



Carb Conscious



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

- 2 Cups Romaine
- 1/4 Cup Red Cabbage
- 1/4 Cup Green Cabbage
- 2 Tbsp Shredded Carrots
- 8 Slices Cucumber
- 2 Tbsp Mushrooms
- 4 Grape Tomatoes
- 4 Broccoli Florets
- 2 Tbsp Garbanzo Beans
- 2 Tbsp Hard Boiled Eggs
- 2 Tbsp Black Olives
- 2 Tsp Sun Flower Seeds
- 1 fl oz House-made Balsamic Vinaigrette



To complete your 700 meal...

Try 8 fl oz of Big Chunk Chicken Noodle Soup with 1 tsp of green onions! Round out your meal with an apple and a 1/3 cup of Sugar-Free Chocolate Mousse for dessert.

Did You Know?

“This high fiber meal will satisfy your hunger, with just 62 grams of carbohydrates (within the typical recommended 75 gram per meal for most individuals with diabetes). A fiber rich diet can help lower cholesterol, decrease blood pressure, assist in weight loss and even aid in regulating blood sugar levels.”

- Rachael Derr, Registered Dietitian



Souplantation®

Follow us on

 @souplantation

 @souplantation

 @souplantation

Visit us at www.souplantation.com