	Serving Size	Calories per Serving	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)	WW "PointsPlus"
Breakfast										
Bacon	1 Slice	90	9	3	13	0	0	0	2	2
Bacon Egg and Cheese Bagel	1 Sandwich	458	22	10	270	38		2	25	12
Bacon Egg and Cheese Burrito	1 Burrito	716	44	14	472	41		2	36	19
Bacon Egg and Cheese Croissant	1 Sandwich	492	33	16	291	27		2	22	13
Bacon Egg and Cheese Muffin	1 Sandwich	357	22	10	252	19		1	20	9
Bacon Egg and Toast	1 Plate	245	10	3	218	25		1	12	6
Bagel	1 Bagel	245	1	trace	0	48		2	9	6
Biscuit	1 Biscuit	270	12	3	0	34		1	6	7
Biscuit and Gravy	1 Biscuit and 3 oz. Gravy	525	18	5	5	77		2	13	14
Breakfast Pizza	1 Slice	637	50	19	249	23		1	23	17
Breakfast Rice	1 Serving	770	46	15	235	62		3	24	21
Cheese and Ham Omelette	2 Eggs	251	16	5	456	3		0	23	7
Cheese and Sausage Omelette	2 Eggs	384	33	11	463	1	0	0	19	10
Cheese Omelette	2 Eggs	148	10	3	424	1	0	0	13	4
Cottage Cheese	3 oz	76	2	1	7	3		0	12	2
Egg (Fried or Scrambled)	1 Egg	74	5	2	212	trace	0	0	6	2
Egg on Croissant	1 Sandwich	305	17	8	250	26		2	11	8
Eggs and Toast	1 Plate	209	7	2	212	25		1	10	5
English Muffin	1 muffin	134	1	trace	0	26		2	4	3
French Toast	1 Piece	149	7	2	75	16		2	5	4
Grits	3 oz	316	1	trace	0	68		0	7	8
Ham	1 Piece	52	3	1	16	1		0	5	1
Homemade Cinnamon Roll	1 Cinnamon Roll	130	5	1	10	18		1	3	3
Homestyle Potatoes	5 oz.	237	16	6	0	24		2	3	7
Muffin, Blueberry	5 oz	275	6	3	17	52		5	3	7
Oatmeal	4 oz	150	3	0.5	0	27		4	5	4

Pancakes	1 Plate	489	6	1	30	93		4	13	13
Sausage and Biscuit	1 Plate	588	23	6	214	76		3	16	15
Sausage Egg and Cheese on Bagel	1 Sandwich	669	39	16	280	49		2	29	18
Sausage Egg and Cheese on Croissant	1 Sandwich	656	49	22	318	27		2	25	18
Sausage Egg and Cheese on Sourdough	1 Sandwich	520	38	16	280	19		1	23	14
Sausage Egg and Cheese on Toast	1 Sandwich	559	39	16	281	26		1	24	15
Sausage Link	1 Link	118	11	4	19	trace	0	0	3	3
Sausage Patty	1 Patty	236	23	8	39	1		0	7	7
Toast	1 Slice	67	1	trace	trace	12		1	2	2
Turkey Sausage Patty	1 Patty	135	11	3	45	1		0	9	4
Two Biscuits and Gravy	2 Biscuits and 3 oz. Gravy	737	28	8	7	104		3	17	20
Vegetarian Omelette	2 Eggs	169	10	3	424	6		1	13	4
Wheat Toast	1 Slice	65	1	trace	0	12		4	2	1

	Serving Size	Calories per Serving	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)		Dietary Fiber (g)	Protein (g)	WW "Points"
Grill										
Cajun Chicken Breast Sandwich	1 Sandwich	520	16	7	150	30		2	45	11
Fench Fries	About 20	530	25	8	0	59		6	6	13
Grilled Cheese Sandwich	1 Sandwich	310	14	7	30	34		2	15	9
Grilled Chicken Breast	5 oz.	230	5	1.5	120	0	0	0	35	4
Homemade Chips	4 oz.	380	24	7	0	37		3	5	10
Old Fashioned Cheeseburger	1 Sandwich	650	38	9	175	31		1	46	17
Old Fashioned Hamburger	1 Sandwich	573	33	7	152	29		1	40	15
Provel Chicken Breast Sandwich	1 Sandwich	520	16	7	150	30		2	45	11
Syberg's Chicken Breast Sandwich	1 Sandwich	520	16	7	150	30		2	45	11
Syberg's Chicken Strips	5 oz.	429	15	3.3	200	15		0	35	9
Syberg's Chicken Wings	8 Wings	820	57	16	205	8		0	56	21
Turkey Burger on Bun	1 Sandwich	394	14	4	108	29		1	38	10
Veggie Burger on Bun	1 Sandwich	390	10	1	0	35		10	40	9
Pizza										
Brett's Conglomeration	1 slice	660	43	17	105	36		3	33	18
Cheese	1 slice	340	17	8	35	32		2	17	9
Joe Mama's	1 slice	650	43	17.5	105	33		2.3	32	17
Mom's Veggie	1 slice	390	19	9	35	38		5	19	10
Pepperoni	1 slice	440	25	11	55	32		2	21	12
Sausage	1 slice	490	30	13	70	32		2	23	13
The Hawaiian	1 slice	530	21	10	60	62		3	24	14

The Italian Way	1 slice	360	17	8	35	36		4	18	10
Wise Guy's Favorite	1 slice	510	29	13	75	36		3	26	14
	Serving Size	Calories per Serving	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)		Dietary Fiber (g)	Protein (g)	WW "Points"
Dressings & Condiments										
Balsamic Vinaigrette	2 Tbsp	60	5	0.5	0	4		0	0	2
Caesar	2 Tbsp	110	11	2	10	2		0	1	3
California French	2 Tbsp	140	11	1.5	0	10		0	0	4
Fat Free Rasp Vinaigrette	2 Tbsp	25	0	0	0	7		0	0	1
Greek	2 Tbsp	150	17	2.5	0	1		0	0	4
Grey Poupon Dijon Mustard	2 Tbsp	30	0	0	0	0	0	0	0	0
Italian Reduced Fat	2 Tbsp	40	3	0.5	0	3		0	0	1
Lite Ranch	2 Tbsp	80	8	1.5	5	2		0	1	2
Ranch	2 Tbsp	110	11	1.5	9	1		0	0	3
Sweet Honey Dijon	2 Tbsp	90	4.5	0.5	0	12		0	0	2
Syberg's Wing Sauce	1 Tbsp	20	2	0	0	1		0	0	1
Thousand Island	2 Tbsp	140	13	2	15	4		0	0	4

	Serving Size	Calories per Serving	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Protein (g)	WW "Points"
Soups										
Chicken Dumpling	1 cup	299	11	4	70	28	3	3	22	
Chicken Noodle	1 cup	85.6	1.2	0.8	21	14.2		0.6	4.8	2
Chicken Rice	1 cup	49.8	0.7	0.3	10.1	7.7		0.3	3.3	1
Chicken Tortilla Soup	1 cup	164	3.7	0.8	30	22	10	2	10	
Chicken with Rice & Dumplings	1 cup	80.5	1.5	0.9	37.9	12		0.5	4.9	2
Chili	1 cup	210	16	6.7	51.2	4.6		1.5	11	6
Crab Bisque	1 cup	324.5	26	15.7	114	18		0.8	10	9
Cream of Spinach Bacon Soup	1 cup	351.9	27	13.1	63.6	14.3		0.7	13	10
Gumbo	1 cup	170	10	3.5	50	7		1	11	4
Hot & Sour Soup with Chicken	1 cup	160	8	1	40	10	2	1	12	
Hot & Sour Soup with Tofu	1 cup	110	4	0.5	30	10	2	1	9	
Lobster Bisque	1 cup	340	26	16	125	17		0.6	11	9
Onion Soup	1 cup	90	5	3	10	8		0.9	4	2
Potato Soup	1 cup	380	18	10	50	49		5	7	10
Shrimp Bisque	1 cup	340	26	16	125	18		0.6	10	10
Tomato Soup	1 cup	165	6	1.5	5	14		3	5	3
Wild Mushroom Soup	1 cup	297	21	3.5	95	21		2	5	8

	Serving Size	Calories per Serving	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)		Dietary Fiber (g)	Protein (g)	WW "Points"
Healthy Habits - Poultry										
Artichoke Chicken	1 serving	332	11	2.6	114	11		3	40	7
Baked Chicken Quarter	1 serving	250	19	6	65	0	0	0	19	7
California Avocado Chicken	1 serving	374	18	2	122	12		7	41	9
Chicken & Broccoli Stir Fry	1 serving	275	7	4	38	35		2	16	7
Chicken Cacciatore	1 serving	359	14	4	94	18		4	38	9
Chicken Creole	1 serving	140	2.5	0	35	15		1	15	4
Chicken Diablo Sandwich	1 serving	363	8.4	3.4	83.7	34		6	39	9
Chicken Florentine	1 serving	260	6	2	100	10		3	40	6
Chicken Marengo	1 serving	338	21	3.3	73	15		1.1	28	10
Chicken Marsala	1 serving	241	5.6	1	99	4.9		0.5	41	6
Chicken Stir Fry	1 serving	149	3	1	44	8		2	20	3
Chicken with Gorgonzola-Tomato Salsa	1 serving	178	5.6	1.8	74	3.5		1.1	27	4
Chicken with Mustard Sauce	1 serving	211	5	1.3	72	1	0	2	27	4
Chiles Rellenos Casserole	1 serving	344	14	5.5	107	31.6		7	23	9
Farfalle with Sausage, Beans & Kale	1 serving	329	9	2.2	26	45.7		5	19	9
Grilled Lemon-Rosemary Chicken	1 serving	178	18	4	110	5		0.5	22	7

Grilled Taco Spiced Chicken	1 serving	240	8	2	85	4		1	31	5
Honey Lime Glazed Chicken	1 serving	340	13	2.5	93	24		4.6	24	8
Lemon Chicken with Olives	1 serving	202	9	2	50	2		0.5	25	5
Mustard Chicken with Brussels Sprouts	1 serving	355	15	5.2	11.6	11.6		3.5	43	9
Pineapple Teryaki Chicken	1 serving	374	6	2	144	23		1	53	9
Roasted Turkey Breast	1 serving	164	4	1	68	4		0	32	
Spicy Southwest Roll-Up	1 serving	242	4	0.8	63	24.5		4	29	6
Sweet & Sour Chicken	1 serving	180	1	0	45	22		2	20	4
Turkey Breast w/ Roasted Veggies	1 serving	385	2	0.9	176	18		2	70	9
Turkey Stuffed Bell Peppers	1 serving	200	8	2	95	17		2	17	5
Mediterranean Chicken with Wild Rice Pilaf	1 serving	332	12	2	80	22		3	34	
Healthy Habits - Pork										
Apple Orchard Pork Chops	1 serving	280	8	2	47	34		3	20	7
Baja Pork Stir Fry	1 serving	220	9.8	1.3	74	7.4		1.9	25	5
BBQ Pork Wrap	1 serving	353	3	1	125	25		4	36	6
Cajun Pork Chops	1 serving	181	9	4	72	2		1	22	4
Glazed Baked Ham	1 serving	228	10	3.5	67	15		0	26	7
Honey Hoisin Pork Loin	1 serving	150	3.7	1.3	79	1.3		0.5	26	3
Honey-Cumin Pork Loin	1 serving	400	15	3.9	143	8.7		0.6	54	10
Maple Mustard Pork Loin	1 serving	334	8	2.2	75	43		4	25	9
Pork Tenderloin with Chimichurri Sauce	1 serving	295	15	2.5	105	6		1	34	8
Spiced Pork Tenderloin w/ Apples	1 serving	234	9.7	5	89	12.3		1.5	24	6
Spinach & Basil Stuffed Pork Loin	1 serving	210	10	2.5	105	9		0.5	28	6
Sweet & Sour Pork	1 serving	350	6	1.5	40	59		1	17	9
Teryaki Glazed Pork Loin	1 serving	150	9.6	1.2	28.7	3.1		0.2	12	4
Healthy Habits - Beef										
Beef & Broccoli Stir-Fry	1 serving	127	3	0.5	37	8		2	17	3
Beef & Vegetable Pot Pie	1 serving	313	8.5	1.7	40	37.6		2.7	22	8

Roast Beef Sand. w/ Caramelized Onions	1 serving	272	8.5	2.4	36	3		11	18	3
Stir-Fried Orange Beef	1 serving	261	9	2	28	23		3	23	7
Healthy Habits - Fish										
Baked Tilapia	1 serving	147	2	1	83	0	0	0	32	3
Baked Tilapia with Italian Rice	1 serving	319	7	1	95	30		5	34	8
Cajun Tilapia with Vinegar Slaw	1 serving	253	5	1	83	20		5	32	6
Lemon Baked Grouper	1 serving	340	22	4.9	256	8		1	27	9
Lemon Parmesan Tilapia	1 serving	283	15	3	86	3		0	34	7
Linguine with Tunna Puttanesca	1 serving	417	14	1.2	11.5	43		4	21	10
Linguine with Vegetables & Shrimp in an Olive Oil Sauce	1 serving	446	10	1	85	60		2.5	29	11
Pasta with Tuna, Tomatoes and Olives	1 serving	355	3	0.5	40	40		2.3	23	7
Tilapia with Roasted Cherry Tomatoes	1 serving	175	3	0.8	86	5.2		1	32	4
White Swai with Lemon & Tomatoes	1 serving	212	4.3	1.5	45	14		5	30	5
Healthy Habits - Meatless										
Butternut Squash & Spinach Alfredo	1 serving	410	14	3	5	64		5	17	12
Corn and Black Bean Burritos	1 serving	189	2	0	0	34		3	8	5
Crab Cakes over Mixed Greens with Lemon Dressing	1 serving	256	14	3	102	13		1.5	18	6
Fall Vegetable Curry	1 serving	231	3.9	0.9	2	40.8		8.6	10	6
Garden Vegetable Quiche	1 serving	359	18	1.5	140	30		2.5	17	9
Spinach & Sun Dried Tomato Stuffed Mushroom Cap	1 serving	216	8.6	2.7	9	25		3	10	6
Vegetable Lasagna	1 serving	410	18	8	60	41		4	21	11
Vegetable Packed Spaghetti Sauce	1 serving	131	3	0	0	23		6	5	3

	Serving Size	Calories per Serving	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)		Dietary Fiber (g)	Protein (g)	WW "Points"
Chef's Market										
Baked Chicken Parmesan	1 serving	387	17	8	156	20		2	36	10
Cajun Chicken Pasta	1 serving	563	25	4	105	53		2	36	15
Chicken Cordon Bleu	1 serving	462	25	3	124	12		0.5	40	11
Crab Cakes with Tarter Sauce	1 serving	390	18	3.5	167	29		1.5	28	10
Creamy Chicken Florentine	1 serving	523	35	9.5	189	12		5	40	14
Fried Chicken	2 pieces	683	38	11	268	30		1	51	18
Pasta con Broccoli	1 serving	611	39	14	174	49		3	16	17
Pasta with Lemon Cream Sauce, Asparagus, & Peas	1 serving	351	11	6.7	45	52		5	12	9
Stuffed Baked Pork Chop	1 serving	452	26	10.5	105	28		1	25	12
Tortellini with Sun-Dried Tomatoes & Spinach	1 serving	358	15	3.5	40	37		1	14	9

Entrée Side Dishes										
Spinach & Cheese Casserole	1 Side Serving	157	6	3.7	20	15		2	10	4
Grab & Go Salads (Dressing Not Included)										
Buffalo Grilled Chicken Salad	1 large container	300	16	4	65	9		2	34	8
Caesar Salad	1 large container									
Chef Salad	1 large container	315	14	6	69	8		2	28	7
Chicken Salad Stuffed Tomato	1 small container	370	13	4	68	9		2	30	7
Cobb Salad with Grilled Chicken	1 large container	330	15	5	68	8		2	40	8
Fajita Salad	1 large container									
Greek Salad with Grilled Chicken	1 large container	270	10	3	60	13		4	33	7
Grilled Chicken Caesar Salad	1 large container	280	10	3	60	16		3	34	7
Roasted Vegetable Salad	1 large container									
Spinach Salad w/ Chicken	1 large container	260	8	2	58	14		4	33	6
Strawberry Walnut Salad	1 large container									
Tuna Salad Stuffed Tomato	1 small container	359	19	6	70	9		3	38	9
Grab & Go Snacks										
Celery Sticks & Peanut Butter	1 container									
Cheese Stick	1 container									
Cottage Cheese	1 container									
Edamame	1 container									
Fruit Cup	1 container									
Grapes & Cheese	1 container									
Hard Boiled Eggs	1 container									
Hummus Cup with Pita	1 container									
Hummus Cup with Veggies	1 container									
Hummus Pack	1 large container									
Meat & Cheese	1 container									
Protein Pack	1 large container									
Veggie Cup & Light Ranch	1 container									
Yogurt	1 container									

Yogurt Parfait	1 container									
Deli										
Chicken Salad	1 Scoop	261	13	4	68	6		3	30	6
Tuna Salad	1 Scoop	343	19	6	70	5		2	38	9
Desserts										
Fat Patty's Chocolate Chip Pecan Cookies	1 Cookie	467	31	13.2	48	43.5		3.1	6	13
Fat Patty's Oatmeal Pecan Cookies	1 Cookie	412	26	4.9	12	40.3		3.8	5.4	11
Fat Patty's Chocolate Brownie	1 Bar	566	26	7	66	80	56	0	6	
Fat Patty's Cream Cheese Chocolate Brownie	1 Bar	629	27	7.5	67	93	54	0	6	
Fat Patty's Lemon Brownie	1 Bar	463	21	13	129	66	51	0.5	4.7	