



Mediterranean



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

- 2 cups Spinach
- 1/4 cup Bell Peppers
- 8 Slices of Cucumber
- 2 tbsp Mushrooms
- 4 Grape Tomatoes
- 1 tbsp Red Onion
- 1 tbsp Black Olives
- 1 tsp Sunflower Seeds
- 1/4 cup Rainbow Pasta
- 2 Garbanzo
tbsp Beans
- 1 fl oz fat-free
Italian
Dressing



To complete your 700...

Grab a 1/2 cup of grapes, a 1/2 cup of Classic Mac & Cheese with 1 tsp of tomatoes and black olives on top, and 6 fl oz of our Chicken Noodle Soup with 1 tsp of green onions. Round out your meal with a hearty slice of Quattro Formaggio Focaccia and 1/2 cup of vanilla soft serve with 1/4 tsp of sprinkles for dessert!

Did You know?

“A combo of protein and fiber in meals and snacks will keep you feeling satisfied for longer which can assist in weight loss!”

- Rachael Derr, Registered Dietitian



Souplantation®

Follow us on

 @souplantation

 @souplantation

 @souplantation

Visit us at www.souplantation.com