

Breakfast

1	Chocolate Blueberry Protein Muffin	CAL 180	F 0	P 22	C 22
1	Triple Berry Vanilla Protien Muffin	CAL 180	F 0	P 22	C 20
1	Lemon Almond Poppyseed Protien Muffin	CAL 190	F 23	P 16	C
1	Mixed Berry Pancakes	CAL 350	F 26	P 42	C
2	Blackened Salmon and Spinach Frittata	CAL 240	F 31	P 10	C
3	Caramelized Onion and Mushroom Frittata	CAL 240	F 5	P 23	C 24
7	20/20 Breakfast Sandwich	CAL 330	F 0	P 29	C 32
7	Southwest Frittata	CAL 220	F 29	P 11	C

Salads

2	Asian Chicken	CAL 350	F 11	P 40	C 24
3	Chef Salad	CAL 280	F 10	P 30	C 15
3	Chicken Caesar	CAL 310	F 9	P 42	C 12
3	Mesquite Chicken Salad	CAL 350	F 12	P 37	C 24
4	Asian Shrimp and Mandarin Salad	CAL 340	F 11	P 31	C 31
6	Chop Chop	CAL 330	F 8	P 46	C 21
6	Southwest Chicken Salad	CAL 520	F 17	P 49	C 44

Sandwiches

1	Turkey Cranberry Biscuit	CAL 320	F 12	P 37	C 11
2	Turkey BLT Biscuit	CAL 310	F 12	P 39	C 5
2	Tarragon Chicken Salad Biscuit	CAL 270	F 10	P 35	C 9
2	Egg White Salad with Turkey Bacon Biscuit	CAL 280	F 11	P 37	C 5
7	Chicken Pesto Sandwich	CAL 380	F 9	P 42	C 30
7	Italian Club Sandwich	CAL 420	F 14	P 49	C 26
7	Mediterranean Chicken Wrap	CAL 400	F 13	P 48	C 25
7	Chipotle Chicken Wrap	CAL 360	F 13	P 34	C 27
7	Chipotle Chicken Club	CAL 450	F 15	P 46	C 3

Entrées

2	Teriyaki Turkey Meatballs with Veggies	CAL 350	F 5	P 46	C 35
2	Chicken & Veggies with Peanut Sauce	CAL 390	F 13	P 45	C 24
2	Tofu Veggies and Curry Sauce	CAL 300	F 10	P 29	C 32
2	Turkey Meatballs with Spaghetti Squash	CAL 320	F 3	P 44	C 30
3	BBQ Turkey Meatballs with Coleslaw	CAL 290	F 9	P 38	C 1
3	Chicken Cabbage Enchiladas	CAL 270	F 8	P 28	C 19
7	Turkey Meatloaf with Tomato Herb Sauce	CAL 280	F 6	P 36	C 28
7	Chicken Korma	CAL 410	F 9	P 43	C 40
7	Curried Tofu with Spinach and Chickpeas	CAL 410	F 14	P 27	C 50
7	Chicken and Lima Bean Chili	CAL 370	F 10	P 35	C 38

20/20 LifeStylEs Stages: 1 protein 2 vegetables - 3 cheese - fr 4 - mi 5
& yogurt 6 legumes 7 whole grains - 7 when served with brown rice or pasta

CAL calories F fat P protein C carbohydrates

Sides

1	Wild King Salmon (5 oz)	CAL 300	F 18	P 34	C 0
1	Wild King Salmon (4 oz)	CAL 260	F 15	P 28	C 1
1	Grilled Chicken Breast (4 oz)	CAL 190	F 4	P 35	C 1
1	Grilled Chicken Breast (6 oz)	CAL 280	F 6	P 53	C 1
1	Southwest Chicken	CAL 340	F 11	P 54	C 4
1	Egg White Salad	CAL 110	F 3	P 15	C 3
1	Curried Egg White Salad	CAL 130	F 5	P 15	C 7
1	High Protein Tofu with Hoisin Sauce	CAL 250	F 8	P 29	C 23
1	Vegetarian Savory Biscuit	CAL 140	F 6	P 21	C 1
1	Ready to Drink Shake (chocolate & vanilla)	CAL 140	F 6	P 20	C 5
1	20/20 Protien Bar (assorted flavors)	Nutrition information varies			
1	Ahi Jerky	CAL 80	F 0	P 14	C 5
1	Soy Nuts	CAL 130	F 6	P 11	C 11
1	Almonds	CAL 160	F 14	P 6	C 5
1	Peanuts	CAL 290	F 25	P 13	C 8
2	Peanut Butter (1 tbsp)	CAL 100	F 8	P 3.5	C 3.5
2	Tarragon Chicken Salad (5 oz)	CAL 210	F 9	P 23	C 9
2	Tuna Salad (5 oz)	CAL 170	F 5	P 25	C 5
4	Veggie Tray with Roasted Jalapeño Ranch Dip	CAL 130	F 4	P 7	C 19
4	Sliced Apples	CAL 35	F 0	P 0	C 9
5	Fresh Fruit	CAL 120	F 0	P 2	C 31
5	Cascade Yogurt (assorted flavors)	CAL 110	F 0	P 7	C 20
6	Veggies with Hummus	CAL 190	F 11	P 5	C 20
7	Yogurt Parfait	CAL 250	F 0	P 10	C 53
7	Fruit & Cheese Platter	CAL 350	F 12	P 23	C 42
7	Rice Medley (4 oz available upon request)	CAL 100	F 0.5	P 3	C 20
7	Soy Crisps (assorted flavors)	CAL 120	F 3	P 7	C 17

More 20/20 LifeStylEs approved sides in retail packaging are available in the Bistro.

Bistro Entrées (Available for take-out)

2	Northwest Seafood Cioppino	CAL 370	F 10	P 48	C 18
2	Jumbo Prawn Cocktail	CAL 210	F 3	P 32	C 12
5	Toasted Almond Strawberry Salad	CAL 410	F 11	P 42	C 35
2	7 Thai Chicken Stir Fry	CAL 620	F 19	P 46	C 65
2	7 SCCo. Cheeseburger	CAL 450	F 15	P 42	C 43
2	7 Chicken Spinach Penne Pomodoro	CAL 440	F 11	P 37	C 41
7	Turkey Meatloaf	CAL 380	F 6	P 39	C 49
7	Blackened Fish Tacos	CAL 390	F 12	P 38	C 49
7	Prawn And Asparagus Linguine	CAL 400	F 10	P 31	C 45
7	Chicken Pesto Burger	CAL 520	F 18	P 60	C 30
7	Mozzarella Pizza	CAL 450	F 13	P 24	C 60
7	Chicken Vegetable Pizza	CAL 490	F 11	P 37	C 63
7	Chicken Feta Pizza	CAL 500	F 13	P 34	C 59

1 2 4 7 Wild King Salmon/ Seafood Special

Stage & nutrition information vary