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# Fifechef™ Breakfast Menu

Facility allergens: Manufactured on equipment that processes products containing milk, egg, fish, shellfish, wheat, sesame, soy, peanuts, and tree nuts.



**Turkey Fajita Egg Bites** 

Broccoli & **Cheddar Egg Bites** 

### Breakfast



#### **Turkey Fajita Egg Bites**



Cage-Free Egg, All-Natural Ground Turkey, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheddar (Milk, Cultures, Salt, Enzymes, Annatto (color)), White Onion, Green Bell Pepper, Red Bell Pepper, Spice

230 Cal 15g Fat 300mg Sodium 5g Net Carbs 21g Protein



#### Sweet Potato Egg Muffins

Cage-Free Egg, Spinach, Sweet Potato, Cinnamon, Nutmeg, Spice, Kosher Salt 180 Cal 10g Fat 260mg Sodium 6g Net Carbs 16g Protein

#### **Mushroom & Gruyere Egg Bites**





Cage-Free Egg, Cremini Mushrooms, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheese, Gruyere, Spice

210 Cai 13g Fat 300mg Sodium 4g Net Carbs 19g Protein

#### Southwestern Egg Bites



Cage-Free Egg, Black Beans, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains



less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheddar (Milk, Cultures, Salt, Enzymes, Annatto (color)), White Onion, Green Bell Pepper, Red Bell Pepper, Spice

220 Cal 14g Fat 290mg Sodium 6g Net Carbs 19g Protein

#### Broccoli & Cheddar Egg Bites

Cage-Free Egg, Tomatoes, Broccoli, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheddar (Milk, Cultures, Salt, Enzymes, Annatto (color)), Spice

210 Cal 14g Fat 300mg Sodium 5g Net Carbs 18g Protein

🗖 Mediterranean 🛛 💠 Diabetes-Friendly

A DASH/Low-Sodium O Gluten-Free





## Breakfast



#### **Turkey & Sweet Potato Hash**

Sweet Potato, All-Natural Ground Turkey, Diced Tomatoes, Green Bell Pepper, Marinara (Tomatoes, Olive Oil, Onions, Spice), White Onion, Sunflower/Extra Virgin Olive Oil Blend, Chili Powder, Garlic, Kosher Salt, Spice

190 Cal 8g Fat 220mg Sodium 14g Net Carbs 12g Protein

#### Flax & Banana Overnight Oats



Bananas, Gluten Free Rolled Oats, Unsweetened Almond Milk, Peanuts, Monkfruit Extract, Ground Flaxseeds, Vanilla Extract (Water, Alcohol (35%), Sugar, Vanilla Bean Extractives), Kosher Salt

250 Cal 7g Fat 230mg Sodium 36g Net Carbs 8g Protein



#### **Carrot Cake & Chia Oats**

Carrots, Gluten Free Rolled Oats, Raisins, Chia Seeds, Purified Water, Tapioca Fiber, Chicory Root Inulin, Potato Starch, Natural Flavors, Sea Salt, Monk Fruit Extract, Natural Citrus Extract (Preservative), Unsweetened Almond Milk, Vanilla Extract (Water, Alcohol (35%), Sugar, Vanilla Bean Extractives), Cinnamon, Allspice

240 Cal 6g Fat 125mg Sodium 31g Net Carbs 7g Protein

#### Fruit & Flax Oatmeal Muffin

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Bananas, Gluten Free Rolled Oats, Honeycrisp Apple, Cage-Free Egg, Raisins, Walnuts, Unsalted Butter, Unsweetened Almond Milk, Ground Flaxseeds, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol (35%), Sugar, Vanilla Bean Extractives), Kosher Salt, Cinnamon, Nutmeg

**390** Cal **17g** Fat **210mg** Sodium **44g** Net Carbs **11g** Protein

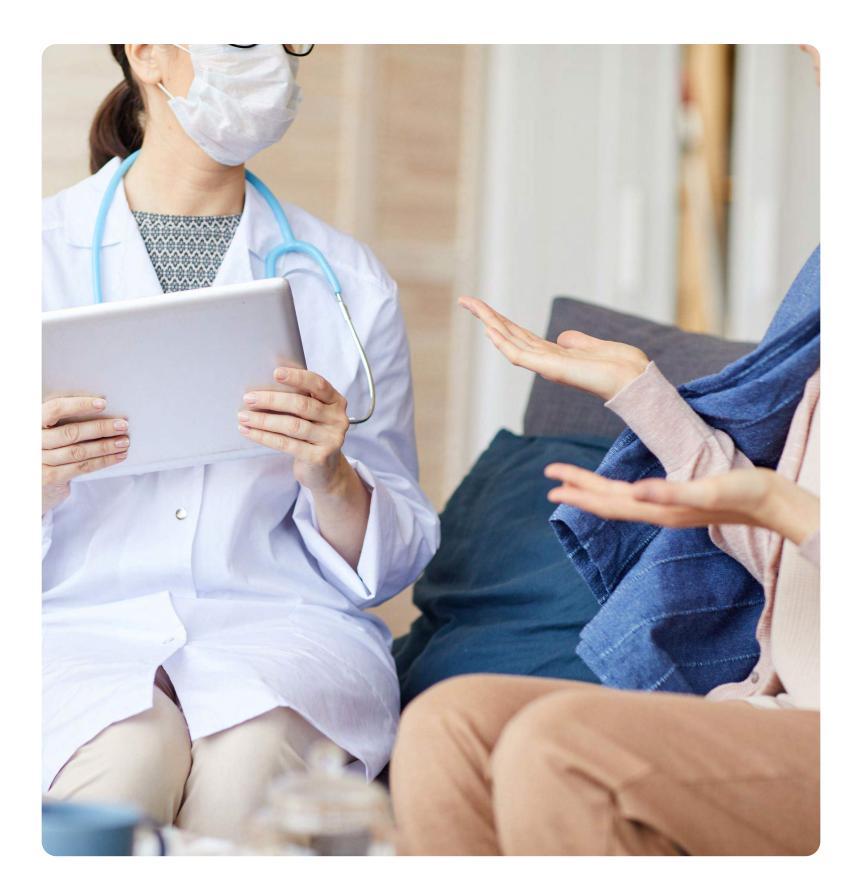
#### Fruit & Flax **Oatmeal Muffin**

#### **Sweet Potato Egg Muffins**

🗖 Mediterranean 🛛 💠 Diabetes-Friendly

△ DASH/Low-Sodium ○ Gluten-Free

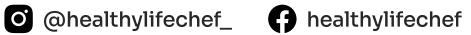




### Need help? We're here for you!

Email: healthy@lifechef.com Call: 1-855-932-4048 Live Chat







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