



Gluten-Friendly

Enjoy this 700 calorie meal created to tantalize your taste buds in a better-for-you way!

- 2 cups Spring Mix
- 4 Grape Tomatoes
- 1/4 Cup Red Cabbage
- 4 cauliflower florets
- 2 tbsp of Peas
- 4 Slices of Cucumber
- 2 tbsp of Radishes
- 2 tbsp Hard-Boiled Eggs
- 1/2 cup of Joan's Broccoli Madness
- 2 tbsp fat-free Italian Dressing



To complete your 700...

Try 2 fl oz of Deep Kettle Chili on a baked potato with 1 tsp of shredded cheddar cheese and green onions! Put a 1/2 cup of grapes on the side and you're good to go!

Did You know?

"B Vitamins found in: whole grains, dairy, lean meats, eggs & leafy greens are important for healthy metabolism and energy production."

- Rachael Derr, Registered Dietitian



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