



EATING & NUTRITION PLAN



cynthiawilliamswellness.com

TABLE OF CONTENTS

<u>Staple Grocery List.....</u>	<u>3-4</u>
<u>Recipes</u>	<u>5-12</u>
<u>Breakfast.....</u>	<u>5-9</u>
<u>Lunch</u>	<u>10-12</u>
<u>Dinner.....</u>	<u>13-18</u>
<u>Nutrition Chart.....</u>	<u>19-23</u>
<u>Seasonings.....</u>	<u>24</u>
<u>How To get Your Protein.....</u>	<u>24</u>
<u>Snack Ideas.....</u>	<u>25-27</u>
<u>Sugars (<i>Avoid & Use</i>).....</u>	<u>28</u>
<u>Oils (<i>Avoid & Use</i>).....</u>	<u>29</u>
<u>Restaurant guide.....</u>	<u>31-33</u>

STAPLE GROCERY LIST



Proteins

all grass fed pasture raised and organic

- Lean ground turkey
- Lean ground beef
- Lean pork loin/chop
- Wild caught fish/shrimp
- Organic non gmo tofu
- Organic non gmo tempeh
- Skinless smoked turkey sausage



Veggies

(frozen or fresh) and organic

- Broccoli
- Brussel sprouts
- Cauliflower rice
- Cauliflower
- Asparagus
- Bell peppers
- Tomatoes (*canned is optional*)
- Carrots
- Squash
- Zucchini



STAPLE GROCERY LIST



Starches *organic*

- Whole grain bread
- Corn
- Couscous
- Beans
- Rice
- Potatoes
- Lentils
- Oats
- Banza Pasta
- Chick Peas



Extras

- Nuts - preference
- Organic Extra Virgin Olive Oil
- Seasonings - preference
- Fruits - preference and seasonal
- PB2
- Cacao nibs
- Non gmo organic popcorn
- Hummus
- Guacamole
- Goat or international cheese
- Protein bars and smoothie

RECIPES | BREAKFAST



Breakfast #1

Veggies Egg Skillet

- 2 whole eggs
- 2 egg whites
- 1 slice whole grain bread
- 1 tbsp grass fed butter
- 3 cups raw spinach
- 2 cups raw zucchini

Nutrition: 433 calories | 21g Fat | 28.7g Protein
30.3g Carb | 8.3g Fiber | 9.3g Sugar



Breakfast #2

Turkey Sausage, Veggies Egg Skillet

- 2 oz Smoked skinless turkey sausage
- 2 egg whites
- 1 medium green bell pepper
- ½ cup corn
- 3 cup spinach

Nutrition: Calories 249 | 21g Protein
24g Carb | 6.9g Fiber | 14.6 Sugar

RECIPES | BREAKFAST



Breakfast #3

Overnight Oats

Put all contents in Bowl, cover with water and let sit overnight in fridge. Heat up next morning.

- ½ cup whole oats
- 1 scoop protein powder
- 1 tbsp nut butter
- ¼ cup dried fruit
- Stevia to taste

Nutrition: 455 calories | 12g Fat | 60g Carb
10g Fiber | 20.5g Sugar



Breakfast #4

Avocado Toast

- 1 pc whole grain toast
- 5 pc 36-40 shrimp
- 100 cal pk of guacamole
- 1 fried egg
- 2 cups roasted broccoli

Nutrition: Calories 440 | 14g Fat | 32g Protein
45g Carb | 17g Fiber | 5 Sugar

RECIPES | BREAKFAST



Breakfast #5

Southwest Egg Skillet

- ½ cup black beans
- 2 eggs
- 2 egg whites
- ¼ cup diced tomatoes
- 2 cups spinach
- 100 cal pk guacamole
- 1 piece toast

Nutrition: 437 calories | 20g Fat | 34g Protein
52g Carb | 17.4g Fiber | 7.6g Sugar



Breakfast #6

Breakfast Bowl

Combine all contents in bowl, toast on the side.

- 4oz ground turkey
- 1 fried egg
- 1 cup cauliflower rice
- 100 cal guacamole
- 1 slice whole grain toast

Nutrition: Calories 455 | 22g Fat | 34g Protein
30g Carb | 9g Fiber | 5 Sugar

RECIPES | BREAKFAST



Breakfast #7

Banana PB2 Overnight Oatmeal

Place all ingredients in jar, mix and shake. Place in fridge overnight, top with ½ fresh banana in the morning.

- ¼ cup oats
- ⅓ cup skim milk
- ¼ cup Greek yogurt
- 1 tablespoon PB2
- 1 teaspoon natural sweetener

Nutrition: 264 calories | 5g Fat | 55g Carb
8g Fiber | 15g Protein



Breakfast #8

Refrigerator Jar Overnight Oatmeal

Place all ingredients in jar, mix and shake. Place in fridge overnight, top with fresh fruit in the morning.

- ⅓ cup oats
- ⅓ cup plain Greek yogurt
- ⅓ cup skim or almond milk
- 2-3 teaspoons honey
- ¼ teaspoon cinnamon
- 1 teaspoon flax seeds (ground)

Nutrition: Calories: Oatmeal 120, Yogurt 40,
Skim Milk 27. Honey 22

RECIPES | BREAKFAST



Breakfast #9

Berry Slim Protein Shake

Mix all ingredients and blend.

- ½ cup nonfat milk (can also use soy or nut milk)
- ¼ cup low fat cottage cheese or Greek yogurt
- ½ cup frozen raspberries
- 1 tablespoon vanilla protein powder
- 2 teaspoons granulated no calorie sweetener (or 1 packet)
- ⅛ teaspoon almond extract
- ⅔ cup crushed ice

Nutrition: 170 calories | 1.5g Fat | 18g Protein
22g Carb | 4g Fiber | 10g Sugar

RECIPES | LUNCH



Lunch #1

Southwest Chicken Bowl

- 4 oz chicken shredded
- ¼ cup quinoa
- ¼ cup black beans
- ¼ cup tomatoes
- 2 cups zucchini
- 1 tbsp butter or olive oil

Nutrition: Calories 432 | 15g Fat | 34g Protein
44g Carb | 12.3 Fiber | 4 Sugar



Lunch #2

Ground Beef Veggie Rice Bowl

- 4 oz ground beef burger
- 2 tbsp hummus
- 1 cup broccoli
- 1 cup cauliflower
- 1 cup carrots
- ½ cup brown rice
- 1 tbsp butter

Nutrition: Calories 545 | 24g Fat | 33g Protein
48g Carb | 11 Fiber | 11 Sugar

RECIPES | LUNCH



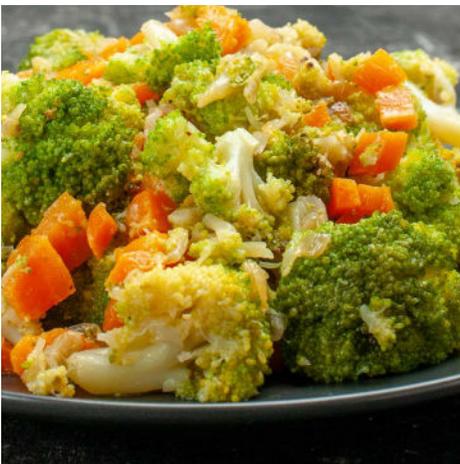
Lunch #3

Apple Pork Chop & Veggie Sides

Saute apples, ½ tbsp butter and cinnamon together and top pork chop.

- 4 oz pork chop
- ½ cup sliced apples
- 1 tbsp butter
- Cinnamon to taste
- 1 cup steamed asparagus
- 1 cup steamed yellow squash
- ¼ cup roasted sweet potato with ½ tbsp butter

Nutrition: 433 calories | 20.4g Fat | 29.3g Protein
26.7g Carb | 6.7 Fiber | 17g Sugar



Lunch #4

Baked Cod & Veggie Sides

- 4 oz baked cod
- 1 cup steamed cauliflower rice
- 1 cup steamed broccoli
- ½ cup steamed carrots
- 1 tsp olive oil on veggies
- ½ cup baked potato with 1 tbsp butter

Nutrition: Calories 451 | 25.3g Fat | 26.7g Protein
30.25g Carb | 7.2 Fiber | 7.5 Sugar

RECIPES | LUNCH

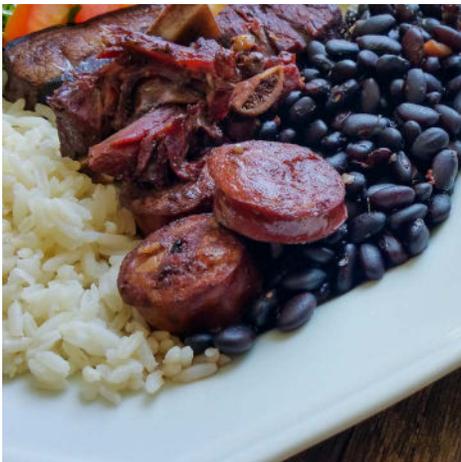


Lunch #5

Taco Bowl

- 4 oz taco seasoned ground turkey
- ¼ cup black beans
- ¼ cup corn
- 1 cup cauliflower rice
- ¼ cup diced tomatoes
- 1 cup zucchini
- Hot sauce to taste

Nutrition: Calories 417 | 9g Fat | 38g Protein
46.3g Carb | 14.7 Fiber | 15.1 Sugar



Lunch #6

Rice & Beans

- 4 oz skinless smoked sausage
- ¼ cup brown rice
- ¼ cup black beans
- ½ cup diced tomatoes

Nutrition: Calories 452 | 15.5g Fat | 26.3g Protein
52g Carb | 6.6 Fiber | 14g Sugar

RECIPES | DINNER



Dinner #1

Chili

Make 1 lb meat batch then quarter out portions

- 4 oz ground turkey
- Packet of chili seasoning
- ½ cup salsa
- ½ cup tomatoes
- ¼ cup cheese
- 1 serving nut thin crackers

Nutrition: 485 calories | 19.5g Fat | 35g Protein
43g Carb | 7.1 Fiber | 10g Sugar



Dinner #2

Beef & Veggies Bowl

- 4 oz ground beef
- ½ cup cauliflower rice
- ¼ cup corn
- ¼ cup beans
- 1 cup steamed each broccoli and cauliflower
- ½ cup carrots
- Season to taste and mix together

Nutrition: Calories 396 | 9g Fat | 36.2g Protein
42g Carb | 14.7 Fiber | 11.45 Sugar

RECIPES | DINNER



Dinner #3

Taco Soup

Cook 1 lb meat batch, quarter out portions. Dump everything into crock or instapot.

- 1 Taco seasoning packet and 2 chicken bouillon cubes
- 4 oz chicken shredded
- ¼ cup black beans, ¼ cup corn, ¼ cup tomatoes, ¼ cup onion, ¼ cup bell pepper, ¼ cup shredded cheese
- 1 serving baked Tostitos

Nutrition: Calories 507 | 15g Fat | 41g Protein
60g Carb | 14 Fiber | 10.7g Sugar



Dinner #4

Shrimp & Veggie Couscous

Saute all veggies together and add shrimp. Cook couscous. Mix all together.

- 10: 36-40 count shrimp
- ½ cup tomatoes
- ¼ cup black beans
- ¼ cup couscous
- ¼ cup onions
- ¼ cup bell pepper

Nutrition: Calories 371 | 3.5g Fat | 41.4g Protein
46.8g Carb | 13.7 Fiber | 9.2 Sugar

RECIPES | DINNER



Dinner #5

Chicken & Veggie Quinoa

- 4 oz Chicken
- 1 cup steamed broccoli
- 1 cup steamed cauliflower
- ½ cup quinoa
- 1 tsp butter / olive oil

Nutrition: 367 calories | 14.8g Fat | 30.7g Protein
32g Carb | 7.5 Fiber | 7.1g Sugar



Dinner #6

Turkey Sausage Veggie Rice Bowl

- 4 oz skinless smoked turkey sausage
- 2 cups total of sautéed zucchini and squash
- 1 tbsp butter
- ½ cup brown rice

Nutrition: Calories 553 | 14g Fat | 22.4g Protein
46.2g Carb | 5.1 Fiber | 18.3 Sugar

RECIPES | DINNER

Dinner #7

Summer garden Chicken Stir-Fry

- 1 lb boneless skinless chicken breasts, cut into 1-inch pieces
- 2 to 3 teaspoons sugar
- 2 cloves garlic, finely chopped
- 2 cups fresh broccoli florets
- 2 teaspoons finely chopped ginger root
- 1 cup sliced fresh mushrooms (3 oz)
- 1 medium onion, cut into thin wedges
- ½ cup chopped bell pepper (any color)
- 1 cup ready to eat baby cut carrots, cut lengthwise in half
- 2 teaspoons cornstarch
- 1 cup fat free chicken broth
- Hot cooked brown rice, if desired
- 3 tablespoons reduced sodium



Heat 12-inch nonstick skillet over medium high heat. Add chicken, garlic and ginger root; cook and stir 2 to 3 minutes or until chicken is brown.

Stir in onion, carrots, ¾ cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes; stirring occasionally.

Stir in broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in the center and vegetables are crisp-tender.

In small bowl, mix cornstarch and remaining ¼ cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over rice.

Nutrition: Calories 220 | 4.5g Fat | 30g Protein
15g Carb | 3g Fiber | 7g Sugar

RECIPES | DINNER

Dinner #8

Simple Southwestern Cod

- 1 lime, juice and zest
- 2 tablespoons light mayo
- 1 pound cod fillets
- 1 ¼ cups reduced fat cheese crackers
- 1 tablespoon taco seasoning (40% less sodium)
- 2 tablespoons cornmeal
- Pinch cayenne pepper



Preheat oven to 450°F. Spray a baking sheet with cooking spray

Zest and juice the lime and place in a shallow flat bowl. Whisk in the mayo, add the fish and marinate for 5 minutes.

Place the crackers in a plastic bag, crush with a rolling pin, and place crumbs on a plate. Add the taco seasoning and cornmeal, mix well.

Coat the fillets with the cracker mixture and place on the prepared baking sheet. Bake for 5 minutes, turn the fillets over and bake for 5-7 minutes or until the fish flakes with a fork. Serve with optional salsa.

RECIPES | DINNER

Dinner #8 (side dish)

Fiesta Lime Rice

- $\frac{2}{3}$ cup instant brown rice (like Uncle Ben's Fast and Natural)
- $\frac{3}{4}$ cup canned black beans, rinsed and drained cup
- $\frac{1}{4}$ cup frozen corn, thawed
- $\frac{1}{3}$ diced red pepper
- 1 medium green onion, white and green parts, finely diced
- 1 medium lime
- 2 tablespoons chopped cilantro
- $\frac{1}{4}$ teaspoon salt



Place the rice and $1\frac{1}{4}$ cups water in a medium saucepan and bring to a boil. Reduce the heat to medium low, cover and cook for 10 minutes. Remove the pan from the heat and fluff the rice with a fork.

Immediately add the beans, corn, red pepper, green onion and lime juice to the rice, toss gently to combine, and cover. Let sit for 3 to 4 minutes to warm added ingredients. Remove cover, stir in cilantro and salt to taste. Serve.

Side note: This side has one-third fewer calories and carbs and 4x the fiber as the same serving of plain white or Chipotle Mexican grill Cilantro Lime Rice.

Nutrition: (Serving size $\frac{3}{4}$ cup)

Calories 120 | 1g Fat | 4g Protein | 23g Carb

4g Fiber | 2g Sugar

NUTRITION CHART (in grams)

PROTEINS (all 4 oz cooked weights)						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
Chicken	100	2	22	1		
93/7 Ground Turkey	160	8	21			
93/7 Ground Beef	170	8	23			
10 pieces 36-40 shrimp	140	30	2			
Lean Pork Chop	170	8	24			
Wild Caught Cod	93	0.8	20.2			
Skinless Smoked Turkey Sausage	220	14	16	8		8
Tofu	107	5.3		4	1.3	
Tempeh	240	10	16	16	8	
Large Egg	70	5	6			
Egg Whites (2)	34		7.2			0.4

NUTRITION CHART (in grams)

FATS (1 tbsp)						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
Extra Virgin Olive Oil	120	14				
Grass Fed Butter (Kerrygold)	100	11				
Ghee	45	5				
Nut Butter	180	16		6	4	2
Shredded Cheese (¼ cup)	100	9	7			

VEGETABLES (1 cup raw)						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
Asparagus	27		2.9	5.2	2.8	2.5
Yellow Squash	73		1.8	7.2	1.9	6.3
Broccoli	31		2.6	6	2.4	1.5
Carrots	52		1.2	12.3	3.6	6.1
Tomatoes (diced)	120		4	24	8	12
Cauliflower	25		2	5.3	2.5	2.4
Zucchini	36		2	8	2	4

NUTRITION CHART (in grams)

STARCHES (½ Cup cooked)						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
White Rice	118	1.7	2.1	22.9	0.5	
Brown Rice	124	1.1	2.6	25.8	1.2	
White Potato	80	2.5	1.5	13.5	1.8	0.5
Sweet Potato	90		2	21	3.5	7
Quinoa	222	3.6	8.2	39.4	5.2	1.6
Couscous	88	1	3	18.2	2	
Yellow Corn	60		2	11	2	7
Black Beans	220	2	14	38	14	2
Whole Grain Bread (1 slice)	100		4	20	4	3
Whole Oats (½ cup)	150	3	5	27	4	1
Steel Cut Oats (½ cup)	150	2.5	5	27	4	1

NUTRITION CHART (in grams)

OTHER CARBOHYDRATES						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
Nut Thins (1 Serving)	130	2.5	3	23	1	
Baked Tostitos (1 Serving)	120	3	2	22	2	
Pop Chips (1 Serving)	120		2	18	1	
Bagged Air Pop Popcorn (4 cups)	130	3.5	3	22	4	

FRUIT (½ Cup Fresh)						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
Strawberries	24		0.5	6	1.5	3.5
Blueberries	40		0.5	10	2	7
Orange Slices	40		1	11	2	8
Grapefruit Slices	50		1	12	2	10
Banana (1 medium)	105	0.4	1	27	3	14
Apple Slices (½ cup)	30			7	1	6

NUTRITION CHART (in grams)

NUTS (1 oz serving)						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
Almonds	160	14	6	6	3	1
Macadamia	200	21	2	4	2	1
Walnuts	185	18.5	4.3	3.9	1.9	0.7
Pecans	190		3	4	3	1
Peanuts	160	14	7	5	2	1

A LA CARTE						
	CALORIES	FAT	PROTEIN	CARBS	FIBER	SUGAR
Hummus (2 tbsp)	70	5	2	4	2	1
100 Calorie Pack guacamole	100	9	1	5	3	
Re-fried Beans (½ cup)	100	1	6	18	5	1
Dried Fruit (¼ cup)	110		1	29	4	17

SNACK IDEAS

Bagel Box

2 oz smoked salmon, 1 hard boiled egg, 7 slices cucumber, 7 pita crackers, 2 tbsp. dill cream cheese (265 calories, 16g protein, 13 fiber, 23g carbs)

Classic

4 oz deli turkey, 6 cheese cubes, ½ cup grapes, 10 pretzel crisps (337 calories, 21g protein, 9g fiber, 41g carbs)

Mediterranean

4 oz deli turkey, 7 olives, baby carrots, celery, 2 tbsp. hummus (251 calories, 15g protein, 13g fiber, 16g carbs)

Sweet Classic

4 oz deli turkey, 10 pretzel crisps, ½ apple sliced, 2 tbsp. pb yogurt dip (282 calories, 25g protein, 3g fiber, 39g carbs)

Garden Fresh

6 baby sweet peppers, grape tomatoes, 1 hard boiled egg, ½ cucumber sliced, 2 tbsp. dill yogurt dip (115g calories, 11g protein, 5g fiber, 7g carbs)



SNACK IDEAS

- Apple Slices
- Carrots with guacamole
- Sliced Veggies and Hummus
- Medium banana
- Dried Fruit chips, no sugar added
- String Cheese and grapes
- Fruit with Skinny Nutella
- Air Popped popcorn
- Rolled turkey breast (boars head)
- Fresh Fruit Popsicle
- 1 serving almonds
- Small garden salad
- Steamed edamame with salt
- 1 cup of fresh berries
- 1 cup cottage cheese
- Sliced red pepper with hummus
- Raw veggies and skinny ranch dip (made with Greek yogurt)
- Sliced tomato and feta
- 1 Serving of walnuts



SNACK IDEAS

- Small box of raisins & ½ serving nuts
- Greek yogurt with blueberries
- Protein smoothie
- ½ sweet potato with cinnamon
- Rice cake and nut butter
- Protein bar
- PBfit and cacao nibs
- 1 serving of macadamia nuts
- 1 serving of pumpkin seeds
- 1 serving Lilly's chocolate
- Coconut yogurt with ¼ cup granola
- Baked sweet potato fries
- Grilled peaches with cinnamon
- Frozen grapes
- Veggie wrap with salsa
- DIY trail mix, 1/4 cup
- 1 cup rice and veggies
- ½ cup oatmeal & berries
- 1 serving cashews



SUGARS (AVOID AND USE)

Avoid

- Sucrose
- Malt Syrup
- Agave Syrup
- Modified Corn Starch & Corn Starch
- Mannitol
- Maltitol
- High Fructose Corn Syrup & Corn Syrup
- Maltose
- Sorbitol
- Dextrose
- Invert Sugar

Use

- Stevia
- Monk Fruit
- Honey
- Fruit
- Organic Evaporated Cane Juice
- Date Sugar



OILS (AVOID AND USE)

Avoid

- Hydrogenated Oils
 - Partially Hydrogenated Oils
 - Fractionated Oils
 - Vegetable Shortening
-

Use

- Organic Extra Virgin Olive Oil Cold Pressed
- Organic Coconut Oil Cold Pressed
- Organic Almond Oil
- Unrefined Walnut Oil



RESTAURANT GUIDE

CHICK-FIL-A

Chick-n-Minis (3 count)

280 calories, 16g protein, 10g fat, 31g carbs

Chargrilled Chicken Sandwich

300 calories, 29g protein, 4g fat, 38g carbs

Nuggets: (12 count)

400 calories, 42g protein, 17g fat, 18g carbs

Chargrilled Chicken Garden Salad

180 calories, 22g protein, 6g fat, 11g carbs

WENDYS

Jr. Hamburger

240 calories, 10g fat, 14g protein, 25g carbs

Grilled Chicken Sandwich

370 Calories, 3g Fiber, 34g Protein, 10g fat, 38g Carbs

Grilled Chicken Wrap

270 Calories, 2g Fiber, 20g Protein, 10g fat, 24g carbs

Chili

170 Calories, 4g Fiber, 15g Protein, 5g Fat, 16g carbs

Plain baked potato

270 Calories, 7g Fiber, 7g Protein, 0g fat, 61g carbs, 27g protein

JIMMY JOHNS

Any unwich, with all condiments except mustard on the side, so you can control the amount. Limit cheese. Add sprouts.

CHIPOTLE

They have a very nice nutrition calculator that you can literally create your own meal and it will customize your nutrition calculations.

www.chipotle.com/nutrition-calculator#

Recommendations:

- NO wraps
- Choose rice or beans
- Load up on veggies
- Choose guacamole or cheese and get on the side
- NO chips and salsa/queso

RESTAURANT GUIDE

STARBUCKS

Hearty Blueberry Oatmeal

220 calories, 2.5g fat, 43 carb, 5g fiber, 5g protein

Reduced-Fat Turkey Bacon & Cage Free Egg White Breakfast Sandwich

210 calories, 5g fat, 26g carbs, 3g fiber, 18g protein

Chicken & Quinoa Protein Bowl with Black Beans and greens

420 calories, 17g fat, 42g carbs, 9g fiber, 27g protein

Eggs & Cheese Protein Box

460 calories, 24g fat, 40g carbs, 5g fiber, 23g protein

Reduced-Fat Turkey Bacon & Cage Free Egg White Breakfast Sandwich

210 calories, 5g fat, 26g carbs, 3g fiber, 18g protein

Cauliflower Tabbouleh Side Salad

130 calories, 12g fat, 7g carbs, 3g fiber, 2g protein

WHICH WICH

Any bowl option with dressings on the side.

CANES

Not a damn thing and don't take your kids there either.

QDOBA

They have a nice calculator that will calculate as you build your option. I suggest doing this prior to going.

www.chipotle.com/nutrition-calculator

PIEOLOGY AND BLAZE

Both have a very nice calculator that you can build your pizza by the slice or for 8 slices and it will tell you the full nutrition. I recommend using this prior to ordering your pizza.

www.pieology.com/nutrition

RESTAURANT GUIDE

PANERA

Ancient grain & Arugula Salad with Chicken

360 Calories, 11g Total Fat, 37g Total Carb, 5g Fiber, 30g Protein

Asian Sesame Salad with Chicken

410 Calories, 21g Total Fat, 25g Total Carb, 4g Fiber, 32g Protein

Seasonal greens Salad

180 Calories, 11g Total Fat, 20g Total Carb, 4g Fiber, 4g Protein

Caesar Salad with Chicken

450 Calories, 27g Total Fat, 17g Total Carb, 2g Fiber, 35g Protein

Turkey Chili

340 Calories, 12g Total Fat, 39g Total Carb, 1g Fiber, 24g Protein

Cream of Chicken & Wild Rice Soup

260 Calories, 16g Total Fat, 27g Total Carb, 5g Fiber, 10g Protein

Low-Fat Chicken Noodle Soup

160 Calories, 5g Total Fat, 19g Total Carb, 3g Fiber, 14g Protein

ALL SANDWICH HALVES NOT WHOLE

Napa Almond Chicken Salad Sandwich

315 Calories, 16g Total Fat, 60g Total Carb, 2.5g Fiber, 14g Protein

Turkey Sandwich

270 Calories, 8.5g Total Fat, 32.5g Total Carb, 4.5g Fiber, 17.5g Protein

Mediterranean Veggie

225 Calories, 6.5g Total Fat, 33g Total Carb, 3g Fiber, 9g Protein

RESTAURANT GUIDE

TACO BELL

Breakfast Soft Taco Egg & Cheese

170 Calories, 9g Fat, 15g Carb , < 1g Sugar, < 1g Fiber, 7g Protein

Grilled Breakfast Burrito Bacon

Calories 350, Fat 17g, Carbohydrates 37g, Fiber 2g, Sugars 3g, Protein 13g

Grilled Breakfast Burrito Fiesta Potato

Calories 340, Fat 14g, Total Carbohydrates 43g, Fiber 3g, Sugars 3g, Protein 10g

Sausage Flat bread Quesadilla

Calories 330, Total Fat 18g, Total Carbohydrates 27g, Dietary Fiber 2g, Sugars 3g, Protein 14g

Chipotle Chicken Loaded griller

Calories 340, Total Fat 16g, Total Carbohydrates 36g, Fiber 2g, Sugars 3g, Protein 14g

Beefy Mini Quesadilla

Calories 210, Fat 11g, Carbohydrates 17g, Dietary Fiber 3g, Sugars 1g, Protein 9g

Shredded Mini Chicken Quesadilla

Calories 200, Total Fat 10g, Carbohydrates 15g, Dietary Fiber 1g, Sugars < 1g, Protein 10g

Spicy Tostada

Calories 210, Fat 10g, Carbohydrates 22g, Dietary Fiber 5g, Sugars 1g, Protein 6g

Anything from the fresco menu

Chalupa Supreme Chicken

Calories 330, Fat 16g, Total Carbohydrates 31g, Dietary Fiber 2g, Sugars 3g, Protein 16g



CYNTHIA WILLIAMS
fitness • nutrition • wellness

