

THE FIT CAFE

Savory Strawberry

Calories: 270

Fat Calories: 10

Fat Grams: 1; Saturated Fat: .5 G

Total Carbs: 41 G; Sugar: 37 G

Protein: 27 G

Green Machine

Calories: 330

Fat Calories: 10

Fat Grams: 1; Saturated Fat: .5 G

Total Carbs: 55.5 G; Sugar: 44 G

Protein: 28 G

P & B Power Booster

Calories: 370

Fat Calories: 80

Fat Grams: 9; Saturated Fat: 2.25 G

Total Carbs: 35.5 G; Sugar: 24 G

Protein: 36.5 G

Very Berry

Calories: 270

Fat Calories: 10

Fat Grams: 1; Saturated Fat: .5 G

Total Carbs: 41 G; Sugar: 37 G

Protein: 27 G

Sandwich information

Turkey/White

Bread, meat, cheese

Calories: 421

Fat Grams: 10 G; Saturated Fat: 5G

Total Carbs: 31 G

Protein: 23 G

Turkey on Oatnut

Calories: 381

Fat Grams: 15 G; Saturated Fat: 6G

Total Carbs: 43 G

Protein: 27 G

Honey Ham/ White

Calories: 320

Fat Grams: 11 G; Saturated Fat :6 G

Total Carbs: 32 G

Protein: 20 G

Honey Ham/ Oatnut

Calories: 380

Fat Grams: 16 G; Saturated Fat: 6 G

Total Carbs: 44 G

Protein: 24 G

Condiments

Mayonnaise

Calories: 90

Fat Grams: 10; Saturated Fat: 0G

Total Carbs: 1 G

Protein: 1G

Mustard

Calories: 28

Fat Grams: 0; Saturated Fat: 0G

Total Carbs: 0 G

Protein: 0 G