

LITE BITES

healthy, tasty, easy and affordable!

NOW are even
LIGHTER!

Blackened Salmon...\$6.75

beans, brown rice, cauliflower, broccoli,
lemon, ginger gremolata
Calories 376
Fat 10.5g (25%)
Saturated Fats 1.6g (4%)
Mono-saturated Fats 5g
Protein 25g (26%)
Carbohydrates 46g (49%)

Turkey Bolognese...\$6

whole grain penne pasta, basil
Calories 311
Fat 5g (15%)
Saturated Fats 0.6g (1.5%)
Mono-saturated Fats 3g
Protein 16g (21%)
Carbohydrates 49g (64%)

Tilapia with Barley...\$6.75

vegetable barley, chard and roasted pears
Calories 262
Fat 5.5g (18%)
Saturated Fats 1g (3%)
Mono-saturated Fats 3g
Protein 21g (31%)
Carbohydrates 34.5g (51%)

Grilled Tuna...\$8.25

cucumber, mint gazpacho
Calories 219
Fat 11g (46%)
Saturated Fats 2g (8%)
Mono-saturated Fats 6g
Protein 20g (38%)
Carbohydrates 8g (16%)

Grilled Chicken Breast...\$6.50

wild rice, asparagus, pineapple salsa
Calories 266
Fat 5g (19%)
Saturated Fats 0.8g (3%)
Mono-saturated Fats 2.8g
Protein 24g (36%)
Carbohydrates 29.5g (45%)

Rainbow Trout...\$6.75

roasted corn and black beans,
charred tomatoes, salsa verde
Calories 247
Fat 9g (31%)
Saturated Fats 2g (7%)
Mono-saturated Fats 4g
Protein 23g (36%)
Carbohydrates 21g (33%)

Tilapia with Quinoa...\$6.75

mushroom quinoa, minted pea coulis
Calories 397
Fat 8.5g (19%)
Saturated Fats 1.5g (3%)
Mono-saturated Fats 4g
Protein 31g (32%)
Carbohydrates 49g (49%)

