

Chipotle

Fork Friendly Fillings

Item	Calorie	Saturated fat	Sodium	Carbohydrates	Protein
Chicken	180	3	310	0	32
Steak	150	2.5	330	1	21
Brown Rice	210	1	190	36	4
Black Beans	130	0	210	22	8
Pinto Beans	130	0	210	21	8
Fajita Veggies	20	0	150	5	1
Romaine Lettuce	5	0	0	1	0
Guacamole	230	3.5	370	8	2
Tomatillo Green chili Sauce*	15	0	260	4	0

*Tomatillo Green chili sauce is the most sodium friendly

Fork Friendly Meals

	Calories	Saturated Fat	Sodium	Carbohydrates	Protein
Burrito-Chicken	875	4.5	1720	117	53
Burrito-Steak	845	4	1740	118	42
Burrito-Vegetarian	925	5	1780	125	23
Burrito Bowl- Chicken	555	4	1120	67	45
Burrito Bowl- Steak	525	3.5	1140	68	34
Burrito Bowl vegetarian	605	4.5	1180	75	15
Tacos- Chicken	755	5	1120	96	48
Tacos- Steak	725	4.5	1140	97	37
Tacos-Vegetarian	805	5.5	1180	104	18
Chicken Salad	560	4	1120	68	45
Veggie Salad	610	4.5	1180	76	15
Steak Salad	530	3.5	1140	69	34

*All items include Black Beans, Brown Rice, Fajita Veggies and Tomatillo Green chili sauce. Tacos are made with crispy corn tortillas (3).