5.8          | 7.2         | 5.9            |
|   |                 |              |             |                |
| <b><i>Dream Meals</i></b>               | <b>Calories</b> | <b>Carbs</b> | <b>Fats</b> | <b>Protein</b> |
| Breakfast                               |                 |              |             |                |
| French Toast Mini Chocolate Chip        | 400             | 67.4         | 3.5         | 27.2           |
| French Toast M&M Minis                  | 400             | 67           | 3.1         | 27             |
| Bacon Egg Muffin                        | 455             | 46.8         | 13.9        | 35.8           |
| English Muffin Pizza                    | 404             | 50.7         | 10.8        | 27.5           |
| French Toast Grilled Cheese Sandwich    | 434             | 56.6         | 10.1        | 29.9           |
| Grilled Cheese Bacon Sandwich           | 550             | 55.8         | 14.4        | 47.8           |
| Lunch/Dinner                            |                 |              |             |                |
| Spicy Chicken Crunch Wrap               | 587             | 56.7         | 16.5        | 44.8           |
| Ground Turkey Crunch Wrap               | 551             | 45.7         | 18.9        | 42.2           |
| Butterchicken Crunch Wrap               | 481             | 44.5         | 13.6        | 40.7           |
| Chicken Bacon Ranch Crunch Wrap         | 495             | 52.5         | 10.2        | 40.9           |
| Pita Bacon & Ham Pizza                  | 515             | 53.7         | 14.5        | 38             |
| Pita Ground Turkey & Bacon Pizza        | 495             | 53.7         | 14.7        | 32.8           |
| Pita Chicken Bacon Ranch Pizza          | 543             | 63.5         | 13.4        | 38.2           |
| Pita Butterchicken Pizza                | 521             | 55.5         | 13.6        | 41.7           |
|   |                 |              |             |                |
|   |                 |              |             |                |
| Red seedless grapes (50 grams)          | 34              | 8.9          | 0           | 0.3            |
| Red seedless grapes (70 grams)          | 48              | 12.5         | 0           | 0.5            |
|   | 14              | 3.6          | 0           | 0.2            |

| <b>Dream Donuts</b>                                     |                 | <b>Calories x 1</b> | <b>Carbs</b> | <b>Fat</b> | <b>Protein</b> |
|---|-----------------|---------------------|--------------|------------|----------------|
| <b>Pack 1 - Sweet Mother Lover</b>                      | <b>Quantity</b> |                     |              |            |                |
| Reese cookie monster (Vanilla Base)                     | <b>3</b>        | 138                 | 17.8         | 5.4        | 6              |
| Butterscotch waffle cone (Vanilla Base)                 | <b>3</b>        | 143.6               | 19.1         | 4.8        | 5.8            |
| White chocolate pretzel (Vanilla Base)                  | <b>3</b>        | 132.6               | 18.6         | 4.7        | 5.8            |
|   |                 |                     |              |            |                |
| <b>Pack 2 - Nestle &amp; Hershey Lover</b>              |                 |                     |              |            |                |
| Mint chocolate oreo (Vanilla Base)                      | <b>3</b>        | 144.6               | 18.8         | 5.5        | 6.1            |
| Cookies and cream (Vanilla Base)                        | <b>3</b>        | 144.6               | 19.6         | 5.6        | 5.7            |
| Skors (Vanilla Base)                                    | <b>3</b>        | 148.6               | 19.4         | 6.3        | 5.5            |
|   |                 |                     |              |            |                |
| <b>Pack 3 - Chocolate Lovers</b>                        |                 |                     |              |            |                |
| Double Chocolate Cookies & Crème (Chocolate Base)       | <b>3</b>        | 136.3               | 18.3         | 5.6        | 4.9            |
| Double Chocolate Brownie (Chocolate Base)               | <b>3</b>        | 139.3               | 20.1         | 5.6        | 5              |
| Chocolate Sea Salt Caramel Waffle Cone (Chocolate Base) | <b>3</b>        | 136.3               | 18.3         | 5          | 5.5            |
|   |                 |                     |              |            |                |
| <b>Pack 4 - Choco Sweetness</b>                         |                 |                     |              |            |                |
| Chocolate Reese PB (Chocolate Base)                     | <b>3</b>        | 121.3               | 15.8         | 4.6        | 5.3            |
| Chocolate Butterscotch Waffle Cone (Chocolate Base)     | <b>3</b>        | 135.3               | 17.8         | 4.8        | 5              |
| Double Chocolate Skor (Chocolate Base)                  | <b>3</b>        | 149                 | 19.3         | 6.6        | 5.2            |
|   |                 |                     |              |            |                |
| <b>Pack 5 - Sweet Tease</b>                             |                 |                     |              |            |                |
| Chocolate Malteser (Chocolate Base)                     | <b>3</b>        | 121.3               | 16           | 5.2        | 4.8            |
| Chocolate Reese Cookie Monster (Chocolate Base)         | <b>3</b>        | 130.3               | 16.5         | 5.4        | 5.2            |
| Crunch Bar (Chocolate Base)                             | <b>3</b>        | 148.3               | 20.8         | 6.2        | 5.2            |
|   |                 |                     |              |            |                |
| <b>Pack 6 - Sweet Jebus That's Tasty</b>                |                 |                     |              |            |                |
| Crunch Bar (Vanilla Base)                               | <b>3</b>        | 156.6               | 22.1         | 6.2        | 6              |
| Coffee Crisp (Vanilla Base)                             | <b>3</b>        | 153.6               | 20.1         | 6.8        | 6              |
| White Chocolate Matcha (Vanilla Base)                   | <b>3</b>        | 142.6               | 19.4         | 5.4        | 5.8            |
|   |                 |                     |              |            |                |
| <b>Pack 7 - Sweetness Overload</b>                      |                 |                     |              |            |                |
| Ferrero (Vanilla Base)                                  | <b>3</b>        | 167.6               | 20           | 8.1        | 6.2            |
| Chocolate Chip (Vanilla Base)                           | <b>3</b>        | 99                  | 12.6         | 2.9        | 5.9            |
| Fruit and Nut (Vanilla Base)                            | <b>3</b>        | 154.6               | 20           | 6.6        | 6.1            |
|   |                 |                     |              |            |                |
| <b>Duaqui Pack - DoNut Tease Me</b>                     |                 |                     |              |            |                |
| S'mores (Vanilla Base)                                  | <b>3</b>        | 150.6               | 23.3         | 4.6        | 6              |
| Cadbury Mini Eggs (Vanilla Base)                        | <b>3</b>        | 157.6               | 21.3         | 6.2        | 5.9            |
| White Chocolate Matcha (Vanilla Base)                   | <b>3</b>        | 142.6               | 19.4         | 5.4        | 5.8            |
|   |                 |                     |              |            |                |
| <b>Deloria Pack</b>                                     |                 |                     |              |            |                |
| Seasalt caramel w/ crushed waffle cone (Vanilla Base)   | <b>3</b>        | 144.6               | 19.6         | 5          | 6.3            |
| White chocolate with crushed pretzels (Vanilla Base)    | <b>3</b>        | 132.6               | 18.6         | 4.7        | 5.8            |
| White Chocolate Cookie Monster (Vanilla base)           | <b>3</b>        | 144.6               | 19.6         | 5.7        | 5.7            |