

# Wawa Recommendations

## BREAKFAST

- Egg Omelet Breakfast Bowl with turkey sausage, cheddar and caramelized onions  
(310 kcals, 10g carbs, 19g protein)
- Chicken Steak and Egg White Omelet Bowl with cheddar cheese, spinach, salsa, avocado and hot sauce packet (optional)  
(250 kcals, 6g carbs, 25g protein)
- Egg Omelet Breakfast Bowl with cheddar, spinach, old bay  
(330 kcals, 3g carbs, 19g protein)
- Egg White Sandwich on Multigrain Bread with cheddar cheese, spinach, and tomato  
(410 kcals, 23g protein)
- Toasted Everything Bagel with veggies cream cheese, cucumber and tomato  
(370 kcals, 12g protein)
- Egg white omelet breakfast sandwich with avocado on whole wheat bread  
(380 kcals, 42g carbs, 21g protein)

## BOWLS

- Chicken Strips (6 piece) with boom boom dip cup  
(560 kcal, 6g carbs, 46g protein)
- Lettuce and Oven Roasted Turkey Bowl with hard-boiled egg, white cheddar, and garlic aioli sauce  
(520 kcal, 9g carbs, 36g protein)
- Spinach and Roasted Chicken Bowl with roasted peppers, avocado, and lowfat ranch dressing  
(370 kcal, 10g carbs, 26g protein)
- Romaine and Italian Meat Bowl with roasted peppers, shredded asiago, red onion, and Caesar dressing  
(520 kcal, 10g carbs, 26g protein)
- Quinoa Bowl with hummus, cucumbers, feta cheese, red onion, hot peppers, spinach and red wine vinegar  
(490 kcal, 21g protein)



## **SALADS**

- Custom Roasted Chicken Salad with spring mix, cucumbers, asiago cheese, hard-boiled egg, and low fat ranch dressing  
(530 kcal, 12g carbs, 39g protein)
- Italian Antipasto Salad  
(390 kcal, 10g carbs, 25g protein)
- Chicken Salad Garden Salad customized to add cucumber and, tomato, red onion and balsamic dressing  
(370 kcal, 23g protein, 14g carbs)
- Garden Salad with spinach, spring mix, feta cheese, carrot ribbons, cucumber, grape tomatoes, hardboiled egg, red onion and light balsamic vinaigrette  
(390kcal, 20g protein)
- Express Wawa Farmhouse Garden Veggies Salad  
(110 kcal, 8g protein)
- Express Turkey BLT Salad  
(240 kcal, 9g carbs, 23g protein)
- Express Chef Salad  
(290 kcal, 11g carbs, 25g protein)

## **SIDES & SNACKS**

- Express Cheese Sticks  
(80 kcal, 8g protein)
- Express Hard-Boiled Eggs  
(160 kcal, 12g protein)
- The baby carrot snack bag  
(30 kcal, 5 carb)
- Express apple, peanut butter cup  
(320kcal, 8g protein)
- Cottage cheese and pineapple  
(110kcal, 13g protein)
- Salami-wrapped mozzarella cheese  
(150 kcal, 9g protein)
- RX BAR  
(210kcal, 12g protein)
- Sabra Hummus Singles  
(130kcal, 4g protein)
- Sabra Guacamole Singles  
(100 calories, 8g fat)
- EVOLVE Plant-base protein shake  
(140kcal, 20g protein)
- Quest Chips  
(140kcal, 4g carbs, 18g protein)
- Fairlife Core Power  
(180kcal, 5g carb, 26g protein)