

STARBUCKS

DRINKS

- Americano
- Unsweetened latte or cappuccino with any milk
- Unsweetened Chai Tea Latte
- Nitro Cold Brew, plain or with unsweetened milk
- Nitro Cold Brew with sweet cream

SNACKS

 Siggis's Yogurt 100kcal, 13g carb, 15g protein	 Moon Cheese 70kcal, 5g fat, 5g protein, 1g Carb
 String Cheese 80kcal, 6g fat, 7g protein, 1g Carb	 Country Archer Beef/Jerky 70kcal, 10g protein, 5g Carb, 1g fat
 Perfect Bars 330kcal, 18g fat, 26g Carb, 17g protein	 Hippeas Chickpea Cuff 200kcal, 8g fat, Protein 6g, Carb 25g



MEALS



Spinach and Feta Egg White Wrap
290kcal, 9g fat, 34g carb, 20g protein



Grilled Chicken and Hummus
300kcal, 9g fat, 32g carbs, 22g protein



Cheese and Fruit
470kcal, 28 g, 37 g carbs 20 g protein



Chicken Quinoa Protein Bowl
425 kcal, 17 g fat 42 g carb, 27 g protein



Kale & Mushroom Egg Bite
230kcal, 14g fat, 15g protein, 9g carb



Creminelli Snack Tray – Prosciutto
170kcal, 7g fat, 13g Carb, 12g protein

