

## We get *the point* of Watching your Weight!

Point-based diet plans keep you on track to meet your optimum weight goal. At Greenz we want to help you get there with this useful guide so you can feel comfortable integrating Greenz into your daily diet plan.

### RECOMMENDED STARTERS:

Fresh Fruit

(including cinnamon yogurt sauce) = 2 points

### RECOMMENDED SALADS:

Apple Walnut (no brie pastries) = 3 points

Classic Greenz = 6 points

The Mediterranean (w/ salmon) = 6 points

Chicken Riviera = 4 points

Grilled SW Shrimp = 8 points

The Wedge = 6 points

Tofu & Veggies = 8 points

Hawaiian Tuna = 9 points

### RECOMMENDED DRESSINGS:

Herb Vinaigrette = 1 point

Tzatziki Dressing = 1 point

Strawberry Vinaigrette = 1 point

Sesame Ginger Vinaigrette = 2 points

Balsamic Vinaigrette = 2 points

Champagne Vinaigrette = 4 points

Fat Free Italian = 0 points

### RECOMMENDED SOUPS:

Tortilla (cup or bowl) = 5 points

Pesto (cup) = 2 points

Pesto (bowl) = 3 points

Turkey Chili (cup) = 4 points

Turkey Chili (bowl) = 6 points

### RECOMMENDED SANDWICHES:

Classic Tuna Salad = 7 points

Chicken Pesto = 7 points

Veggie Delight = 8 points

Barbequed Pork = 8 points



**Addison Circle, 972-385-7721**

15615 Quorum Drive, Addison, Texas 75001

**Uptown Dallas, 214-720-7788**

2808 McKinney Avenue, Dallas, Texas 75204

**[www.greensalads.com](http://www.greensalads.com)**

Greenz chooses only hormone-free, naturally raised chicken and never uses trans fat in any of its dishes.

Greenz Restaurants, LLC, obtains nutritional information from various sources including product manufacturer(s). Although we have made every effort to be as accurate as possible, manufacturers frequently change formulations and it may take some time to get our records updated to reflect these changes. In addition, because we cook each dish to order, some nutritional values may not be exact. There can be variances in the actual values versus the recipe specifications. The information posted here may not be 100% accurate as such we cannot be responsible for individual reactions to any products listed here. PT0110