



	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Dressings (2 oz)						
Balsamic Vinaigrette	320	2.5	210	7	0	0
Fat-Free Sun-Dried Tomato	15	0	390	3	1	1
Fat-Free Mango	40	0	15	10	1	1
Balsamic Vinegar	80	0	0	20	0	0
Poultry (4 oz)						
Herb-Marinaded Chicken	190	1	500	0	0	32
Spicy Chipotle Chicken	200	1	500	1	0	32
Pit-Smoked Turkey	110	0	590	1	0	23
Seafood (4 oz)						
Herb-Marinaded Shrimp	140	0	380	1	1	21
Seafood mix	180	0	810	7	0	6
Baked Salmon	260	3	340	0	0	19
Vegan Protein (4 oz)						
Falafel (3 pieces)	130	0	420	23	7	7
Quinoa	140	0	10	24	3	5
Baked Tofu	230	0	290	13	1	23
*Protein selections are less than 2 grams saturated fat and 600 mg sodium unless noted						
Soup (cup)						
Chipotle White Bean Soup	90	0	820	16	4	3
Broccoli Soup	120	5	780	10	4	4
Toppings						
<i>Low Calorie Toppings</i>						
	0-15	0	0-30	0-4	0-2	0-1
Carrots, Cucumbers, Tomatoes, Broccoli, Mushrooms, Green Bell Pepper, Jicama, Snap Peas, Radish, Edamame, Red Onion, Bean Sprouts, Mixed Cabbage, Alfalfa Sprouts, Cilantro, Beets, Atrichoke Heart, Apple, Strawberry, Pineapple, Mandarin Orange, Banana Peppers/Pepperoncini						
<i>Medium Calorie Toppings</i>						
	20-50	0-1	0-220	0-4	0-3	0-2
Corn, Black Beans, Green Peas, Green Olives, Kidney Beans, Chick Peas, Black Olives, Grapes, Avocado						
<i>Higher Calorie Toppings</i>						
Sun Dried Tomatoes	45	0	170	9	1	2
Raisins	80	0	0	22	1	0
Cranberries	90	0	0	23	2	0
Sesame Sticks	60	1	160	5	0	1
Pumpkin Seeds	50	0	35	1	1	2
Almonds	40	0	0	2	0	2
Walnuts	60	0	0	1	1	1
Chopped Egg	35	0	40	0	0	3