

# Blue Planet Nutritional Information

Category	Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
					(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
<b>Smoothies</b>	Superberry Delight	287	14	2	62	101	6	4
	Powerberry Blast	320	14	2	70	38	5	7
	Tropical Treat	312	60	7	64	91	0	6
	Healthy Kick	266	14	2	66	6	0	6
	Orange Kick	229	38	4	43	100	0	1
	Strawberry Creamsicle	286	9	1	61	83	5	5
	Mango Chill	305	18	2	80	7	0	7

Category	Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
					(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
<b>Breakfast</b>	Breakfast Sandwich (Bacon)	506	174	20	35	984	422	3
	Breakfast Sandwich (ham)	416	86	10	36	669	412	3
	Breakfast Sandwich (Southwest)	566	199	23	42	999	422	6
	Breakfast Sandwich (Veggie)s	415	103	12	38	497	397	4
	Breakfast Wrap (Bacon)	673	181	21	58	1607	422	9
	Breakfast Wrap (ham)	583	93	11	58	1292	412	9
	Breakfast Wrap (Southwest)	733	205	23	65	1622	422	12
	Breakfast Wrap (Veggie)	582	109	12	61	1120	397	10
	Oatmeal	150	18	2	26	5	0	4
	Cereal	692	129	14	131	623	9	18
	Granola Bowl	709	169	19	117	87	7	12
	Parfait	633	128	14	107	130	7	10

Category	Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
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<b>Sandwiches</b>	Sandwich, BLT	475	229	26	35	1490	63	3
	Sandwich, Honan Salmon	393	48	5	55	701	84	5
	Sandwich, Napa Valley Ahi	363	41	5	37	320	64	4
	Sandwich, Planet Club	390	98	11	38	1288	66	4

Category	Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates				
					(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)	
<b>Burgers</b>	Blackbean Veggie	Ala Natural	300	45	5	49	615	0	8
	California Burger	513	149	17	51	1146	45	9	
	Southwest Burger	565	157	18	56	1240	48	11	
	Portabella & Swiss	400	47	5	55	662	20	9	
	Asian Burger	410	71	8	67	1705	0	9	
Ratner's Veggie Burger	Ala Natural	380	10	1	67	835	0	8	
	California Burger	593	113	13	69	1366	45	9	
	Southwest Burger	645	122	14	74	1460	48	11	
	Portabella & Swiss	480	12	1	73	882	20	9	
	Asian Burger	490	36	4	85	1925	0	9	
Turkey Burger	Ala Natural	396	117	13	36	630	128	5	
	California Burger	609	220	25	38	1161	173	6	
	Southwest Burger	661	229	26	43	1254	176	8	
	Portabella & Swiss	496	119	13	42	676	148	7	
	Asian Burger	506	143	16	54	1720	128	6	
Angus Beef Burger	Ala Natural	540	259	29	36	360	120	4	
	California Burger	753	363	41	38	891	165	5	
	Southwest Burger	805	371	42	43	985	168	7	
	Portabella & Swiss	640	261	30	42	407	140	5	
	Asian Burger	650	286	32	54	1450	120	5	
Oven-Grilled Chicken	Ala Natural	413	98	11	36	405	138	4	
	California Burger	626	202	23	38	936	183	5	
	Southwest Burger	678	211	24	43	1030	186	7	
	Portabella & Swiss	513	100	11	42	452	158	5	
	Asian Burger	523	125	14	54	1495	138	5	

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### Pizza

Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
				(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Caprisi Pizza	743	162	18	94	1502	67	9
Beef Pizza	956	312	35	94	1557	139	9
Thai Chicken Pizza	1009	228	26	119	2117	170	9
Hawaiin Pizza	923	163	18	131	2275	89	9
BBQ Pizza	1063	310	35	107	2236	184	8
Turkey Pepperoni Pizza	827	165	18	94	1944	106	9

### Bowls

Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
				(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Thai Bowl Rice	573	73	8	116	904	0	12
Thai Bowl Pasta	484	45	5	101	784	0	14
Southwest Bowl Rice	541	76	9	105	275	0	15
Southwest Bowl Pasta	452	49	6	90	155	0	17
Add Tofu	123	67	7	4	12	0	2
Add Chicken	175	68	8	0	105	103	0
Add Ahi Tuna	92	7	1	0	31	38	0
Italian Bowl	655	254	29	62	430	119	7
Mac & Cheese	677	329	37	56	601	130	5

\*8oz Low-Carb pasta contains 54g total carbs, but only 7g digestible carbs (see <http://www.dreamfieldsfoods.com/pasta-nutrition.html>)

### Salads

Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
				(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Fruits & Greens Salad**	365	186	21	31	398	59	5
Asian Salad**	142	61	7	20	32	0	8
Buffalo Chicken Salad**	212	75	8	6	975	103	2
Hawaiian Ahi Salad**	274	106	12	19	48	38	5
Sante Fe Salad**	324	73	8	13	275	126	4
Cobb Salad**	393	250	28	7	989	93	2

### Wraps

Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
				(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Fruits & Greens Wrap	673	184	20	74	1115	59	9
Asian Wrap	546	130	14	75	1953	0	15
Buffalo Chicken Wrap	505	74	8	55	1693	103	8
Hawaiian Ahi Wrap	654	175	19	71	883	38	11
Sante Fe Wrap	618	72	8	62	992	126	9
Cobb Wrap	689	250	28	56	1727	93	8

### Sides

Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
				(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Side Fruit	114	3	0	37	6	0	4
SunFries	227	72	8	36	360	0	3
Broccoli Side	32	4	0	6	31	0	3
Rice Side	187	16	2	38	87	0	2
Planet Rings	255	115	13	32	548	0	3
Sweet Potato Home Fries	241	96	11	34	133	0	4
Edamame Side	125	48	5	10	117	0	5
Granola Side	281	68	8	45	49	5	5
Side Salad**	26	2	0	6	14	0	2
Tomato Soup (Cup)	118	34	4	16	532	15	3
Tomato Soup (Bowl)	208	56	6	29	908	25	6
Chicken Soup (Cup)	95	14	2	13	682	11	1
Chicken Soup (Bowl)	170	22	2	24	1158	19	2

\*\* Salads are listed without dressing. Please use the following dressing information in conjunction with the salad:

### Dressings

Item	Calories (kcal)	Calories from Fat	Total Fat (g)	Carbohydrates			
				(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
French	100	25	2.5	19	430	0	0
Ranch	120	100	11	3	420	10	0
Italian	80	80	9	1	370	0	0
Honey Mustard	100	50	6	11	410	0	0
Raspberry Vin	100	60	6	11	170	0	0
Sesame Ginger	50	20	2.5	7	590	0	0