


low  cal

bahama mama

- your favorite Seafood*
- Pineapple
- Celery
- Green Peppers
- Tomatoes

- 2 ladles Bekter's Ginger
- 1 ladle Not-So-Sweet & Sour
- 1 ladle Yellow Belly Curry
- 2 ladles garlic broth

**To keep it under 200 calories, use 1/4 cup portions of all food line items and avoid salmon.*

Burn Rating: 


low  cal

garden chicken

- Chicken
- Spinach
- Broccoli
- Carrots
- Tomatoes

- 3 ladles Khan's Favorite
- 1 ladle Feed the Hordes Hoisin
- 1 ladle Mongol Mustard
- 1 ladle sweet chili sauce

To keep it under 200 calories, use 1/4 cup portions of all food line items.

Burn Rating: 


low  cal

green machine

- Broccoli
- Green Peppers
- Spinach
- Peas
- Zucchini

- 2 ladles Khan's Favorite
- 2 ladles Bekter's Ginger
- 1 ladle 5-Village-Fire-Szech
- 1 ladle lemon juice

To keep it under 200 calories, use 1/4 cup portions of all food line items.

Burn Rating: 


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shrimp and veggies

- Shrimp
- Broccoli
- Spinach
- Zucchini
- Tomatoes

- 2 ladles Not-So-Sweet & Sour
- 2 ladles Burn-Your-Village BBQ
- 1 ladle Kung Pao...Yow!
- 1 ladle garlic broth

To keep it under 200 calories, use 1/4 cup portions of all food line items.

Burn Rating: 


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beef and broccoli

- Beef
- Broccoli...load it up!

- 2 ladles Samurai Teriyaki
- 2 ladles Mean Bean Garlic
- 1 ladle lemon juice
- 1 ladle garlic broth

To keep it under 200 calories, use 1/4 cup portion of beef.

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spicy chicken

- Chicken
- Celery
- Spinach
- Carrots
- Zucchini

Great over rice!

- 1 ladle Kung Pao...Yow!
- 3 ladles 5-Village-Fire-Szech
- 1 ladle garlic chili sauce
- 1 ladle ginger broth

To keep it under 200 calories, use 1/4 cup portions of all food line items.

Burn Rating: 

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thai tofu

- Tofu
- Broccoli
- Onions
- Bean Sprouts
- Tomatoes

- 2 ladles Khan's Favorite
- 1 ladle Black Thai Peanut
- 1 ladle ginger broth
- 2 ladles lemon or lime juice

To keep it under 200 calories, use 1/4 cup portions of all food line items.

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garlic shrimp

- Shrimp
- Yakisoba Noodles
- Snow Peas
- Yellow Squash
- Mushrooms

- 2 ladles Khan's Favorite
- 2 ladles Mean Bean Garlic
- 1 ladle garlic broth
- 1 ladle garlic chili sauce

To keep it under 200 calories, use 1/4 cup portions of all food line items.

Burn Rating: 


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ginger pork

- Pork
- Cabbage
- Onions
- Mushrooms
- Peas

- 4 ladles Bekter's Ginger
- 1 ladle Kung Pao...Yow!
- 1 ladle ginger broth

To keep it under 200 calories, use 1/4 cup portions of all food line items.

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a wok on the mild side

- Chicken
- Broccoli
- Carrots
- Mushrooms

- 2 ladles Not-So-Sweet & Sour
- 2 ladles Khan's Favorite
- 2 ladles lemon juice

To keep it under 200 calories, use 1/4 cup portions of all food line items.

Burn Rating: 