

Simply SALADS

Grab and Go Salad \$0.55/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.