

NUTRITIONAL INFORMATION

1. Rice, black beans and shredded chicken

- Calories 673
- Saturated fat 2g
- Trans fat 0g
- Total fat 9g
- Cholesterol 140mg
- Sodium 340mg
- Carbs 110g
- Protein 52g
- Sugar 2g
- Dietary Fiber 16g

2. Rice, black beans, and shredded pot roast beef

- Calories 720
- Saturated fat 0g
- Trans fat 0g
- Total fat 4g
- Cholesterol 140mg
- Sodium 440mg
- Carbs 93g
- Protein 45g
- Sugar 2g
- Dietary Fiber 16g

3. 2 coxinhas, 3 cheese bread and potato sticks

- Calories 947
- Saturated fat 10.5g
- Trans fat 0g
- Total fat 34g
- Cholesterol 77.5mg
- Sodium 843mg
- Carbs 107g
- Protein 25.5g
- Sugar 1g
- Dietary Fiber 5g

4. 2 risoles, 3 cheese bread and potato sticks

- Calories 939
- Saturated fat 16.5g
- Trans fat 0g
- Total fat 38g
- Cholesterol 95.5mg
- Sodium 975mg
- Carbs 102g
- Protein 22.5g
- Sugar 2g
- Dietary Fiber 6g

5. Combo – 1 coxinha, 1 risole, 3 cheese bread and potato sticks

- Calories 943
- Saturated fat 13.5g
- Trans fat 0g
- Total fat 36g
- Cholesterol 85.5mg
- Sodium 890mg
- Carbs 104.5g
- Protein 24g
- Sugar 1.5g
- Dietary Fiber 5.5g

6. Acai berry bowl

- 340 calories
- Saturated fat 2g
- Trans fat 0g
- Total fat 7g
- Cholesterol 0mg
- Sodium 10mg
- Carbs 68g
- Protein 11g
- Sugar 28g
- Dietary Fiber 4g

