

**MACROS**

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| MENU ITEMS | CALORIES | FAT | CARBS | PROTEIN |
| * Spicy Tuna Wrap (side included in macros)
 | 331 | 10 | 38 | 21 |
| * Buffalo Wrap (chicken, side included)
 | 340 | 11 | 29 | 26 |
| * Buffalo Wrap (cauliflower, side included)
 | 359 | 18 | 32 | 7 |
| * Teriyaki Chicken Lettuce Wraps
 | 206 | 4 | 14 | 26 |
| * Teriyaki Tofu Lettuce Wraps
 | 106 | 7 | 12 | 12 |
| * Big Gains Meatloaf (sides included)
 | 330 | 13 | 27 | 27 |
| * Hawaiian Chicken Bowl
 | 348 | 4 | 52 | 28 |
| * Veggie-Stuffed Summer Rolls
 | 377 | 12 | 50 | 9 |
| * Chicken Fajitas Bowl
 | 292 | 3 | 35 | 30 |
| * Shrimp Fajitas Bowl
 | 268 | 1 | 35 | 32 |
| * Steak Fajitas Bowl
 | 342 | 9 | 35 | 30 |
| * Cashew Stir Fry
 | 554 | 24 | 86 | 16 |
| * Mango Curry
 | 396 | 28 | 37 | 13 |
| * Classic Lasagna Rolls (macros per 1 roll serving)
 | 233 | 10 | 18 | 18 |
| * Vegan Lasagna (macros per 1 serving) 8 Svg
 | 320 | 13 | 43 | 18 |
| * T Rex Casserole (macros per 1 serving) 8 svg
 | 296 | 3 | 54 | 15 |
| * T REX add 15oz chicken
 | 384 | 5 | 54 | 31 |
| * Chicken Enchiladas (macros per 1 serving) 8 svg
 | 295 | 12 | 18 | 28 |
| * Vegan Enchiladas (macros per 1 serving)
 | 324 | 6 | 58 | 17 |
| * Mexican Street Corn Soup 10 svg (macros per 1)
 | 277 | 11 | 38 | 7 |
| * Pork Lo Mein
 | 255 | 7 | 18 | 22 |
| * Veggie Lo Mein
 | 260 | 7 | 18 | 14 |
| * Chicken Lo Mein
 | 311 | 5 | 25 | 34 |
| * 2 Birds House Salad (per 1 serving) 6 svg
 | 29 | 1 | 3 | 2 |
| * 2 Birds House Salad Dressing (per 1 serving)
 | 110 | 6 | 3 | 0 |
| * 2 Birds Balsamic Dressing (per 1 serving)
 | 90 | 5 | 4 | 1 |
| * Family-size Rice and Beans 8 svg
 | 314 | 1 | 62 | 14 |
| * Family-size Jasmine Rice 8 svg
 | 80 | 0 | 18 | 2 |
| * Bodybuilder Chicken (6oz)
 | 280 | 6 | 0 | 53 |
| * Bodybuilder Steak (6oz)
 | 270 | 14 | 0 | 36 |
| * Bodybuilder Shrimp (6oz)
 | 135 | 1 | 0 | 33 |
| * Bodybuilder Tofu (6oz)
 | 129 | 8 | 3 | 14 |
| * Bodybuilder Parmesan Asparagus
 | 78 | 4 | 8 | 5 |
| * Bodybuilder Bacon-Roasted Brussels Sprouts
 | 136 | 12 | 2 | 7 |
| * Bodybuilder Air-Fried Sweet Potatoes
 | 115 | 2 | 22 | 2 |
| * Bodybuilder Green Beans
 | 49 | 2 | 8 | 2 |
| * Bodybuilder Quinoa
 | 111 | 2 | 20 | 4 |
| * Bodybuilder Brown Rice
 | 124 | 1 | 26 | 3 |
| * Bodybuilder Jasmine Rice
 | 80 | 0 | 18 | 2 |
| * Bodybuilder Zucchini Noodles
 | 25 | 0 | 6 | 1 |
| * Bodybuilder Cauliflower Rice
 | 31 | 2 | 3 | 1 |