



Appetizers

Eat This!

Sopa Albondigas Soup

- Calories: 170
- Total Fat: 3 g
- Carbohydrates: 12 g
- Protein: 5 g



Not That!

Acapulco Nachos

- Calories: 1459
- Total Fat: 104 g
- Carbohydrates: 63 g
- Protein: 78 g



Sides

Eat This!

Rice

- Calories: 170
- Total Fat: 3 g
- Carbohydrates: 33g
- Protein: 3 g



Not That!

Refried Beans

- Calories: 235
- Total Fat: 7.5 g
- Carbohydrates: 34 g
- Protein: 11 g



Meals

Eat This!

Crispy Chicken Tacos

- Calories: 220
- Total Fat: 3.5 g
- Carbohydrates: 42 g
- Protein: 15 g



Not That!

Asada Burrito

- Calories: 1360
- Total Fat: 70 g
- Carbohydrates: 122 g
- Protein: 35 g



Meals

Eat This!

Mexican Caesar Salad

- Calories: 440
- Total Fat: 11 g
- Carbohydrates: 25 g
- Protein: 55 g



Not That!

Oceano Burrito

- Calories: 768
- Total Fat: 17 g
- Carbohydrates: 121 g
- Protein: 41 g



Meals

Eat This!

Chicken Fajitas

- Calories: 565
- Total Fat: 25 g
- Carbohydrates: 25 g
- Protein: 55 g



Not That!

Chicken Fajitas w/ Rice & Beans

- Calories: 1030
- Total Fat: 35 g
- Carbohydrates: 104 g
- Protein: 60 g



Meals

Eat This!

Halibut Tacos

- Calories: 500
- Total Fat: 24 g
- Carbohydrates: 42 g
- Protein: 30 g



Not That!

Shrimp Enchilada Plate

- Calories: 850
- Total Fat: 20 g
- Carbohydrates: 80 g
- Protein: 70 g

