

Fitbites - Nutrition facts								
ITEM	SERVING SIZE	CALORIES (g)	FAT (g)	PROTEIN (g)	CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (Mg)
<b>Greens</b>								
ARUGULA	1CUP	5	0	1	1	0	0	5
KALE	1CUP	30	0	3	3	3	0	15
SPANISH	1CUP	5	0	1	1	1	0	14
MIXED GREENS	1CUP	20	0	2	3	1	1	25
<b>Grains</b>								
CILANTRO WHITE RICE	5OZ	170	0	5	30	0	0	0
CILANTRO BROWN RICE	5OZ	140	1	3	29	1	0	0
QUINOA	5OZ	111	2	4	20	3	0	1
<b>Protein</b>								
GRILLED CHICKEN	4OZ	180	7	32	0	0	0	250
BRAISED LAMB	4OZ	250	15	29	0	0	0	66
GROUND BEEF	4OZ	202	12	23	0	0	0	71
ROASTED VEGGIES	4OZ	90	7	5	6	2	4	350
<b>Dips</b>								
GUACAMOLE	1OZ	42	4	1	2	1	0	138
EGGPLANTS DIP	1OZ	18	0	0	1	1	1	70
ARTICHOKE DIP	1OZ	19	0	1	2	1	0	180
AVOCADO HUMMUS	1OZ	50	3	2	5	1	0	120
OLIVE HUMMUS	1OZ	52	3	1	5	1	1	187
MadGreek	1OZ	77	6	4	1	0	1	250
<b>Toppings</b>								
TOMATOES	1TBSP	2	0	0	0	0	0	0
CUCUMBER	1TBSP	1	0	0	0	0	0	0
CARROTS	1TBSP	3	0	0	1	0	1	2
LIMES	1WEDGE	2	0	0	1	0	0	0
LEMONS	1WEDGE	2	0	0	1	0	0	0
SHREDDED CABBAGE	1TBSP	6	0	0	1	1	0	5
RED ONIONS	1TBSP	4	0	0	1	0	1	0
RADDISH	1TBSP	1	0	0	1	0	0	0
FETA CHEESE	1TBSP	30	2	3	1	0	0	150
CILANTRO	1TBSP	0	0	0	0	0	0	0
BASIL	1TBSP	1	0	0	0	0	0	0
OLIVES	1TBSP	35	2	0	1	0	0	180
MINT	1TBSP	1	0	0	0	0	0	0
PITA CHIPS	1TBSP	26	0	1	4	1	0	30
SPICY CURRIED CHICKPEAS	1TBSP	40	1	2	6	2	1	2
<b>Dressings</b>								
LEMON GARLIC TAHINI	1.5OZ	50	4	2	2	1	0	120
GREEK DRESSING	1.5OZ	50	5	0	2	0	1	190
YOGURT MINT	1.5OZ	53	1	2	10	3	0	120
SPICY CURRY	1.5OZ	60	5	1	2	1	1	140
HONEY VINIGRAITTE	1.5OZ	130	1	0	3	0	4	200
OLIVE OIL & OREGANO	1.5OZ	190	16	0	0	0	0	0
<b>Yogurts</b>								
ALI BABA	1 BOWL	320	10	20	40	1	26	160
BLIND DATE	1 BOWL	200	0	18	26	2	24	100
BERRY GOOD	1 BOWL	185	1	19	26	4	22	101
YUGUTELLA	1 BOWL	305	9	20	35	3	32	205
BAJA	1 BOWL	205	10	21	20	10	9	110
FIT	1 BOWL	105	0	19	9	1	8	115
IRON MAN	1 BOWL	190	2	19	9	2	8	150
SPANISH TORTILLA	1 WRAP	180	0	5	28	0	0	0