



Sides

Eat This!

Boneless Chicken

- Calories: 50
- Total Fat: 6 g
- Carbohydrates: 14 g
- Protein: 12 g



Not That!

Chicken Alfredo Bread Bowl

- Calories: 700
- Total Fat: 26 g
- Carbohydrates: 93 g
- Protein: 25 g



Sandwiches

Eat This!

Chicken Parm Sandwich

- Calories: 750
- Total Fat: 30 g
- Carbohydrates: 73 g
- Protein: 47 g



Not That!

Italian Sausage & Peppers Sandwich

- Calories: 860
- Total Fat: 45 g
- Carbohydrates: 74 g
- Protein: 40 g



Meals

Eat This!

12" Thin Crust Cheese Pizza

- Calories: 273
- Total Fat: 11 g
- Carbohydrates: 31 g
- Protein: 12 g



Not That!

12" Deep Dish Cheese Pizza

- Calories: 482
- Total Fat: 22 g
- Carbohydrates: 56 g
- Protein: 19 g



Meals

Eat This!

12" Thin Crust Banana Peppers Pizza

- Calories: 278
- Total Fat: 11 g
- Carbohydrates: 32 g
- Protein: 12 g



Not That!

12" Deep Dish Bacon Pizza

- Calories: 830
- Total Fat: 43 g
- Carbohydrates: 81 g
- Protein: 35 g



Meals

Eat This!

12" Thin Crust Pineapple Tidbits

- Calories: 285
- Total Fat: 11 g
- Carbohydrates: 34 g
- Protein: 12 g



Not That!

12" Deep Dish Italian Sausage Pizza

- Calories: 787
- Total Fat: 39 g
- Carbohydrates: 83 g
- Protein: 31 g



Meals

Eat This!

12" Thin Crust Green Peppers Pizza

- Calories: 277
- Total Fat: 11 g
- Carbohydrates: 32 g
- Protein: 12 g



Not That!

12" Deep Dish Ham Pizza

- Calories: 708
- Total Fat: 31 g
- Carbohydrates: 81 g
- Protein: 31 g

