

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 = 5 points
The Mediterranean (w/ salmon) = 7 points
Chicken Riviera = 8 points
Grilled SW Shrimp = 9 points
The Wedge = 6 points
Tofu & Veggies = 9 points
Hawaiian Tuna = 11 points

RECOMMENDED DRESSINGS:

Herb Vinaigrette = 1 point
Tzatziki Dressing = 2 points
Strawberry Vinaigrette = 1 point
Sesame Ginger Vinaigrette = 1 point
Champagne Vinaigrette = 4 points
Fat Free Italian = 0 points
Spicy Asian Vinaigrette = 0 points

RECOMMENDED SOUPS:

Tortilla (cup or bowl) = 6 points
Pesto (cup) = 3 points
Pesto (bowl) = 5 points
Turkey Chili (cup) = 5 points
Turkey Chili (bowl) = 6 points

RECOMMENDED SANDWICHES:

Classic Tuna Salad = 9 points
Chicken Pesto = 11 points
Veggie Delight = 10 points
Barbequed Pork = 10 points

400 CALORIE MEALS:

Vegetarian Option = 8 points
Chicken Option = 9 points
Seafood Delight = 9 points
Meat Option = 10 points



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www.greenzsalads.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. PT0111