

# Plant-Powered Protein

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

2 Cups Romaine Lettuce

1/2 Cup Red Cabbage

1/4 Cup Bell Pepper

1/4 Cup Mushrooms

1/4 Cup Radishes

1/4 Cup Garbanzo Beans

1/4 Cup Shredded Carrots

2 Tbsp Jalapeños

1 fl oz Wonton Happiness

**HACK:** Ask your salad bar attendant for Wonton Happiness dressing to create your own vegan version!



## To complete your 700 meal...

**TRY** 1 baked potato with 1 Tbsp of green onions, 2 Tbsp of kidney beans and 1/4 tsp of Tabasco Sauce®. **SOUPLANTATION HACK:** 1 apple sliced, dipped in 1 Tbsp of chocolate syrup and 1 Tbsp of Crumbled Chocolate Sandwich Cookies. **HAVE** a 16 fl oz of unsweetened iced tea with lemon to drink. Voila!

### Did You know?

“For your health: Eat the rainbow! Vegetables and fruits vary in color because they all have different levels of specific vitamins and minerals. The more colorful your plate, the more vitamins and minerals you are consuming!”

- Rachael Derr, Registered Dietitian



Souplantation®

Follow us on

 @souplantation

 @souplantation

 @souplantation

Visit us at [www.souplantation.com](http://www.souplantation.com)