Next Level Café – Food with a Purpose!

Breakfast

Turkey Sausage Egg Bites with Roasted Sweet Potato Hash – Protein-packed, low carb, gluten free ($9.50 per meal)
Calories: 320 | Protein: 24g | Carbs: 18g | Fat: 16g | Sodium: 540mg
Classic Breakfast Wrap – Scrambled eggs, turkey bacon, cheddar, and spinach in a whole wheat tortilla ($9.50 per meal)
Calories: 420 | Protein: 28g | Carbs: 38g | Fat: 16g | Sodium: 760mg
Fluffy Buttermilk Pancakes with Warm Maple Syrup & Fresh Berries – Classic diner style ($9.50 per meal)
Calories: 480 | Protein: 10g | Carbs: 78g | Fat: 14g | Sodium: 780mg
Western Omelette with Home Fries – Ham, peppers, mushrooms, and cheddar ($9.50 per meal)
Calories: 460 | Protein: 26g | Carbs: 22g | Fat: 28g | Sodium: 880mg

Lunch/Dinner – Healthy Comforts

Grilled Lemon Herb Chicken with Quinoa & Roasted Veggies – Low sodium, gluten free ($9.50 per meal)
Calories: 420 | Protein: 36g | Carbs: 38g | Fat: 14g | Sodium: 390mg
Mediterranean Salmon with Brown Rice & Grilled Zucchini – Heart healthy ($9.50 per meal)
Calories: 480 | Protein: 34g | Carbs: 42g | Fat: 18g | Sodium: 410mg
Turkey Stuffed Peppers with Brown Rice & Marinara – Gluten free ($9.50 per meal)
Calories: 410 | Protein: 32g | Carbs: 40g | Fat: 12g | Sodium: 430mg
Teriyaki Chicken with Brown Rice & Steamed Broccoli – Low sugar ($9.50 per meal)
Calories: 430 | Protein: 35g | Carbs: 44g | Fat: 11g | Sodium: 470mg
Baked Ziti with Hidden Vegetables – Vegetarian-friendly ($9.50 per meal)
Calories: 520 | Protein: 22g | Carbs: 68g | Fat: 18g | Sodium: 640mg
Sweet & Sour Meatballs with Jasmine Rice & Veggies – ($9.50 per meal)
Calories: 510 | Protein: 25g | Carbs: 62g | Fat: 18g | Sodium: 690mg
Beef Lo Mein with Mixed Vegetables – ($9.50 per meal)
Calories: 560 | Protein: 28g | Carbs: 68g | Fat: 20g | Sodium: 710mg
Grilled Chicken with Steamed Vegetables – Low sodium ($9.50 per meal)
Calories: 390 | Protein: 38g | Carbs: 22g | Fat: 14g | Sodium: 340mg

Treat Meals

Sweet & Sour Chicken with Jasmine Rice & Bok Choy – ($9.50 per meal)
Calories: 560 | Protein: 30g | Carbs: 70g | Fat: 18g | Sodium: 750mg
Chicken Lo Mein with Vegetables – ($9.50 per meal)
Calories: 550 | Protein: 28g | Carbs: 72g | Fat: 17g | Sodium: 730mg
General Tso's Chicken with White Rice & Bok Choy – ($9.50 per meal)
Calories: 590 | Protein: 32g | Carbs: 74g | Fat: 20g | Sodium: 780mg
Three Cheese Baked Ziti with Meatballs – ($9.50 per meal)
Calories: 610 | Protein: 28g | Carbs: 72g | Fat: 24g | Sodium: 820mg
Loaded Chicken Parmesan with Spaghetti – ($9.50 per meal)
Calories: 680 | Protein: 38g | Carbs: 78g | Fat: 26g | Sodium: 860mg