

Reset and Recommit

Instructions:

The foundation of this diet is to have protein three times per day, lower carbs/starches, and lower fat with at least 64 ounces of sugar-free, non-carbonated fluids.

Each day, choose a breakfast, lunch and dinner. Snacks are optional (one to two snacks per day) and dessert is optional. Dining out options are available below. You may also choose premade/frozen foods (options are below).

Feel free to make larger batches of the recipes to last throughout the week or to have similar foods each day, if that works for your schedule.

Limit meal size to 1-1.5 cups and always eat protein first.

Tips:

- This menu has minimal starch. You can follow the menu as it is or count carbs (50 gm per day). Counting carbs is more difficult, as some non-starchy foods have carbs.
- Many of the meals vary in calories, protein, carbs, etc. If you had an intense workout, choose the meals/snacks with higher carbs/protein. If you choose a meal higher in fat (as an example), try to choose meals that are lower in fat during the day to balance it out.

Breakfast	Lunch	Dinner	Dessert (optional)
<p>1 baked “egg cup” with spinach and feta (83 cal, 6 fat, 2 carb, 6 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>2 slices turkey bacon (35 cal, 1 fat, 1 carb, 5-8 prot)</p> <p>¼ cup berries (20 cal, 0 fat, 4 carbs, 0.5 prot)</p>	<p>1 cup mixed salad (5 cal, 0 fat, 1 carb, 0.5 prot)</p> <p>1 tbsp low fat dressing (25 cal, 1 fat, 2.5 carb, 0.5 prot)</p> <p>1/2 cup low fat tuna (80 cal, 2 fat, 0 carb, 10 prot)</p> <p>1 cheese stick (80 cal, 6 fat, 1 carb, 6 prot)</p> <p>½ apple (40 cal, 0 fat, 10 carb, 0 prot)</p> <p>2 boiled eggs (140 cal, 10 fat, 0 carb, 12 prot)</p>	<p>3 oz piece grilled chicken parmesan (140 cal, 5 fat, 4.5 carb, 18 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Over ½ cup garlic parmesan zoodles (76 cal, 5 fat, 3 carb, 3 prot) (Can use spaghetti squash or any pasta substitute)</p> <p>CLICK HERE FOR RECIEPE</p> <p>w/ ~4 pieces baked asparagus with parmesan (62 cal, 4.5 fat, 2 carb, 3 prot)</p> <p>CLICK HERE FOR RECIEPE</p>	<p>½ cup of Halo Top or Enlightened ice cream (70 cal, 2 fat, 6 net carbs, 5 prot)</p>

Breakfast	Lunch	Dinner	Dessert (optional)
<p>Low sugar Greek yogurt (e.g. Oikos Triple Zero, Dannon Light n' Fit) (110 cal, 0 fat, 13 carb, 15 prot)</p> <p>1/4 cup ProGranola (50 cal, 2.5 fat, 1 carb, 6 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>1/2 medium fruit (30-50 cal, 0 fat, 5-12 carb, 0.5 prot)</p>	<p>1/2 cup chili with no beans (110 cal, 3 fat, 6 carb, 13 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>1/2 tbsp low fat sour cream (10 cal, 0.5 fat, 0.5 carb, 0.5 prot)</p> <p>2 tbsp low fat shredded cheese (40 cal, 2.5 fat, 0.5 carb, 4.5 prot)</p> <p>1 serv. parmesan crisps (100 cal, 7 fat, 1 carb, 9 prot)</p> <p>1 cup sliced cucumbers (16 cal, 0 fat, 4 carb, 1 prot)</p> <p>2 tbsp low fat dressing (50 cal, 2.5 fat, 5 carb, 1 prot)</p>	<p>1/8th stir fry (155 cal, 6.5 fat, 4 carb, 19 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>1/2 packet instant miso soup (15 cal, 0.5 fat, 1.5 carb, 1.5 prot)</p> <p>1 cups mixed salad (10 cal, 0 fat, 2 carb, 1 prot)</p> <p>1 tbsp low fat dressing (25 cal, 1.5 fat, 2.5 carb, 0.5 prot)</p>	<p>1 sugar-free popsicle (15 cal, 0 fat, 0 net carbs, 0 prot)</p>
<p>Shake (1 serving protein powder, 8 oz unsweetened almond milk or fat free milk, 1/2 cup berries or 1/2 banana, handful spinach) (180 cal, 3 fat, 12 carb, 28 prot)</p>	<p>Lettuce wrap: 2 slices deli turkey, 1 slice low fat cheese (any non-starchy veggies, mustard, low fat mayo optional) (115 cal, 2 fat, 2 carb, 20 prot)</p> <p>1/2 cup of cut non-starchy veggies (10 cal, 0 fat, 2.5 carb, 0 prot)</p> <p>1 tbsp low fat dressing (25 cal, 1.5 fat, 2.5 carb, 0.5 prot)</p> <p>1/2 protein bar (Quest, Pure Protein, Fit Joy, One Bar) (100 cal, 2 fat, 2-3 net carbs, 7-10 prot)</p> <p>1 medium fruit (60 cal, 0 fat, 10-15 carb, 1 prot)</p>	<p>1/2 cup chicken and veggie soup (135 cal, 7.5 fat, 4 carb, 13 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>1/2 cup steamed/sautéed cauliflower rice (10 cal, 0 fat, 2.5 carb, 1 prot)</p>	<p>2 tbsp sugar-free cool whip with 1 tbsp PB2 and 1/2 banana (118 cal, 3 fat, 21 carbs, 6 prot)</p>

Breakfast	Lunch	Dinner	Dessert (optional)
<p>Protein bar (Quest, Pure Protein, Fit Joy, One Bar, Power Crunch, Fit Crunch) (190-200 cal, 2-9 fat, 5-8 net carbs, 15-20 prot)</p> <p>½ apple sliced (40 cal, 0 fat, 11 carb, 0 prot)</p>	<p>1 slice Thin Slim Zero Carb Bread sandwich (45 cal, 2 fat, 0 carb, 7 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>1 slice deli meat, 1 slice low fat cheese and tomatoes (130 cal, 4 fat, 2.5 carb, 20 prot)</p> <p>1 serving sugar-free pudding (60 cal, 1.5 fat, 13 carb, 0 prot)</p> <p>Quest protein chips (140 cal, 6 fat, 5 carb, 20 prot)</p>	<p>3 oz herb rubbed lean meat (110 cal, 5.5 fat, 0.5 carb, 13 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>½ cup cauliflower mash (60 cal, 3 fat, 6 carb, 2 prot)</p> <p>CLICK HERE FOR BRAND</p> <p>I Can't Believe it's Not Butter spray</p>	<p>1 medium fruit or ¾ cup cut fruit/berries (60-100 cal, 0 fat, 10-25 carb, 1 prot)</p>
<p>2 scrambled eggs with 1 slice low fat cheese (193 cal, 10 fat, 2 carb, 21 prot)</p> <p>1 chicken sausage (55 cal, 3 fat, 0.5 carb, 6 prot)</p>	<p>3 oz rotisserie chicken (150 cal, 3 fat, 1 carb, 21 prot)</p> <p>veggie steamer bags (1/2 cup) (12 cal, 0 fat, 2 carb, 0.5 prot)</p> <p>May use I Can't Believe it's Not Butter spray, Mrs. Dash, fresh garlic or garlic powder</p> <p>cheese stick (80 cal, 6 fat, 1 carb, 6 prot)</p> <p>2 slices turkey (60 cal, 1 fat, 2 carb, 12 prot)</p>	<p>3 oz baked salmon in foil (110 cal, 3 fat, 2.5 carb, 17 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Balsamic butternut squash and kale (72 cal, 2 fat, 14 carb, 2 prot)</p> <p>CLICK HERE FOR RECIEPE</p>	<p>½ cup strawberries 1 tbsp whipped cream (74 cal, 5 fat, 7 carb, 2 prot)</p>
<p>1/4 cup low fat cottage cheese (45 cal, .5 fat, 3 carb, 7 prot)</p> <p>1/4 cup peaches in water (15 cal, 0 fat, 3.5 carb, 0 prot)</p> <p>1 boiled egg (70 cal, 5 fat, 0 carb, 6 prot)</p>	<p>1 cups chopped Greek salad (red peppers, 5 black olives, ¼ cup low fat feta cheese) (130 cal, 11 fat, 7 carb, 3 prot) Can use low fat dressing to reduce fat content</p> <p>3 oz skinless, grilled chicken (90 cal, 0 fat, 0 carb, 18 prot)</p> <p>Low sugar turkey jerky (less than 5 grams sugar) (60 cal, 0 fat, 6 carb, 11 prot)</p>	<p>½ serving unstuffed turkey cabbage rolls (70 cal, 2.5 fat, 4 carb, 9 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Cauliflower "mac and cheese" (replace macaroni with cauliflower) (135 cal, 10 fat, 2 carb, 7 prot)</p> <p>CLICK HERE FOR RECIEPE</p>	<p>sugar-free Hersey's syrup in 8 oz fat-free milk (85 cal, 0 fat, 15 carb, 9 prot)</p>

Breakfast	Lunch	Dinner	Dessert (optional)
<p>2 egg low fat cheese omelet with choice of non-starchy veggies (e.g. spinach, onion, peppers) (220 cal, 12 fat, 9 carb, 21 prot)</p> <p>2 slices turkey bacon (35 cal, 1 fat, 1 carb, 5-8 prot)</p> <p>½ banana (50 cal, 0 fat, 13 carb, 0 prot)</p>	<p>½ zucchini boat (140 cal, 6.5 fat, 3.5 carb, 17.5 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>1 cup mixed salad (5 cal, 0 fat, 1 carb, 0.5 prot)</p> <p>1 tbsp low fat dressing (25 cal, 1.5 fat, 2.5 carb, 0.5 prot)</p> <p>½ cup unsweetened applesauce (50 cal, 0 fat, 12 carb, 0 prot)</p> <p>½ protein bar (90 cal, 2 fat, 8 carb, 10 prot)</p>	<p>3 oz sugar-free BBQ pulled chicken (100 cal, 4 fat, 2 carb, 14 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Greek yogurt coleslaw (34 cal, 0 fat, 6 carb, 2 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>½ cup sautéed string beans (37 cal, 2.5 fat, 3 carb, 1 prot)</p> <p>CLICK HERE FOR RECIEPE</p>	<p>1 serving Swiss Miss diet hot chocolate (25 cal, 0 fat, 4 carb, 2 prot)</p>
<p>Peanut butter cup shake (1 scoop PB2; 1 scoop chocolate protein powder; 1 cup unsweetened almond milk) (181 cal, 3.5 fat, 8 carb, 30 prot)</p> <p>½ Apple (40 cal, 0 fat, 10 carb, 0 prot)</p>	<p>1 cup white chicken chili (221 cal, 9 fat, 4 carb, 29 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Garnish with Quest Protein chips “Tortilla Style” (140 cal, 6 fat, 5 carb, 20 prot for entire bag – use just a few)</p> <p>Optional: scallions, 2 tbsp low fat cheese, 1 tbsp low fat sour cream</p> <p>1 medium fruit (60-100 cal, 0 fat, 10-25 carb, 1 prot)</p> <p>Baby Bell low fat cheese (50 cal, 3 fat, 0 carb, 6 prot)</p>	<p>Egg roll in a bowl (310 cal, 20 fat, 7 carb, 23 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Can use lettuce wraps</p>	<p>1 snack pack sugar-free Jell-O (5 cal, 0 fat, 0 carb, 1 prot)</p> <p>Sugar-free Cool Whip (20 cal, 1 fat, 3 carb, 0 prot)</p>
<p>Breakfast out or pre-packaged breakfast (see next page for options)</p>	<p>1 Sweet Italian Chicken Sausage (130 cal, 8 fat, 2 carb, 13 prot)</p> <p>¼ cup Caramelized Onions and Peppers (40 cal, 2 fat, 4 carb, 0 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>1 tbsp Dijon Mustard (15 cal, 1.5 fat, 1 carb, 0 prot)</p> <p>3 small sticks celery 2 tbsp PB2 prepared with water (51 cal, 1 fat, 7 carb, 4 prot)</p>	<p>3 oz 90% Lean Burger, ¼ avocado, 1 slice low fat cheese, ¼ cup sautéed onions (230 cal, 15 fat, 6 carb, 21 prot)</p> <p>1 slice Thin Slim Zero Carb Bread (45 cal, 2 fat, 0 carb, 7 prot)</p> <p>CLICK HERE FOR BRAND</p>	<p>Any options on Low Carb Swaps handout (see Low Carb Swap separate handout)</p>

Breakfast	Lunch	Dinner	Dessert (optional)
	<p>1 slices Thin Slim Zero Carb Bread sandwich (45 cal, 2 fat, 0 carb, 7 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Frozen Meal (see below for options)</p> <p>Dining out (see below for options)</p> <p>Any leftover dinner</p> <p>Any options on Low Carb Swaps Handout (see Low Carb Swap separate handout)</p>	<p>2 Baked Zucchini Fries (55 cal, 4 fat, 1 carb, 5.5 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Sriracha low fat mayo (17 cal, 1 fat, 1 carb, 1 prot)</p> <p>CLICK HERE FOR RECIEPE</p> <p>Pizza Night (see below for options)</p> <p>Dining out (see below for options)</p> <p>Frozen Meal (see below for options)</p> <p>Any combination of low carb swaps with lean protein - ex. Impastable pasta with turkey meatballs (see Low Carb Swap separate handout)</p>	



PROTEIN

(have at every meal and eat first!)

Chicken, turkey, lean beef, all fish, low fat dairy (cheese, yogurt, cottage cheese), eggs, tofu, tempeh, protein shake, protein bar

FRUIT

ALL fresh fruit – up to 3 servings per day

NON-STARCHY VEGGIES

Broccoli, cauliflower, tomatoes, carrots, lettuce, cabbage, kale, asparagus, celery, string beans/ green beans, zucchini, radishes, onions, mushrooms, okra, eggplant, leeks, turnips, all squash, Brussels sprouts, collard greens

Dining out options

Chic-Fil-A

- 6 piece grilled chicken nuggets kid's meal with fruit cup
- Regular grilled chicken nuggets
- Grilled Chicken Club sandwich, no bun Egg White Grill, no bun



Chic-Fil-A
Grilled Nuggets



Chic-Fil-A
Egg White Grill

Olive Garden

- Chicken or Salmon Piccata
- Chicken Margarita with Parmesan Crusted Zucchini Herb Grilled Salmon
- House Salad (ask for no croutons) with Signature Italian Dressing and grilled chicken on the side



Olive Garden
Chicken Piccata

Subway

All sandwiches can be made into a salad (over spinach or chopped)

- Rotisserie Chicken, Oven Roasted Chicken, Tuna, Seafood salad, Italian BMT, Cold Cut Combo, Roast Beef, Turkey, Steak and Cheese
- Avoid Veggie patty
- Ask for the egg white and regular egg omelet to be made into a wrap and add options from above, plus veggies Dressings – avoid honey mustard, BBQ sauce, sweet onion, hickory sauce, sweet chili sauce.
- Best dressing choice – ask for pre-packaged Fat Free Italian



Subway
Chopped Salad

Panda Express

- Grilled Teriyaki Chicken (Medium Entrée – 2 servings, do not get extra sauce)
(300 cal, 8 net carb) String bean chicken breast (190 cal, 9 net carb)
- Mushroom chicken (220 cal, 10 net carb)
- Grilled Chicken Teriyaki and Mixed Veggies Bowl (335 cal, 13 net carb)



Panda Express
Grilled Teriyaki
Chicken

At limited locations – Grilled Asian Chicken, Steamed Ginger Fish, and Shanghai
Angus Steak with Asparagus

AVOID: fried options, rice, sweet and sour sauce, teriyaki sauce, eggrolls, pot stickers

PRO TIP: Add extra steamed veggies to any dish, ask for steamed protein options like chicken

Jimmy Johns

Any Unwich option! Choose lower fat meats like turkey, or roast beef, and load up on veggies Best choices/fewest calories:

- Slim Tuna Salad Unwich (425 cal, 3 carb, 25 prot)
- J.J. BLT Unwich (315 cal, 1 carb, 12 prot)
- Beach Club Unwich (465 cal, 6 carb, 30 prot)



Jimmy Johns
Unwich

Cheesecake Factory (from the SkinnyLicious Menu)

- Greek Salad (460 cal, 13 carb)
- Little House Salad (270 cal, 9 carb)
- Mexican Chicken Lettuce Wrap Tacos (260 cal, 14 carb)
- Ahi Carpaccio (260 cal, 13 carb)
- Seared Tuna Tataki Salad (510 cal, 16 carb)
- Grilled Salmon (570 cal, 16 carb)



**Cheesecake Factory
Mexican Chicken
Lettuce Wraps**



**Cheesecake Factory
Seared Tuna
Tataki Salad**

Zoe's:

- Cauliflower Rice Bowl-chicken (490 cal, 15 carb, 30g fat, 41 prot)
- Protein Power Plate (520 cal, 18 carb, 33 fat, 41 prot)
- Marinated slaw (170 cal, 7 carb, 14 fat, 5 prot)
- Chicken Kabobs (290 cal, 5 carb, 11 fat, 41 prot)
- Steak Kabobs (490 cal, 18 carb, 27 fat, 42 prot)
- Salmon Kabobs (330 cal, 3 carb, 17 fat, 40 prot)
- Roasted veggies (110 cal, 10 carb, 8 fat, 2 prot)
- Fresh baked feta (500 cal, 31 carb, 32 fat, 19 prot)
- Mediterranean lamb kafta (350 cal, 8 carb, 25 fat, 22 prot)



**Zoe's Cauliflower Rice
Bowl W/ Chicken**



Zoe's Steak Kabob

Chipotle - here are all the things you can get for very low carbs - you can make a bowl or salad with your choice of the following:

- Chicken (219 cal, 0 carb, 11 fat, 32 prot)
- Steak (230 cal, 2 carb, 12 fat, 30 prot)
- Carnitas (227 cal, 0 carb, 12 fat, 27 prot)
- Barbacoa (285 cal, 1 carb, 16 fat, 24 prot)
- Sofritas (150 cal, 9 carb, 10 fat, 8 prot)
- Romaine Lettuce (5 cal, 1 carb, 0 fat, 0 prot)
- Fajita Vegetables (20 cal, 5 carb, 0 fat, 1 prot)
- Fresh Tomato Salsa (25 cal, 4 carb, 0 fat, 0 prot)
- Tomatillo Green-Chili Salsa (15 cal, 4 carb, 0 fat, 0 prot)
- Tomatillo Red-Chili Salsa (30 cal, 4 carb, 0 fat, 0 prot)
- Cheese (110 cal, 1 carb, 8 fat, 6 prot)
- Guacamole (230 cal, 8 carb, 22 fat, 2 prot)



**Chipotle Steak
Bowl**



**Chipotle Salad
W/ Chicken**

Any Chinese Food Takeout

Steamed menu – any protein and vegetable (e.g. steamed chicken and broccoli; steamed shrimp and mixed veggies) – sauce will come on the side (use 2 tbsp of sauce). Ask to replace rice with steamed vegetables. Wonton soup (no wontons), egg drop soup, hot and sour soup



**All Chinese Restaurants
Steamed Chicken and
Broccoli W Sauce on the Side**

Any Sushi Restaurant

- Miso Soup or Clear Soup
- Salad or Avocado Salad (ask for dressing on side and use 1 tbsp)
Seaweed Salad
- Sashimi Appetizer
- Rolls – no rice, ask for cucumber wrap or avocado wrap
- All fish including Tuna, Salmon, Yellowtail, Red Snapper, White Tuna, Tobiko, Salmon Roe, Scallop, Smoked Salmon, Squid, Striped Bass are good! Avocado and vegetables (except sweet potato) are good, except if they are fried or are prepared with tempura.
- Avoid options with tempura, fried, crunchy, rice noodles and any sweet sauces Handrolls – ask for no rice



Sushi without rice-
Cucumber Wrap

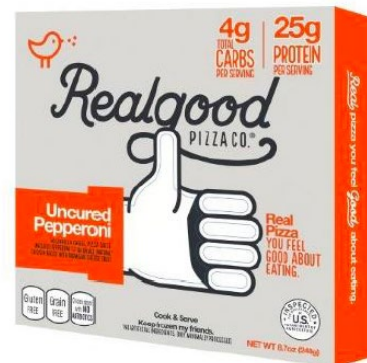
Sashimi – comes with no rice (all A la Carte fish options are OK except Eel - too much sugar)

Pizza Options

Take out - Pie 5 Pizza

- Cauliflower crust – ask for any of the following: light cheese, extra veggies, chicken (if getting high fat meats like bacon, sausage, pepperoni, ask to put on half the amount to save fat/calories)
- Make at home (order online) – [Cali'flour Foods](#), [Outer Aisle Gourmet](#), [Real Good Foods](#), [Quest Pizza](#)

Tip: Use low fat cheese, lower sugar marinara sauce (5 grams of sugar or less), load up the veggies and use lean protein sources like grilled chicken, turkey bacon or chicken sausage



Frozen meal options

Atkins Frozen meals (all 300 cal or less, 5 gm sugar or less, 8 net carbs or less, and higher protein than fat)

- Beef Stew
- Chicken Marsala
- Roasted Turkey w/ Garlic Mashed Cauliflower
- Beef Teriyaki Stir Fry
- Chicken and Broccoli Alfredo
- Crustless Chicken Pot Pie



Healthy Choice Simply

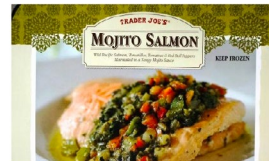
- Grilled Chicken and Broccoli Alfredo
- Grilled Chicken Pesto and Vegetables



Stouffer's Family Size Meatloaf in Gravy (has 6 servings)

Trader Joes frozen foods

- Palak Paneer
- Shiitake Mushroom Chicken
- Chile Lime Chicken or Turkey Burgers
- Mahi Mahi or Salmon burgers
- Mojito Salmon
- Cauliflower and Broccoli Vegetable Patties
- Turkey Meatballs
- Cauliflower – Grilled Cauliflower, Mashed Cauliflower, Riced Cauliflower



Green Giant

- Riced Veggies (except sweet potato)
- Cauliflower Mash – all kinds
- Veggie Spirals – zucchini, butternut squash, beet



Canned Soups

Progresso

- Light Chicken and Cheese Enchilada (90 cal, 4 fat, 6 net carb, 4 prot)
- Chicken Cheese Enchilada Flavor (150 cal, 11 fat, 7 net carb, 6 prot)
- Light Beef Pot Roast (80 cal, 2 fat, 8 net carb, 7 prot)
- Classic French Onion (45 cal, 0.5 fat, 7 net carb, 2 prot)

Amy's

Thai Coconut Soup, avoid sweet potato (140 cal, 10 fat, 7 net carb, 4 prot)

Campbell's

- Low Fat Cream of Chicken Soup (60 cal, 2 fat, 8 carb, 2 prot)
- Low Fat Cream of Mushroom Soup (60 cal, 2 fat, 9 carb, 1 prot)

Breakfast-out options

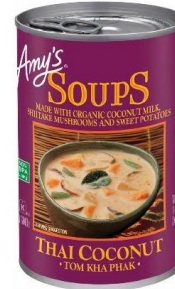
Starbucks

- Siggis yogurt
- Sous vide egg bites (egg white veggie) All Skinny lattes (sugar free, fat free) Moon cheese
- Turkey Jerky Banana or Fruit cup

Any diner (including IHOP, Denny's and local diners)

Most omelets will be OK – you can get all non-starchy veggies and cheese (feta and mozzarella cheese will be lower in fat than cheddar).

Ask for cottage cheese, fruit, side salad, turkey bacon, or Canadian bacon on the side and nix the potatoes.



Starbucks Sous Vide Egg Bites



Starbucks Bacon, Egg and Cheese, no bread

Prepackaged breakfast

- Atkins Bacon Scramble
(370 cal, 28 fat, 6 carb, 23 prot)
- **Jimmy Dean Simple Scrambles Turkey Sausage (150 cal, 7 fat, 3 carb, 17 prot) – best choice!**
- Jimmy Dean Simple Scrambles Meat Lovers
(300 cal, 24 fat, 2 carb, 23 prot)
- Jimmy Dean Simple Scrambles Real Eggs, Sausage, and Cheddar Cheese
(300 cal, 24 fat, 2 carb, 22 prot)
- Jimmy Dean Delights Egg'wich Ham, Bell Peppers, Mushroom, Bacon, and Egg with Turkey Sausage and Cheese
(240 cal, 17 fat, 7 carb, 13 prot)
- Jimmy Dean Delights Egg'wich Broccoli and Cheese with Chicken Sausage
(280 cal, 21 fat, 8 carb, 14 prot)

