

# Simply SALADS

Made To Order Salad \$0.52/ounce

## LEAD WITH LEAFY GREENS

|                 |       |         |
|-----------------|-------|---------|
| romaine lettuce | ½ cup | cal. 26 |
| spring mix      | ½ cup | cal. 22 |
| spinach         | ½ cup | cal. 19 |

## ADD SOME PROTEIN

|                |           |          |
|----------------|-----------|----------|
| turkey         | 3-1/4 oz. | cal. 89  |
| ham            | 3-1/4 oz. | cal. 125 |
| roast beef     | 3-1/4 oz. | cal. 160 |
| chicken breast | 3-1/4 oz. | cal. 140 |
| tuna salad     | 3-1/4 oz. | cal. 170 |
| chicken salad  | 3-1/4 oz. | cal. 250 |

## ADD COLORFUL VEGETABLES

|                |       |         |
|----------------|-------|---------|
| cucumber       | ¼ cup | cal. 5  |
| carrot         | ¼ cup | cal. 10 |
| tomato         | ¼ cup | cal. 10 |
| onion          | ¼ cup | cal. 15 |
| bell pepper    | ¼ cup | cal. 15 |
| roasted pepper | ¼ cup | cal. 45 |
| black olive    | ¼ cup | cal. 80 |

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.