

Antioxidant Boost

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

2 Cups Spinach

1/4 Cup Bell Pepper

2 Tbsp Carrots

1/4 Cup Red Cabbage

4 Grape Tomatoes

1 Tbsp Red Onion

4 Cauliflower Florets

4 Broccoli Florets

2 Tbsp Mushrooms

4 Slices Cucumber

2 Tbsp Garbanzo Beans

2 Tbsp Hard Boiled Eggs

2 Tbsp Ancient Grains
Quinoa Blend

1 fl oz Balsamic
Vinaigrette Dressing



To complete your 700 meal...

GRAB 6 fl oz bowl of Deep Kettle Chili with 2 tsp of sour cream, 1 tsp cheddar cheese and 1 tbsp green onions. **GRAB** a 1 Blueberry Muffin and 4 orange slices for dessert and **HAVE** 16 fl oz of unsweetened iced tea with lemon to drink. Voila!

Did You know?

“For your health: This meal is bursting with antioxidants! Antioxidants are found predominately in plant-based foods. These powerhouses protect our healthy cells from damage caused by free radicals.”

- Rachael Derr, Registered Dietitian



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