



Salata

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Dressings (2 oz)						
Balsamic Vinaigrette	290	2	200	6	0	0
Fat-Free Sun-Dried Tomato	10	0	350	2	1	1
Fat-Free Mango	40	0	10	8	1	1
Balsamic Vinegar	20	0	0	5	0	0
Poultry (4 oz)						
Grilled Chicken	190	1	510	0	0	35
Spicy Chipotle Chicken	190	1	500	1	0	32
Asian Barbecue Chicken	200	1	560	5	0	30
Turkey	90	0	510	1	0	20
Seafood (4 oz)						
Shrimp	100	0	290	1	1	35
Seafood mix	150	0	720	14	0	10
Salmon	190	2	250	0	0	14
Vegan Protein (4 oz)						
Falafel (3 pieces)	130	0	400	21	6	7
Quinoa	100	0	10	18	2	4
Baked Tofu	200	0	250	11	1	20
Soup (cup)						
Chipotle White Bean Soup	100	0	540	19	4	5
Toppings (small salad)						
<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, Artichoke 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, Chickpeas, Black Olives, Grapes, Avocado						



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Toppings (small salad) cont.						
<i>Higher Calorie Toppings</i>						
Sun-Dried Tomatoes	30	0	120	6	1	1
Raisins	50	0	0	13	1	1
Dried Cranberries	70	0	0	16	1	0
Sesame Sticks	70	0.5	180	6	0	1
Pumpkin Seeds	50	0	35	1	1	2
Almonds	40	0	0	2	1	2
Walnuts	50	0.5	0	1	1	1
Chopped Egg	40	1	30	0	0	3