

HEALTHY WORKOUT MEALS

**BUILD YOUR OWN HEALTHY MEAL STARTING AT 7.00
MADE BY LOCAL COLLEGE CULINARY STUDENTS**

NOTE: NO SALT ADDED TO ANY ITEMS UNLESS SPECIFICALLY INDICATED.

*ALL ITEMS INCLUDE SEASONING (UNLESS OTHERWISE STATED): TURMERIC,
BLACK PEPPER, PAPRIKA, CELERY SEED, DRIED VINEGAR, GROUND
FENNEL, GROUND GINGER, GROUND GARLIC

NOTE: ALL ITEMS ARE GLUTEN FREE EXCEPT PASTA & RICE

1 PROTEIN CHOICE: * DOUBLE MEAT FOR 3.00 MORE *



- 5OZ GRILLED SEASONED CHICKEN BREAST (167 CAL, 0 CARB, 35 PROTEIN, 183MG SODIUM),
- 4OZ GRILLED SEASONED SALMON STRIPS (ADD \$1, 170 CAL, 2 CARB, 20 PROTEIN, 330MG SODIUM),
- 5.33OZ GRILLED SEASONED TURKEY STRIPS (250 CAL, 0 CARB, 25 PROTEIN, 340MG SODIUM),
- 4.5OZ MEATLESS GRILLED SEASONED EGGPLANT (30 CAL, 0.13 PROTEIN, 7.2 CARB, 0.27MG SODIUM) (VEGETARIAN & VEGAN OPTION)

1 VEGETABLE CHOICE:

- 5OZ SAUTEED SEASONED WHITE MUSHROOM (31 CAL, 4.5 PROTEIN, 4.5 CARB, 6MG SODIUM)
- 5OZ GARLIC CRIMINI SEASONED MUSHROOMS (ADD \$1, 45.6 CAL, 0.37 PROTEIN, 7 CARB, 45.7MG SODIUM)
- 8OZ SAUTEED SEASONED BABY SPINACH (6.9 CAL, 0.9 PROTEIN, 1.1 CARB, 23.7MG SODIUM)
- 8OZ SAUTEED RED PEPPER (SPICY) BABY SPINACH (7.2 CAL, 0.9 PROTEIN, 1.3 CARB, 25.8MG SODIUM)
- 8OZ SAUTEED SWEET PEPPERS (43.5 CAL, 1.5 PROTEIN, 9 CARB, 5.5MG SODIUM)
- 5OZ GRILLED CARAMELIZED SWEET ONIONS (45 CAL, 1 PROTEIN, 10.5 CARB, 10.1MG SODIUM)
- 5OZ SAUTEED ITALIAN HERB ONION WITH ROSEMARY, ONION AND PARSLEY SEASONING (49.3 CAL, 1.4 PROTEIN, 13.2 CARB, 10.6MG SODIUM)
- 4.5OZ GRILLED SEASONED EGGPLANT (30 CAL, 0.13 PROTEIN, 7.2 CARB, 0.27MG SODIUM)



1 FLEX CHOICE:

* CHOOSE A SECOND VEGETABLE FROM SECTION ABOVE OR ITEM BELOW *

- 4OZ SIDE GARDEN SALAD (ICEBERG, CUCUMBER, TOMATO, NO DRESSING) (24.3 CAL, 1.6 PROTEIN, 4.8 CARB, 4.8MG SODIUM)
- 4OZ ITALIAN HERB PENNE PASTA (322.4 CAL, 16 PROTEIN, 61.2 CARB, 29.2MG SODIUM) (CONTAINS GLUTEN)
- 6OZ GRILLED IDAHO BLACK PEPPER POTATO WEDGES (159.6 CAL, 4.2 PROTEIN, 35.4 CARB, 16.8MG SODIUM)
- 6OZ SAUTEED EXTRA VIRGIN OLIVE OIL POTATO WEDGES (278.9 CAL, 4.2 PROTEIN, 35.4 CARB, 16.8MG SODIUM)
- 5OZ BROWN RICE (32 CAL, 3.5 PROTEIN, 32 CARB, 7MG SODIUM) (CONTAINS GLUTEN)
- 5OZ SPANISH RICE (201.2 CAL, 4.2 PROTEIN, 48 CARB, 28MG SODIUM) (CONTAINS GLUTEN)

1 SIDE SAUCE CHOICE:

- LOW FAT BUFFALO SAUCE (SPICY) (29 CAL, 0 CARB, 0 PROTEIN, 140MG SODIUM)
- LOW FAT ITALIAN DRESSING (25 CAL, 2 CARB, 0 PROTEIN, 440MG SODIUM)
- LOW CARB HONEY DIJON MUSTARD (45 CAL, 5.8 CARB, 1 PROTEIN, 60MG SODIUM)
- LEMON JUICE (0 CAL, 0 CARB, 0 PROTEIN, 0 SODIUM)



CONTAINER: FREE STYROFOAM CONTAINER OR STURDY BLACK MICROWAVABLE CONTAINER (ADD \$1)