

Souplantation. 

# Vegan

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

4 Cups Spinach  
1/4 Cup Red Cabbage

4 Slices Cucumber

2 tbsp Black Olives

2 tbsp Mushrooms

2 tbsp Garbanzo Beans

2 tbsp Shredded Carrots

4 Grape Tomatoes

1 tsp Sunflower Seeds

2 tbsp Kidney Beans

4 Broccoli Florets

1 fl oz Fat-Free Italian Dressing



## To complete your 700 meal...

**GET** yourself a 1/2 cup of seasonal fruit on the side and a 16 oz strawberry lemonade! **PLUS**, you get to enjoy 1 baked potato with 1 tbsp Italian fat-free dressing! Voila!

### Did You know?

“Vegan meals tend to be low in saturated fat and cholesterol, which is beneficial for heart health!”

- Rachael Derr, Registered Dietitian



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