

Breakfast

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Breakfast Croissant Sandwich	1 each	278	450	19	11	0	85	1250	33	1	11	35
Breakfast Quiche Pie	1 each	199	570	46	23	6	90	1020	24	2	3	28
Ham and Cheese Omelette	1 each	339	540	30	18	0	140	1930	14	0	11	55
Mediterranean Omelette	1 each	305	410	25	13	0	65	1560	12	2	5	37
Paradise Oatmeal	1 each	274	520	15	3	2	0	340	90	6	45	7
Quiche Muffin	1 each	234	550	50	30	0	145	1280	9	1	0.9	40
Ranchero Omelette	1 each	414	500	32	16	0	80	1530	15	4	4	39
Scrambled Eggs and Bacon Breakfast	1 each	378	460	7	2.5	0	20	650	73	2	31	28
Southwest Breakfast Wrap	1 each	489	760	36	15	0	80	2630	70	5	2	50
Vegetarian Omelette	1 each	269	150	4.5	3	0	15	480	8	1	3	22
Belgium Waffle Breakfast	1 each	341	650	26	16	0	50	1040	92	2	31	12
Yogurt and Granola Parfait	1 each	284	270	6	2	0	10	110	47	3	33	9