

## Freebirds' Suggested Combinations for Popular Dietary Lifestyles

At Freebirds YOU get to create a meal exactly as YOU like it. In turn, this means that YOU can create a healthy meal with any of our ingredients by selecting from each food group in moderate amounts. Thus, something different for each individual; therefore, we recommend and encourage you to consult with a physician or dietician for help in developing a personal program.

Every ingredient at Freebirds can be eaten by an individual following a restricted diet. The key is creating a combination that is balanced.

In order to help you find your perfect balance, we have created a few combinations to fit some popular dietary lifestyles. Try these or experiment to create your own!

Updated August 2006

Low Fat Option - Freebird White Chicken Burrito							20% Fat
	Cals	Fat(g)	Fat-S(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Wheat Tortilla	280	6.0	1.5	400	47	3	8
Rice	190	3.5	0.5	340	36	1	4
Refried Beans	70	2.0	-	260	9	3	3
White Chicken	140	4.0	1.0	610	1	-	25
Mild Sauce	10	-	-	125	2	>1	-
Pico de Gallo	25	-	-	300	5	>1	1
Lettuce	10	-	-	7	2	1	1
<b>Total</b>	<b>725</b>	<b>15.5</b>	<b>3.0</b>	<b>2042</b>	<b>102</b>	<b>9</b>	<b>42</b>

Low Fat is defined as less than 30% calories from fat. This is 20%.

Low Fat Option - Freebird Veggie Burrito							25% Fat
	Cals	Fat(g)	Fat-S(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Spinach Tortilla	270	6.0	1.5	560	47	3	7
Rice - 1/2 amt	95	2.0	-	170	18	-	2
Jack Cheese - 1/2 amt	80	6.5	4.0	115	-	-	5
Black Beans	60	-	-	200	11	2	3
Roasted Veggies	34	1.0	-	110	5	1	1
Mild Sauce	10	-	-	125	2	>1	-
Salsa	20	-	-	430	4	1	1
Pico de Gallo	25	-	-	300	5	>1	1
Cilantro	1	-	-	2	-	-	-
Guacamole	50	3.5	-	70	4	2	1
Roasted Garlic	18	-	-	2	4	>1	1
Lettuce	10	-	-	7	2	1	1
<b>Total</b>	<b>673</b>	<b>19.0</b>	<b>5.5</b>	<b>2091</b>	<b>102</b>	<b>12</b>	<b>23</b>

Low Fat is defined as less than 30% calories from fat. This is 25%.

When ordering, ask for **HALF** portions of the rice and the cheese.

Low Fat Option - Dark Chicken Tacos							26% Fat
	Cals	Fat(g)	Fat-S(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Corn Tortillas (4)	240	-	-	-	52	4	8
Whole Beans	50	-	-	260	9	3	3
Dark Chicken	160	9.0	2.5	700	1	-	19
Roasted Veggies	34	1.0	-	110	5	1	1
Mild Sauce	10	-	-	125	2	>1	-
Salsa	20	-	-	430	4	1	1
Tomatoes	19	-	-	5	4	1	1
Cilantro	1	-	-	2	-	-	-
Roasted Garlic	18	-	-	2	4	>1	1
<b>Total</b>	<b>552</b>	<b>10.0</b>	<b>2.5</b>	<b>1634</b>	<b>81</b>	<b>11</b>	<b>34</b>

Low Fat is defined as less than 30% calories from fat of the total calories. This is 16%.

When ordering, ask for **steamed** corn tortillas rather than grilled.

Low Calorie Option - White Chicken Tacos							540 Calories
	Cals	Fat(g)	Fat-S(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Corn Tortillas (2)	120	-	-	-	26	2	4
Rice - 1/2 amt	95	2.0	-	170	18	-	2
Jack Cheese - 1/2 amt	80	6.5	4.0	115	-	-	5
Black Beans	60	-	-	200	11	2	3
White Chicken	140	4.0	1.0	610	1	-	25
Roasted Veggies	34	1.0	-	110	5	1	1
Mild Sauce	10	-	-	125	2	>1	-
Cilantro	1	-	-	2	-	-	-
<b>Total</b>	<b>540</b>	<b>13.5</b>	<b>5.0</b>	<b>1332</b>	<b>63</b>	<b>6</b>	<b>40</b>

Low Calorie is defined as less than 120 calories per 100 grams (120%). This combination is 104%.

When ordering, ask for **HALF** portions of the rice and cheese.

When ordering, ask for 2 **steamed** corn tortillas (1 per taco) rather than the usual 4 corn tortillas.

Low Calorie Option - Veggie Quesadilla							506 Calories
	Cals	Fat(g)	Fat-S(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Flour Tortilla	280	7.0	1.5	490	48	3	7
Jack/Cheddar Blend	165	13.5	7.5	263	2	-	11
Mild Sauce	10	-	-	125	2	>1	-
Lime Juice	8	-	-	-	2	-	-
Pico de Gallo	25	-	-	300	5	>1	1
Roasted Garlic	18	-	-	2	4	>1	1
<b>Total</b>	<b>506</b>	<b>20.5</b>	<b>9.0</b>	<b>1180</b>	<b>63</b>	<b>5</b>	<b>20</b>

Low Calorie is defined as less than 120 calories per 100 grams (120%). This combination is 98%.

Low Carb Option - Steak Bird Salad							15 Net Carbs
	Cals	Fat(g)	Fat-S(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Lettuce	10	-	-	7	2	1	1
Whole Beans	50	-	-	260	9	3	3
Queso	110	9.0	6.0	420	1	-	6
Steak	250	12.0	4.5	380	3	-	31
Salsa	20	-	-	430	4	1	1
Sour Cream	63	5.5	3.5	16	1	-	1
Cilantro	1	-	-	2	-	-	-
<b>Total</b>	<b>504</b>	<b>26.5</b>	<b>14.0</b>	<b>1515</b>	<b>20</b>	<b>5</b>	<b>43</b>

There is no FDA definition for Low Carb.

15 Net Carbs meets several popular Low Carb diet recommendations. Net Carbs = Total Carbs - Fiber.

Low Carb Option - Combo Bird Salad							14 Net Carbs
	Cals	Fat(g)	Fat-S(g)	Sod(mg)	Carb(g)	Fiber(g)	Prot(g)
Lettuce	10	-	-	7	2	1	1
Black Beans	60	-	-	200	11	2	3
Jack/Cheddar Blend	165	13.5	7.5	263	2	-	11
Combo Meats (all 3)	165	8.0	2.5	563	1	-	25
Mild Sauce	10	-	-	125	1	>1	-
Sour Cream	63	5.5	3.5	16	1	-	1
<b>Total</b>	<b>473</b>	<b>27.0</b>	<b>13.5</b>	<b>1174</b>	<b>18</b>	<b>4</b>	<b>41</b>

There is no FDA definition for Low Carb.

14 Net Carbs meets several popular Low Carb diet recommendations. Net Carbs = Total Carbs - Fiber.

We used Mild Sauce on these options, but feel free to exchange mild for our hot, habanero, or death sauces. The nutritional profile is almost identical and will not materially alter these combinations.

Cals...Calories	Fat-S... Saturated Fat	Carb...Carbohydrates	Prot...Protein	(g)...Grams
Fat...Total Fat	Sod...Sodium	Fiber...Total Fiber	(mg)...Milligrams	