

Nutritional Facts Sheet

Breakfast Recipes	High Performance			Moderate Performance	Performance Limiting	
	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
Beef						
Assorted Omelet		1 omelet	138.4	7.102	4.756	338.2
Bacon		3 pieces	106.59	9.11	15.73	295.36
Bacon, Egg, and Cheese muffin		1 sandwich	338	24	200	786
Baked sausage links		2 links	91	4.3	28	691.74
Biscuits		1 biscuit	194	10.81	213	213
Boiled Eggs		2 eggs	155	10.6	124	124
Breakfast Burritos		1 each	322	3.898	17.8	649.3
Canadian bacon		2oz/2 Slices	77.69	3.54	24.35	649.25
Cheese Biscuits		1 Each	142.8	4.318	1.905	465.6
Corned Beef Hash		2/3 cup	290.5	18.1	57.73	818.52
Creamed Beef		1/2 cup	218	11	413	431
Creamed Beef		2/3 Cup	218	11	47	413
Egg and Cheese muffin		1 sandwich	250.4	8.6	183	738
French Toast		2 slices	255	7.52	146.23	418
French Toast Sticks		4 sticks	300	12	400	341
Fried eggs		2 eggs	155	10.6	424	124
Grilled Ham slice		2 slices	118.4	4.28	41.6	313.6
Grits		3/4 Cup	210	0.8	0	115.33
Hash brown patty		1 patty	170	9	27	27
Individual Cereal		1 Each	Varies- See packaging label			
Oatmeal		3/4 Cup	231	2.8	0	113.13
Pancakes		2 pancakes	147	1.9	9.3	476
Sausage , Egg, and Cheese muffin		1 sandwich	480	26	266.1	1214
Sausage Patty		2 patties	303	23	110.81	612.17
Scrambled eggs		4 oz	108.3	4.265	1.288	228.1
Turkey Bacon		2 slices	68	5.4	350	350
Turkey sausage links		2 links	90	5.4	36	515
Yogurt		1 Each	160	1.5	5	85

Nutritional Facts Sheet

MAIN ENTRÉES	High Performance			Moderate Performance	Performance Limiting	
	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
Beef						
Asian Beef and Vegetables over noodles		1 cup	301	8	66	732
BBQ Beef Cubes		3/4 cups	297.58	14.1	55.7	833.42
BBQ Beef, Sloppy Joe		1 Sandwich	415	189.9	68.24	123.11
Beef & Noodles		1/4 Cup	533.28	25.3	132.8	1107.11
Beef Ball Stroganoff		3 Meatballs/ 3/4 Cup Gravy	247.65	12.06	54.2	576.69
Beef Pot Pie		1 cup + 1 pie crust	373.66	54.51	70.12	538.29
Beef Stew		1 1/4 Cup	274.28	14.96	NA	1648.49
Beef Stir fry with broccoli		1 cup	210	8	48	219
Chili macaroni		1 1/4 Cups	441.26	13.04	47.22	564.29
Corned Beef		4 oz	391	29.4	106.55	240.73
Country Style Steak		1 Steak	549.16	37.07	142.13	545.18
Enchilada (ground beef)		2 enchiladas	196	6.9	51.8	403.02
Ginger Pot Roast		4 oz	340.24	23.45	89.61	405.07
Meat Loaf		1 Slice	448	24	94.3	617
Pepper Steak		3/4 cup	333.47	20.01	81.86	665.69
Ribeye steak		1 steak	587.48	42.54	158.43	122.47
Shepards Pie		1 cup	373.66	54.51	70.12	538.29
Spaghetti with meat sauce		1 Cup Pasta/ 1 Cup Sauce	440	13	47	632
Stir Fry Beef w/Broccoli		1 Cup	210	8	48	219
Strip Loin Steak		1 steak	457.56	28.45	153.08	105.46
Swiss Steak w/ brown gravy		1 steak	397.92	22.3	12.6	479.9
T- bone steak		1 steak	570.25	40.14	151.17	120.55
Veal Jaeger schnitzel w/Mushroom Sauce		1 Steak/1/4 Cup Sauce	214	6	141	167
Veal Parmesan		1 Veal Steak	415	24	185	266
Pork						
Asian Glazed Pork Chops		1 chop	318	8	80	376
BBQ Spareribs		7oz	481	18.8	140.06	1605.46
Grilled Polish Sausage		1 Sausage				
Parmesan Crusted Pork Chops		1 pork chop	450	30	65	630
Pork Chops w/Mushroom Gravy		1 Pork Chop/1/4 Cup Gravy	396	22	116	376
Pork Schnitzel		1 steak	312.9	24.8	58.6	423.8
Roast Pork Loin		4 oz	195	7.72	62.33	325
Poultry						
Baked Chicken (Without Skin)		1/4 chicken	373	13	183	626
Boneless Roast Turkey		4-5oz /2 Slices	250	10.13	105.87	100
Caribbean Jerk Chicken		1 breast	250	3.6	73	188
Chicken Breast Parmesan		1 Chicken Breast	200	5.3	88	
Chicken Cordon Bleu		1 Portion				
Chicken Enchiladas		1 Enchilada	375	11	64	721

Chicken Fajitas		1 Fajita/ 2 tbs salsa	349	15	15	675
Chinese 5-Spice Chicken		1/4 Chicken	547	28.34	185.75	2311
Crispy Baked Chicken		1 Chicken Breast	187	3.35	62.96	178
El Pollo Pesto Sandwich		1 Sandwich				
Fried Chicken		6 oz	674	43.26	185.75	609
Ginger BBQ Chicken		1 Breast	261	11	71	512
Herbed Baked Chicken		1/4 Chicken	280.9	11.6	159.39	456.34
Lemon Herbed Chicken		3 1/2oz	150	3.23	61.99	151
Mexican Baked Chicken		1/4 chicken	274.9	11.2	159.23	446.44
Mr Zs Baked Chicken		1 breast	305	3.83	62.52	492
Roast Turkey		4 oz	250	10.13	105.87	100
Santa Fe Glazed Chicken		1 breast	277	80	102	263
Savory Baked Chicken		1/4 Chicken	620	41.85	185.75	733
Stir Fry Chicken w/Broccoli		1 Cup	250	11	68	559
Teriyaki Chicken		1/4 Chicken	473	19	258	1018
Turkey W/Noodles		1 Cup	304	7.6	114.2	813.7
Fish						
Baked Fish		4 oz	153	4.1	96.62	492.11
Baked Tuna Noodle		1 cup	211	5	36	675
Cajun Fish		4 oz	162	5	97	509
Creole Shrimp		1 Cup Shrimp/ 6oz Sauce	128	2	138	283
Fish Almandine		4 oz	188	7	97	380
Fish Fiesta Stuffed		1 portion	550	17	31	1208
Fish Sandwich		1 Sandwich	349.4	16.8	48	1195.4
Fish w/ lemon garlic butter		1 portion	426	15	17	1133.6
Fried Shrimp		7 to 8 Shrimp	135.5	6.9	99	193
Herbed and Lemon Baked Fish		4oz	158	5.28	72.18	364
Polynesian Seafood Fillet(Pollock)		4 oz	154	4	97	371
Southern Fried Catfish		4 1/2oz	331	19	251	422
Tempura Fried Fish		4 oz	298.3	15.6	96.7	375.1
Tortilla Citrus Crusted Fish Tacos		1 taco	400	14	90	560
Tuna Noodle Casserole		1 Cup	211	5	36	675
Vegetarian						
Broccoli Cheese and Rice		1 cup	433.1	31.7	39.2	713.1
Spinach Lasagna		2 pieces	346.57	12.82	114.86	800.39

Nutritional Facts Sheet

Starches

Recipe Name	High Performance			Moderate Performance	Performance Limiting	
	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
RICE						
Brown Rice	Green	3/4 cup	162	1.3	0	1
Dirty Rice	Red	2/3 Cup	264	5.6	96.28	941.97
Harvest Blend Rice	Yellow	3/4 cup	190	0.5	0	620
Hopping John Rice	Green	3/4 cup	137	0.46	0	143
Peas and Pepper Rice	White	3/4 cup	151	4.2	5	
Rice , Steamed	Green	3/4 Cup	154	0.33	0	1
Rice Lyonnaise	Green	3/4 cup	217	0.8	0	226.78
Rice Pilaf	Yellow	1 cup	219	4.41	0.31	583
Rice, Phillipino	Green	3/4 Cup	183	2.2	12.25	365.44
Rice, Orange	Yellow	3/4 Cup	198	1.9	1.36	645.61
Southwestern Rice	Green	1/2 Cup	138	2	5	89
Spanish Rice	Yellow	3/4 cup	158	1.2	3.64	464.06
Steamed Rice	Green	3/4 cup	154	0.33	0	1
Wild Rice	Green	3/4 Cup	190	5	0	590
POTATOES						
Au Gratin Potatoes	Red	2/3 Cup	262.3	11.9	4.221	1016
Baked potatoes	Green	1 potato	212.4	0.195	0	15.6
Baked, Sweet Potato	White	1 Potato	186.9	0.2	0	18.1
Crispy Potato Wedges	Red	7.5 oz	307	5.5	0	277.32
French Fries	Red	1 cup	383	19.9	2.229	201.8
Mashed potatoes	Green	1/2 cup	105.6	1.961	0	163.2
O'Brien Potatoes	Yellow	2/3 cup	135.6	1.315	0	431
O'Brien Potatoes	Green	2/3 Cup	135.6	1.315	0	431
Oven Brown Potatoes	Green	1/2 Cup	123	3.757	0	240
Oven browned potatoes	Green	1/2 cup	123	3.757	0	240
Parsley Buttered Potatoes	Green	4 to 6 Each	169.5	3.189	0	426
Potato Bar	Yellow	1 potato	595.8	18	51.1	1.37
Rissole Potatoes	Red	2/3 Cup	390.1	20.5	0	267.5
Scalloped Potatoes	Red	2/3 Cup	194	3.8	5.02	642.83
PASTA						
Baked Mac/Cheese	Red	1 Cup	197	4.2	15.63	1148.91
Buttered Noodles	Green	1 cup	223	4.1	51.71	384.6
Egg noodles	Yellow	0 Cup	208	2.3	51.71	341.08
Macaroni and Cheese	Red	1 cup	197	4.2	15.63	1148.91
Noodles Jefferson	Yellow	3/4 cup	191	7	40.9	563.3
BEANS						
Dried Pinto Beans	Red	1/2 cup	172.9	5.734	5.726	480
Hopping John	Red	3/4 Cup	137	0.46	0	143
Italian Style Baked Beans	Green	1/2 Cup	105.5	0.51	0	450.2

Pinto Beans		2/3 cup	250	1.7	5.26	545.14
Pork N Beans		3/4 Cup	198.3	2.885	12.6	775.1
Refried Beans with Cheese		1/2 cup	119.1	1.489	4.763	371.9
Savory Baked Beans		1/2 Cup	256	3.2	3.04	462.71
Spanish Style Beans		1/2 Cup	166.6	0.617	0	504.5
MISCELLANEOUS						
Cornbread Dressing		1 square	256.9	11.4	.4.4	743.9
Onion Rings		4 oz	376.5	21.2	19.3	587.4
Cheese biscuit		1 biscuit	142.8	4.318	1.905	465.6

Nutritional Facts Sheet

Vegetables	High Performance			Moderate Performance	Performance Limiting	
	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
Black-eyed Peas		3/4 Cup	142.9	1.045	0	538.9
Broccoli		3-4 Spears	36	0.451	0	354.8
Broccoli (frozen)		2-3 spears	38.4	0.48	0	354.7
Broccoli Combo		1/2 cup	72.8	2.447	0	132.2
Brussel Sprouts		7 sprouts	48.8	0.453	0	26.7
Calico Corn		1/2 Cup	88.2	1.595	1.928	423.7
Carrots		1/2 cup	39.4	0	0	323
Cauliflower		5-6 florets	25.6	0.297	0	342.9
Cauliflower combo		1/2 cup	70.4	3.992	0	247.6
Cauliflower Parmesan		1/2 cup	95.9	3.728	6.383	616.3
Club Spinach		1/2 cup	119.8	5.578	8.278	464.2
Collard Greens		3/4 cup	34.2	0.241	0	315
Corn (frozen)		3/4 cup	98.4	0.529	0	301.4
Corn Combo		1/2 Cup	87.8	4.18	0	270.1
Corn O'Brien		3/4 Cup	102.8	2.761	1.928	440
Corn on the cob		1 ear	132	1.565	0	305.1
Corn steamed		3/4 Cup	98.4	0.521	0	301.4
Corn, Mexican		1/2 cup	79.2	0.935	0	392.8
French Green beans		3/4 Cup	25.2	0.281	0	237.1
French peas		1/2 cup	88.2	2.174	0	123.9
Fried Cabbage		1/2 cup	44	2.1	1.84	150.1
Glazed Carrots		1/2 cup	76.9	1.981	0	163.3
Green Beans		3/4 cup	28.4	0.172	0	248.1
Green Beans W/Mushrooms		1/2 cup	53.8	2.989	0	176.6
Green beans w/Almonds		3/4 Cup	116.1	0.135	0	325.4
Herbed Green Beans		1/2 cup	61	1.5	0	2.32
Lima Beans		3/4 Cup	141.8	0.405	0	357.8
Mexican Corn		1/2 Cup	79.2	0.935	0	392.8
Mixed Vegetables		3/4 cup	80.5	0.205	0	369.9
Mustard Greens		3/4 Cup	16.8	0.269	0	277.9
Peas		3/4 cup	100.2	0.263	0	281
Peas with carrots		1/2 cup	38.2	0.334	0	16
Peas		3/4 Cup	100.2	0.263	0	281
Peas, mushrooms, and onions		1/2 cup	74.1	2.032	0	270.2
Sautéed Mushrooms and Onions		1/4 cup	73.9	5.653	0	215.6
Spinach		3/4 cup	32.6	0.368	0	428.6
Stewed tomatoes		1/2 cup	31	0.191	0	259
Stir Fry Vegetables		1/2 cup	70.7	3.717	0.028	425.7
Succotash		3/4 cup	118.6	1.135	0	358.3
Summer squash		3/4 cup	27	0.419	0	1.35
Tempura Vegetables		4 pieces	222.8	15.5	0.064	403.4

Vegetable stir-fry		1/2 cup	70.7	3.717	0.28	425.7
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Nutritional Facts Sheet

Snack line Recipes	High Performance			Moderate Performance	Performance Limiting	
	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
Beef						
Beef Quesadilla w/ sour cream, flour tortilla		1 Quesadilla	557	30	24	1112
Beef Quesadilla w/ sour cream, whole wheat tortilla		1 Quesadilla	560	30	24	1165
Beef Quesadilla w/ sour cream, spinach tortilla		1 Quesadilla	567	30	24	1232
Burritos		1 burrito	498.95	17.48	47.62	1310.88
Cannon ball sandwich		1 sandwich	534	24.7	88.52	1424.51
Cheeseburger		1 burger	386.4	15.8	74.4	1206
Chili Cheese dog with onions		1 hot dog				
Chili con Carne		1 cup	237.61	10.58	40.03	591.54
Club Sandwich		1 sandwich	811.3	41.3	144.9	2549
Deli Sub		1 sandwich	660	19.4	107.4	3380
Gyros		1 gyro	447	11	79	725
Hamburger		1 hamburger	348.6	14.4	64	906.1
Hot Dog		1 Each	300	18.4	28.5	894.68
Italian Pepper Beef Sandwich		1 Sandwich	355	11.3	3.08	275.69
Monte Cristo Sandwich		1 Sandwich	371	15.1	141.82	1308.92
Roast Beef Sub		1 sandwich	340	7.6	66.31	395.69
Santa Fe Beef Fajita		1 each	220	2.5	0	510
Sloppy Joes		1 sandwich	415	18.9	68.24	123.11
Steak and Cheese Sub		1 sandwich	549	34.06	87.86	702.95
Steak with cheese sub		1 sandwich	549	34.06	87.86	702.95
Taco Bar		2 tacos	Nutritional information varies			
Tacos		2 tacos	420.79		65	
Chicken						
Buffalo Wings		6 pieces	604	38.3	238	93.9
Chicken Nuggets		10 Nuggets	511	31.2	108	957.6
Chicken Quesadilla w/ sour cream, flour tortilla		1 Quesadilla	479	16	97	675
Chicken Quesadilla w/ sour cream, whole wheat tortilla		1 Quesadilla	462	16	97	727
Chicken Quesadilla w/ sour cream, spinach tortilla		1 Quesadilla	469	16	97	795
Herbed grilled chicken Sandwich		1 sandwich	299	4.8	74	
Rio Grande Chicken Quesadilla		1 Quesadilla	479	16	97	675
Turkey Nuggets		4.16oz	399	21.82	162.2	580
Turkey Sandwich		1 Each	399	15.9	71.27	1817.11
Turkey Sub*		1 Each	338	7.7	45	
Pork						
Corn Dog		1 corn dog	275	17.4	47.3	646.9
Grill Ham/Cheese Sandwich		1 Each	208	4.7	21.17	974.42

Grilled Ham Slice		3oz/2 Slices	118.4	4.28	41.6	313.6
Ham and Cheese Sandwich		1 sandwich	208	4.7	21.17	974.42
Ham/Cheese Sandwich		1 Each	352	15.5	33.3	771
Hot Dog		1 hot dog	300	18.4	28.5	894.68
Pork Cubano Sandwich		1 sandwich	971	38.8	168.8	2387
Fish						
Cheese Fishwich		1 sandwich	302	12.3	60.4	800.6
Fish Sandwich		1 sandwich	349.4	16.8	48	1195.4
Vegetarian						
Veggie & Cheese Quesadilla w/ sour cream, flour tortilla		1 Quesadilla	353	14	24	605
Veggie & Cheese Quesadilla w/ sour cream, whole wheat tortilla		1 Quesadilla	337	14	24	660
Veggie & Cheese Quesadilla w/ sour cream, spinach tortilla		1 Quesadilla	343	14	24	726
Cheese Pizza		1 Slice	377	15.2	50.86	741.23
Grilled Cheese Sandwich		1 sandwich	266	10.34	25.41	535
Nachos w/ Cheese and Jalapenos		6 oz	506.9	285	69.7	1448
Pasta Bar		Nutritional information varies				
Peanut, Butter, and Jelly Sandwich		1 sandwich	406	20.2	3.77	141.49
Misc						
French Fries		1 Cup	383	19.9	2.229	201.8
Mozzarella Sticks		5 Sticks	500	30	50	1450
Nachos w/Cheese & Jalapenos		6oz	506.9	28.5	69.7	1448
Onion Rings		4oz	376.5	21.2	19.3	587.4
Pork and beans		3/4 cup	198.3	2.885	12.6	775.1

Nutritional Facts Sheet

Soups	High Performance			Moderate Performance	Performance Limiting	
Recipe Name	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
Beef						
Chicken Noodle Soup		1 cup	150	4.6	12.3	1862.22
Egg Drop Soup		1 cup	30	0.6	0	539.36
Minestrone Soup		1 Cup	90	5	0	570
Tomato Florentine Soup		1 Cup	90	15	10	700
Virginia Potato Soup		1 Cup	190	50	5	660

Nutritional Facts Sheet

Desserts	High Performance			Moderate Performance	Performance Limiting	
	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
Angel Food Cake		1 Piece				
Apple Cobbler		1 square	379	16.9	0	276.5
Apple Coffee Cake		1 piece	155	5.1	3.5	192.5
Apple Pie		1/8 pie	250.4	13	0	255.7
Assorted Cookies		2 cookies	Nutritional Information varies			
Banana Cake		1 piece	245.3	7.312	29.3	256.8
Banana muffin		1 muffin	246.7	7.574	58	489.6
Banana pudding		1/2 cup	166	0.5	1.56	399.14
Bear claws		1 claw	396.4	22.1	80.8	344
Blueberry Cobbler		1 Square	90	0	0	10
Blueberry Muffin		1 muffin	174.3	3.657	0	281.1
Brownies		1 brownie	339	14.3	0	206.8
Cheese cake with blueberry topping		1 piece	420	26.7	50.07	432.46
Cheesecake w/ Strawberry topping		1 piece	453	23.2	49.95	491.5
Cherry Cobbler		1 square	402.6	17.8	0	285.9
Cherry Jello		3-4 oz	67	0	0	47.63
Chocolate Cream Pie		1/8 pie	227	8.3	1.58	304.49
Chocolate Pudding		1/2 cup	145.6	0.649	1.971	489.4
Cinnamon rolls		1 roll	212	7.55	9.81	109
Danish Diamonds		1 diamond	336	15.9	18.8	332.8
Devils Food Cake		1 piece	246	10	44.95	391.08
Lime green jello		3-4 oz	67	0	0	47.63
Marble Cake		1 piece	286	9.2	13.68	276.49
Peach Cobbler		1 square	402.6	17.8	0	285.9
Pecan rolls		1 roll	234	9.72	9.82	110
Pineapple Upside Down Cake		1 piece	325	9.5	0.91	372.29
Raisin Muffins		1 muffin	192.8	6.545	44.5	236.9
Strawberry jello		3-4 oz	67	0	0	47.63
Vanilla Cream Pudding		1/2 cup	154.39	0.265	1.971	511.5
Yellow Cake		1 piece	275	6.2	0.091	323.24

Nutritional Facts Sheet

Desserts

Recipe Name	High Performance			Moderate Performance	Performance Limiting	
	G4G	Serving Size	Calories	Fat (grams)	Cholesterol (mg)	Sodium (mg)
12 oz salad		12 oz	Nutritional information varies			
6 oz salad		6 oz	Nutritional information varies			
Coleslaw		1/2 cup	34.5	3.368	0	268.9
Country style tomatoes		1/2 cup	53.6	2.527	0	124.3
Cucumber Onion Salad		1/2 cup	33.6	4.491	0	276.7
Macaroni Salad		1/2 cup	94.1	1.351	25.4	234.2
Spinach Salad		1/2 cup	52	2	31.43	249.77
Tuna Salad		3/4 cup	60	5	30	250
Waldorf Salad		1/2 cup	65.8	3.162	0.042	86.4