

Introducing our *Healthy Eating* program!

Deciding to eat right can be your first step to a healthier life. Learning what foods to choose can be more challenging. Our Healthy Eating 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 are boxed and include one-half portion salad, a cup of soup and a small side of fruit for only **\$8.95**.

Please order a minimum of six boxed meals at once.

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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