

TOAST

HOLY GUACAMOLE

Serving Size	1 piece
Calories	350
Protein	14
Carbs	21
Fat	21
Sodium	570
Dietary Fiber	12

SURF AND TURF

Serving Size	1 piece
Calories	260
Protein	16
Carbs	17
Fat	12
Sodium	1100
Dietary Fiber	10

LOADED PB&J

Serving Size	1 piece
Calories	500
Protein	15
Carbs	56
Fat	24
Sodium	400
Dietary Fiber	13