

Vegetarian

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

2 Wonton
cups Hoppines salad

6 grape tomatoes

8 slices of cucumber

1/2 cup green bell peppers

4 cauliflower florets

4 broccoli florets

fat-free
1 fl oz
Ranch
Dressing



To complete your 700...

Get yourself a 1/2 cup bowl of delicious Classic Mac & Cheese and an apple on the side. Then treat yourself to a Wildly Blueberry Muffin for dessert.

Did You know?

“Vitamin C boosts the absorption of iron, which is especially important for people who follow vegan and vegetarian diets.”

- Rachael Derr, Registered Dietitian



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