

# Introducing our **NEW** 400-Calorie Meal Options!

Deciding to eat right can be your first step to a healthier life. Learning what foods to choose can be more challenging. Our 400-Calorie meal program emphasizes fruit, vegetables, whole grains and fat-free products (when possible) and features dishes that are low in saturated fats, trans fats, cholesterol, salt and added sugars.

## – YOUR CHOICE OF 400-CALORIE MEALS –

All meals include one-half portion salad, a cup of soup and a small side of fruit for only **\$8.95**.

Our chefs have included a soup recommendation, but we are happy to substitute any soup upon request.

For Catering orders, all meals will be boxed – minimum order of six applies.

### VEGETARIAN OPTION:

Apple Walnut Salad (no cheese),  
Asparagus Soup & Mixed Fruit



	Salad	Soup	Fruit	Total
Calories	68.1	225.16	16.31	309.5
Fat	4.55	21.01	0.56	26.12
Carbs	3.65	4.81	8.24	16.7
Fiber	2.9	1.97	3.99	8.86
Protein	2.8	2.25	0.77	5.82

### CHICKEN OPTION:

Chicken Riviera Salad,  
Tortilla Soup & Mixed Fruit



	Salad	Soup	Fruit	Total
Calories	107	207.38	16.31	330.69
Fat	1.14	13.09	0.56	14.79
Carbs	10.4	17.52	8.24	36.16
Fiber	2.65	3.09	3.99	9.73
Protein	14.35	6.29	0.77	21.41

### SEAFOOD OPTION:

Mediterranean Salad with Salmon,  
Pesto Soup & Mixed Fruit



	Salad	Soup	Fruit	Total
Calories	144.5	138.5	16.31	299.31
Fat	8.5	4.07	0.56	13.13
Carbs	6.7	21.07	8.24	36.01
Fiber	3.65	5.68	3.99	13.32
Protein	16.35	9.03	0.77	26.15

### MEAT OPTION (HEARTY):

Grilled Steak Salad,  
Turkey Chili (no cheese) & Mixed Fruit



	Salad	Soup	Fruit	Total
Calories	172.35	219	16.31	407.66
Fat	10.86	2	0.56	13.42
Carbs	3.78	38	8.24	50.02
Fiber	2.93	11	3.99	17.92
Protein	15.78	14	0.77	30.55

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