

Southwest

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

2 cups Romaine

2 tbsp Carrots

4 Grape Tomatoes

2 tbsp Jalapenos

2 tbsp Corn

2 tbsp Kidney Beans

1/4 cup Red Cabbage

1/4 cup Green Bell Pepper

1 tbsp Black Olives

2 Cheddar
tbsp Cheese

1 fl oz Fat-Free
Ranch
Dressing



To complete your 700 meal...

GRAB an apple and an 8 fl oz bowl of Deep Kettle Chili with 1 tsp cheddar cheese and 1 tsp white onion. **GET** 1 slice of Cheesy Garlic Focaccia, and for a kick of that southwest spice, add 1 tsp of Jalapeños on top!

Did You know?

“This meal is high in Vitamin A, which protects eyesight and promotes healthy skin!”

- Rachael Derr, Registered Dietitian



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