

	Salad	Soup	Appetizer	Entrée	Totals w/o Dessert	Dessert	Totals w/ Dessert
	Simple Spring Salad w/ Apple Butter Vinaigrette	Creamy Cauliflower Soup	Mixed Herb Bruschetta w/ Balsamic Chicken	Zucchini Mushroom Risotto w/ 2oz. Salmon		Mini Mixed Berry Cornmeal Cobbler w/ Froyo Fruit Bites	
Calories	115	80	210	360	765	490	1255
Total Fat (g)	0	4	13	13	30	20	50
Cholesterol (mg)	0	1	25	35	61	55	116
Protein (g)	2	3	9	19	33	12	45
Total Carb (g)	30	12	16	26	84	70	154
Fiber (g)	3	2	1	2	8	6	14
Sodium (mg)	20	420	320	150	910	360	1270

Healthy Preparation Tips:

1. Boost fiber and vitamin content with dark leafy greens, lots of vegetables and whole grains.
2. Always use low- or no-sodium added products, when available.
3. Choose more unsaturated fats from fish, oils, nuts and seeds over saturated fats from animal meat and dairy products.

Healthy Eating Tips:

1. Fill up with fiber!
2. Be mindful of portion sizes; it adds up quickly!
3. Take the time to SLOW DOWN and ENJOY each bite!

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On The Move
N u t r i t i o n