

Power Meal

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

2 cups Spinach

4 Broccoli Florets

2 tbsp Broccoli Stalks

4 Cauliflower Florets

6 Cucumber Slices

2 tbsp Shredded Carrots

1/4 cup Red Cabbage

2 tbsp Garbanzo Beans

1/4 cup Green Bell Peppers

1 Sunflower
tsp Seeds

1 fl oz Fat-Free
Italian
Dressing



To complete your 700 meal...

TRY a baked potato topped with 3 fl oz of Deep Kettle House Chili, 1 tbsp green onions, and 1 tsp of shredded cheddar. **GRAB** a Wildly Blue Blueberry Muffin and for dessert an apple, sliced and drizzled with 1 tsp of chocolate syrup and 1 tsp of granola. **HAVE** a 16 fl oz of unsweetened iced tea with lemon to drink. Voila!

Did You know?

“This meal is almost double the vegetable intake you need for the entire day! Remember to vary the types & colors of fruits and veggies you eat throughout the week for a balanced diet.”

- Rachael Derr, Registered Dietitian

Fresh Fact

The amount of fruits & vegetables you need to eat daily depends on your age, gender, and level of physical activity.



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