



## Group Session 7

<b>Key Behavioral Strategies</b>	<ul style="list-style-type: none"> <li>■ Planning ahead</li> <li>■ Altering eating patterns: lunch</li> <li>■ Food purchasing</li> </ul>
<b>Participant Behavioral Strategies</b>	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"> <li>■ Review past diaries and identify lunch pattern and create possible healthier alternatives.</li> <li>■ Recognize potential cost advantage to eating at home.</li> <li>■ Try a new lunch meal</li> </ul>
<b>Process Objectives &amp; Session Content</b>	<ul style="list-style-type: none"> <li>■ Increase skills at purchasing foods to help meet healthy lifestyle and weight loss goals</li> <li>■ Try new lunch</li> <li>■ Learn how to plan ahead</li> </ul>
<b>Handouts</b>	<ul style="list-style-type: none"> <li>■ Shopping Tips</li> <li>■ Smart Shopper</li> <li>■ Meals in Minutes</li> <li>■ Recipe for a Healthy Lunch</li> <li>■ My Action Plan for the Week</li> <li>■ New Leaf Module handout "Eating Healthy on a Budget"</li> <li>■ Food and Fitness Diary (FFD)</li> <li>■ Recipes: Dinner wraps, grilled chicken salad, and hearty bean salad</li> </ul>
<b>Other Materials</b>	<ul style="list-style-type: none"> <li>■ Salad Dressings &amp; Spreads</li> <li>■ Nutrition Fact Sheets from Taste It restaurants</li> <li>■ <a href="http://www.subway.com/applications/NutritionInfo/index.aspx">http://www.subway.com/applications/NutritionInfo/index.aspx</a></li> <li>■ <a href="http://www.wendys.com/food/pdf/us/nutrition.pdf">http://www.wendys.com/food/pdf/us/nutrition.pdf</a></li> </ul>
<b>Topics/Agenda (2 hours)</b>	<p><b>TASTE IT! ~30 MINUTES</b></p> <p><b>CHECK-IN ~20 MINUTES</b></p> <p><b>TRY IT! DISCUSSION/ACTIVITIES ~50 MINUTES</b></p> <p style="padding-left: 20px;">Purchasing food</p> <p style="padding-left: 20px;">Introduce new lunch patterns</p> <p style="padding-left: 20px;">Environmental trigger for PA</p> <p><b>NEXT STEPS ~20 MINUTES</b></p> <p style="padding-left: 20px;">Action plan for purchasing food next week</p> <p style="padding-left: 20px;">Goal for trying new lunch</p> <p style="padding-left: 20px;">What to expect next week</p>



**I. Check-In**

- Breakfast changes attempted
- Physical activity experiences from last week
- Barriers identified and solutions tried
- Record keeping, calorie, physical activity

~ 20 minutes

■ **Check- In**

Sample discussion approach:

*Last week we talked about the importance of making time to have breakfast. How many days did you have breakfast? How did you feel about the changes you made? How did you feel the rest of the day? Are there other changes you want to make?*

*We also talked about making time for those things that are important including time for yourself. Was anyone able to readjust their schedule or find additional time? How were you about to do so? Did you ask for help? Did you say no to certain things you might have said yes to in the past? Did you try to plan your days better? Did you plan time for exercise? What got in the way?*

Your Notes:



**II. Try It**

- Planning ahead for meals
- Purchasing your food
- Planning and purchasing ahead for lunch

**1. Planning ahead for meals**

- Discuss the importance of planning ahead
- Discuss how planning ahead helps with time management

Sample Discussion Approach:

*We talked about making time for the things that are important to us. One way to use our time better is to plan ahead. What do I mean when I say plan ahead? Can someone give me an example of how planning ahead has helped them lose weight? (Examples include thinking ahead about what you eat, writing down menus for breakfast, lunch, and dinners, writing down and taking a shopping list to the grocery store, writing out meal plans for a week at a time, anticipating schedule and how that affects food choices, planning meals around*

Your Notes

*Refer participants to New Leaf handout "Eating Healthy on a Budget" for additional information. The handout can serve as a resource for more information but will not be covered in class.*

~50 minutes

*regular and special events, etc.)*

*What about exercise? Do you have to plan ahead to make sure that you are able to exercise each week? We have tried to incorporate planning throughout the sessions so that it is easier for you to reach your goal. Has this helped? What have some of the challenges been? What happens if you do not plan ahead? What about with meals and eating patterns?*

*If we don't plan our meals ahead, it is very tempting to eat unhealthy foods when we are hungry. We can also be talked into going to a restaurant that is not necessarily healthy. Even if we go to the restaurant, it is helpful if we think ahead as to what we will order and stick to it. This prevents our stomachs from dictating what we eat. It also helps to schedule our meals. Just as we spoke about making time for breakfast last week, we need to make time for our other meals.*

**2. Purchasing your food**

- Define purchased food
- Discuss cost issues

Sample discussion approach:

*One of the key components of planning meals is having healthy food on hand or available to us at meal time. What can go wrong or right when you purchase your food? This is not just going to the grocery store. It includes restaurants, even vending machines.*

*What do we need to consider when purchasing food? It is not only deciding what to buy, but how much to buy, when to go shopping, etc. When purchasing food you also want to compare products. This can be by reading labels or looking at different preparation methods. You should also take an active role in deciding where to go out to purchase your food. For instance, if your husband always wants to go*

*the fried fish restaurant, suggest another restaurant that serves fried fish in addition to grilled or baked fish. Or if the temptation is too great, go somewhere that doesn't have fried fish (or your other favorite food). How can you get the support of your husband or other family members to try something new? What can you do if they don't like the new foods?*

*Let's look at the **Shopping Tips** handout. How do you feel about these tips? Are they easy to follow? Do you have other helpful tips for the group?*

*We also have a preprinted shopping list for you to help remind you of things that you may not normally buy. Keeping these types of foods on hand should make it easier to make meals at home or plan ahead for lunch. (Distribute **Smart Shopper** list).*

### 3. Planning and purchasing ahead for lunch

- Discuss new potential lunch options
- Practice building healthy lunch menus

*Sample discussion approach:*

*Look at your diary at some of the lunches you ate during the week. Did you eat these out? Did you bring your lunch? Planning ahead and bringing your lunch can help you keep to your diet. If you brought your lunch, you will not be tempted to go for fast food or something less healthy. You can also save a lot of money by planning ahead. How much do you typically pay for lunch? Now, think about packing lunch for yourself. How much would that cost? It is true that sometimes healthier foods can be inexpensive, but preparing a healthier lunch from home can be just as cost efficient.*

*Now, let's see if we can help each other come up with healthier lunch options. (Distribute **Recipe for a Healthy Lunch** worksheet). For this activity, you may work in pairs. We want you to come up with a*

*lunch that has less than 600 calories, at least 3 servings of vegetables or fruit and at least 1 serving of whole grains.*

- Remember that a serving of vegetables is ½ cup, a serving of fruit is a small piece of fruit or a cup of juice and a whole grain serving is a slice of bread or a ½ cup or small roll.*
- You can use your food records for inspiration. You may want to alter something you or your partner ate this week or you can pick your typical lunch restaurant and try to create a healthy menu from there.*
- One thing to keep in mind is that many of the vegetables we purchase out or even cook at home have added fat.*
- Don't forget to count this as calories if you are going to include it in your lunch. The same goes for salad dressing.*

*(Let participants work in pairs and circulate to answer any questions. Have groups share the examples and have the other groups make suggestions for even healthier options or give alternative substitutions.) Great example. Can anyone think of ways to make this menu even healthier (e.g. Add more vegetables; eat a piece of fruit, etc.)? What are some substitutions you can make to this menu to align with your tastes and eating habits?*

*Now we would like to talk about something we discussed in session 5, choosing the right mix of **fiber, protein, and healthy fat** for each meal. Did anyone have a lunch that was perhaps low in fiber but high in protein? How do you think that lunch will make you feel after you eat it? Look at the RECIPE you chose and think about how we can make changes to make sure it has fiber, protein, and a healthy fat. What have we learned about the role of protein and healthy fat in the diet? [If no one responds remind them about how protein and fat help keeps us full and satisfied. The KEY is controlling your calories.]*

*The next time you are choosing lunch or preparing lunch what do you think you will choose? **Always start your meals with lots of***

*veggies and/or fruits and then add lean protein, a small amount of healthy fat, and finish it off with some high fiber grains. The KEY is to stay within your calorie range while still eating foods that will keep you full.*

**III. Taste It**



**THEME:** Lunch

**~ 30 minutes**

**Purpose:** To provide participants with healthy moderate fat/high fiber lunch foods to sample  
 Choose one of the meals from the **Meals in Minutes** handout to prepare for program participants to sample.

**Materials/Equipment:**

- Sandwich made w/ high-fiber bread (at least 3 grams. per slice), low fat turkey and shredded vegetables
- Low-fat Subway sandwich
- Wendy's oriental chicken salad without the dressing
- plates, spoons and forks; coupons if available
- Food needed for Meals in Minutes handouts.

**Suggested Handouts:**

Salad Dressings & Spreads

Nutrition Fact sheet from Wendy's and Subway

<http://www.wendys.com/food/pdf/us/nutrition.pdf>

<http://www.subway.com/applications/NutritionInfo/index.aspx>

**Facilitation Questions to generate discussion among participants:**

*How did these lunch foods compare to what you usually eat? What did you like? Why? What didn't you like? Why? How does making healthy lunch choices fit with your goals? How do you feel when you eat a*

Your Notes

high-fat meal midday? How do you feel when you eat a high-fiber/low-fat meal for lunch?

**Ideas on how to present Taste It (including ways to address portion size, calories, etc):**

This is an excellent opportunity to show how the portion size of salad dressing (Wendy’s salad w/ and w/out dressing) can drastically affect calorie intake. Allow participants to calculate the calories in the salad with and with out the various add-ins. Bring in Wish Bone Spritzer dressing and “spritz” salad with 10 sprays. Allow participants to taste salad with just a hint of healthy fat dressing and then taste dressing with 2T of non-fat dressing. Discuss mouth feel, taste, and preference. Remind participants the choice is theirs about how many calories they would like to add to food, but choosing a moderate portion of healthy fat dressings helps to absorb the good stuff from the veggies and may help them feel satisfied in the long run.

**IV. Next Steps**



- Plan for the Week
- Tracking (Self-Monitoring)
- What to expect next week

**~20 minutes**

**1. Action Plan for the Week**

Participants write a weekly action plan (handout “**My Action Plan for the Week**”) in at least the following areas:

- lunch ideas
- physical activity links
- participant choice

**2. Tracking (Self-Monitoring)**

The recommended tracking for the week is:

- a. Write down all the food you eat and drink every day.
- b. Calculate the calories from the foods you eat and drink, total, and summarize for at least 3 days.
- c. Keep track of servings of fruits and vegetables each day.
- d. Write down the minutes of exercise above your normal

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routine.

**3. What to expect next week**

- We will talk about stress management
  - Bring comfortable clothes and shoes for the Do It!
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# Shopping Tips

- Make a list before you shop and stick to the list
- Don't go shopping when you are hungry
- Avoid parts of the store that are tempting to you
- Only use coupons for healthier food options
- Be aware of current moods and don't let that feeling rule the purchase of foods that are not good for you
- Don't buy a food simply because it is on sale
- Buy healthy choices to keep in the house
- Read labels and make comparisons
- Help do the shopping and planning if you do not currently do so



## Recipe for a Healthy Lunch

1 serving (at least) of whole grains  
3 servings (at least) of vegetables or fruit

- Mix with meat, dairy, and/or other grains
- Add little fat
- Add little to no salt

Calories per lunch: less than 600

*Serves 1*

## My Healthy Lunch

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# Meals in Minutes



## GRILLED CHICKEN SALAD

### Ingredients:

- Chicken breast
- Garlic, fresh, minced
- Olive oil
- Pre-packaged salad/spinach
- Tomato
- Other vegetables as desired
- Reduced calorie salad dressing

### Preparation:

- Cook chicken in a non-stick pan with garlic and 1 tsp. olive oil
- Slice warm chicken into thin, diagonal slices
- Place serving of salad on plate, top with chicken slices, chopped tomato, and other veggies
- Use reduced calorie salad dressing
- Serve with bread (if desired)

## DINNER WRAPS

### Ingredients:

- Whole wheat flour tortillas
- Chicken breast, salmon, or sturdy white fish
- Lettuce, shredded
- Tomato
- Sweet white or yellow onion
- Other seasonal vegetables like: zucchini, asparagus, broccoli, sweet peppers, mushrooms
- Fresh Cilantro

### Preparation:

- Grill meat to desired doneness, cut into small 1"-sized pieces
- Stir-fry onions with seasonal vegetables until tender crisp
- Warm tortillas in a steamer or microwave oven (no fat added)
- Place meat, lettuce, tomato, and cilantro inside tortilla wraps
- Top with stir-fried vegetables
- Serve with steamed rice

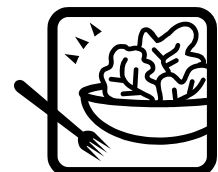
## HEARTY BEAN SALAD

### Ingredients:

- 2 cans black beans, drained and rinsed
- 1 can whole kernel corn
- 1 large green bell pepper
- 1 large red bell pepper
- 1 large or 2 small tomatoes (or 1 can diced tomatoes, Rotel-type)
- ½ cup chopped red onion
- 1 Tbsp. chopped fresh cilantro
- 1 tsp. crushed red pepper or a pinch of cayenne
- Reduced calorie Italian dressing to taste

### Preparation:

- Mix ingredients and serve
- Stuff in a pita bread and add lettuce and/or sprouts
- Serve over a large green salad
- Eat as a dip with baked tortilla chips
- Role up in a flour tortilla and top with fat-free sour cream and salsa





# My Action Plan for the Week

**GOAL #1:** Eat healthy lunches

3 healthy lunches I can eat this week
1.
2.
3.

**GOAL #2:** 30 minutes of moderate physical activity on 5 days of the week

Day	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
	<b>TOTAL</b>	

**GOAL #3:** Keep track of all food/drinks and physical activity in the Food and Fitness Diary every day

Things that may get in my way	How I can make sure they don't
1.	1.
2.	2.
3.	3.

**GOAL #4:** My other goal is:

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What I need to do to reach this goal:

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## Smart Shopper

### Produce

- Banana
- Apples
- Melon
- Oranges
- Apples
- Raisins/dried fruit
- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Fresh greens
- Squash
- Spinach
- Garlic
- Onions
- Sweet potatoes
- Red potatoes

### Grains/Cereals

- Whole wheat bread
- Oatmeal
- Pasta
- Rice (long grain, brown)
- Barley
- Whole grain crackers
- Graham crackers
- Grits
- Whole grain Cereal
- Bran cereal
- Cream of wheat

### Beverages

- Orange juice
- Apple juice
- Tea (herbal, black)
- Coffee

### Refrigerator

- Butter
- Cheese (partially skim)
- Milk (1% or skim)
- Yogurt
- Cottage cheese (2%)
- Soy milk
- Eggs
- Tortillas (whole wheat or corn)

### Freezer

- Broccoli
- Corn
- Green beans
- Peas
- Spinach
- Fruit (no sugar added)

### Meat

- Fish fillets (not breaded)
- Shrimp
- Chicken (skinless, boneless)
- Beef (lean ground, tenderloin, steaks)
- Turkey (cutlets, ground breast)

### Baking/Cooking

- Canola oil
- Olive oil
- Flour
- Brown sugar
- Sugar
- Maple syrup

### Canned products

- Canned broth (beef, chicken, vegetable)
- Canned fish (tuna, salmon)
- Canned fruit in fruit juice
- Canned mixed green chiles
- Canned tomato products (paste, sauce, whole)
- Dried or canned beans (black, pinto, kidney)
- Olives

### Nuts/Seeds

- Peanut butter
- Peanuts
- Nuts
- Seeds

### Seasonings

- Dried herbs and spices
- Salt
- Pepper
- Vinegar (white wine, cider, balsamic)
- Soy sauce
- Worcestershire sauce
- Mayonnaise (reduced calorie)
- Mustard
- All-fruit spread (jam, jelly)

### Other

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# Salad Dressings and Spreads

Can't figure out how to choose your salad dressings and spreads? Sometimes it's not easy when you're looking at calories, fat, and sodium. Here are some tips to help you make the right choices for your health.

## What's the difference between regular, light, low fat, and fat free dressings?

The main difference is in the amount of fat and calories. The fat comes from canola or soybean oils which are good for you, in the right amount. Here is how **1 tablespoon** of regular, low-fat, and fat-free dressings compare:



Regular	120 calories
Light or low fat	60 calories (half the calories of regular)
Fat-free	30 calories

## What about the sodium?

**Sodium** is part of salt and using too much of it can cause blood pressure to go up in some people. Some store-bought salad dressings can have as much as **300-500** milligrams of sodium in 2 Tablespoons. That's a lot of sodium. Look at the sodium in your favorite salad dressing. If you need to cut back on sodium, you may want to try making your own salad dressing (see recipe at the back).



## How do some of the popular salad dressings and spreads compare?

Use the table below to help you choose the right dressing or spread for you.

Dressing (2 Tablespoons)	Calories	Fat (grams*)	Sodium (mg)
Italian			
Regular	90	8	490
Light	35	2	350
Fat-free	20	0	380
Ranch			
Regular	150	14	260
Light	80	7	290
Fat-free	30	0	310
Thousand Island			
Regular	110	10	330
Light	60	2	340
Vinaigrette			
Regular	90	8	320
Light	25	1	290
Spritzer Vinaigrette: 10 sprays (regular)	10	1	130
Blue Cheese			
Regular	120	13	380
Light	80	6	390
Mayonnaise, <b>1 Tablespoon</b>			
Regular	90	10	90
Light	45	4.5	120
Miracle Whip dressing, <b>1 Tablespoon</b>	35	3	100

\* 5 grams = 1 teaspoon.

## Can I make my own salad dressing?

Sure! Making your own salad dressing is easy! It's also a good way to cut back on the salt (sodium). Here's an easy recipe for you to try.

### Italian Dressing

Makes **4 servings**

3 Tablespoons olive oil  
 1 Tablespoon lemon juice (fresh or bottled)  
 2 garlic cloves or 1 teaspoon minced garlic or ¼ tsp. garlic powder  
 ¼ teaspoon salt and ¼ teaspoon pepper

1. Mix the olive oil and lemon juice in a container with a cover.
2. Press garlic cloves with a garlic press (or add minced garlic or garlic powder)
3. Add salt and pepper and shake.

**Nutrition Information Per Serving:** Calories 120      Fat 10g      Sodium 140

Garden Sensations® Salads Flavor-Packed Entrée Salads* Prepared Fresh Daily	Nutrition Facts													% Daily Value				
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Potassium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Mandarin Chicken® Salad</b> Iceberg, Romaine, Spring Mix, Mandarin Oranges, Diced Chicken	1 ea.	348	170	15	2	0.5	0	60	480	660	18	3	13	23	70	50	6	10
Crispy Noodles	1 pkt.	14	60	20	2	0	0	0	170	15	10	0	1	1	0	0	0	2
Roasted Almonds	1 pkt.	21	130	100	11	1	0	0	70	160	4	2	1	5	0	0	6	6
Oriental Sesame Dressing	1 pkt.	64	190	100	11	1.5	0	0	490	30	21	0	19	1	0	2	2	2
<b>Caesar Chicken Salad</b> Romaine, Grape Tomatoes, Parmesan Cheese, Diced Chicken	1 ea.	282	190	45	5	2.5	0	70	620	800	9	4	4	27	190	90	20	10
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Caesar Dressing †	1 pkt.	28	120	120	13	2.5	0	20	220	5	1	0	0	1	0	2	2	0
<b>Chicken BLT Salad</b> Iceberg, Romaine, Spring Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese, Bacon Pieces, Diced Chicken	1 ea.	374	340	160	18	9	0	100	980	840	17	4	6	35	90	50	30	10
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Honey Mustard Dressing	1 pkt.	64	280	230	26	4	0	25	370	10	11	0	10	1	0	0	2	2
<b>Southwest Taco Salad</b> Iceberg, Romaine, Diced Tomatoes, Cheddar Cheese, Wendy's Chili	1 ea.	501	440	200	22	12	1	80	1,100	860	32	9	10	30	80	35	45	20
Reduced Fat Acidified Sour Cream	1 pkt.	28	50	35	4	2.5	0	10	30	0	2	0	1	1	2	0	4	0
Seasoned Tortilla Strips	1 pkt.	21	110	45	5	1	0	0	160	40	13	1	0	2	2	0	4	4
Ancho Chipotle Ranch Dressing	1 pkt.	43	110	90	10	2	0	15	330	55	4	0	2	1	2	10	4	0
<b>Additional Salad Dressings</b>																		
Fat Free French	1 pkt.	64	80	0	0	0	0	0	210	10	19	0	16	0	2	2	0	2
Reduced Fat Creamy Ranch	1 pkt.	64	100	70	8	1.5	0	15	450	80	6	1	3	1	0	0	6	2
Low Fat Honey Mustard	1 pkt.	64	110	30	3	0	0	0	340	15	21	0	16	0	0	0	2	2
Italian Vinaigrette	1 pkt.	64	140	110	12	2	0	0	400	10	9	0	8	0	0	2	0	2
Creamy Ranch	1 pkt.	64	230	200	23	4	0	15	450	70	5	0	3	1	0	0	4	2
Blue Cheese	1 pkt.	64	260	240	27	5	0	35	480	20	3	0	1	2	2	0	4	2
Thousand Island	1 pkt.	64	260	220	25	4	0	20	440	0	8	0	7	1	2	0	2	2

\* Toppings and Salad Dressings listed separately. † Chicken Caesar Salad is served with 2-1oz. packets of Caesar Dressing

Beverages and Frosty™ Refreshments for Everyone's Thirst	Nutrition Facts													% Daily Value				
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Potassium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Milk, 2% Reduced Fat Milk</b>	1 ea.	227	120	40	4.5	3	0	20	125	360	12	0	11	7	10	4	30	0
<b>Milk, 1% Low Fat Chocolate</b>	1 ea.	227	170	20	2.5	1.5	0	15	200	380	28	0	26	8	10	4	30	0
<b>Diet Coke®, Small Cup*</b>	1 ea.	325	0	0	0	0	0	0	15†	30	0	0	0	0	0	0	0	0
<b>Sprite®, Small Cup*</b>	1 ea.	338	130	0	0	0	0	0	30†	0	34	0	34	0	0	0	0	0
<b>Coca-Cola®, Small Cup*</b>	1 ea.	339	140	0	0	0	0	0	0†	0	37	0	37	0	0	0	0	0
<b>Dasani® Water</b>	1 ea.	479	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Junior Original Chocolate Frosty</b>	1 ea.	113	160	35	4	2.5	0	15	75	260	28	0	21	4	8	0	15	8
<b>Small Original Chocolate Frosty</b>	1 ea.	227	330	70	8	5	0	35	150	530	56	0	42	8	15	0	30	15
<b>Medium Original Chocolate Frosty</b>	1 ea.	298	430	100	11	7	0	45	200	690	74	0	55	10	20	0	40	20
<b>Junior Vanilla Frosty</b>	1 ea.	113	150	35	4	2.5	0	20	90	250	26	0	21	4	8	0	15	0
<b>Small Vanilla Frosty</b>	1 ea.	227	310	70	8	5	0	35	180	500	52	0	43	8	15	0	30	0
<b>Medium Vanilla Frosty</b>	1 ea.	298	410	90	10	6	0.5	45	240	660	68	0	57	11	20	0	40	0
<b>Fix 'N Mix Original Chocolate Frosty</b>	1 ea.	117	170	35	4	2.5	0	20	80	270	29	0	22	4	8	0	15	8
<b>Fix 'N Mix Vanilla Frosty</b>	1 ea.	117	160	35	4	2.5	0	20	95	260	27	0	22	4	8	0	15	0
Oreo® Cookie Crumbles	1 pkt.	21	100	40	4	1.5	0	0	115	40	15	1	9	1	0	0	0	6
Butterfinger® Candy Crumbles	1 pkt.	28	130	45	5	2.5	0	0	65	55	20	1	13	2	0	0	2	2
M&M's® Candy Crumbles	1 pkt.	28	140	50	6	3.5	0	5	15	75	20	1	18	1	2	0	2	2

\*To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Value (16 oz.) soft drink, multiply by 0.8; Medium (32 oz.) soft drink, multiply by 1.6; Large (42 oz.) soft drink, multiply by 2.1.

†The sodium value will vary based on the level of sodium in your city's water supply.

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M&M's® is a registered trademark of Mars, Incorporated.



Side Selections Numerous Options for a Balanced Meal	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Side Salad</b> Iceberg, Romaine, Cucumbers, Grape Tomatoes, Carrots	1 ea.	168	35	0	0	0	0	0	25	330	8	2	4	1	90	25	4	4
<b>Caesar Side Salad</b> Romaine, Parmesan Cheese, Bacon Pieces	1 ea.	99	80	40	4.5	2	0	10	240	240	6	2	1	6	100	35	10	6
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Caesar Dressing	1 pkt.	28	120	120	13	2.5	0	20	220	5	1	0	0	1	0	2	2	0
<b>Mandarin Orange Cup</b>	5 oz.	142	80	0	0	0	0	0	15	90	19	1	17	1	2	40	2	4
<b>Low Fat Strawberry Flavored Yogurt</b>	1 ea.	142	140	10	1.5	1	0	5	90	270	27	0	24	6	2	2	20	2
Granola Topping	1 pkt.	21	110	40	4.5	0.5	0	0	0	60	15	1	6	2	0	0	2	4
<b>Plain Baked Potato</b>	10 oz.*	283	270	5	0	0	0	0	25	1560	61	7	3	7	0	60	6	15
<b>Sour Cream &amp; Chives Baked Potato</b>	1 ea.	312	320	40	4	2.5	0	10	55	1560	63	7	4	9	4	60	8	15
Potato, Reduced Fat Acidified Sour Cream, Chives																		
Buttery Best Spread	1 pkt.	11	50	50	6	1	0	0	90	0	0	0	0	0	8	0	0	0
<b>Small Chili</b>	8 oz.	227	220	60	6	2.5	0	35	780	410	23	5	6	17	4	4	8	15
<b>Large Chili</b>	12 oz.	340	330	80	9	3.5	0.5	55	1170	610	35	8	9	25	6	6	10	20
Hot Chili Seasoning	1 pkt.	7	5	0	0	0	0	0	270	0	2	0	1	0	0	0	0	0
Saltine Crackers	2 ea.	6	25	5	0.5	0	0	0	95	0	4	0	0	0	0	0	0	2
Cheddar Cheese, shredded	2 T.	17	70	50	6	3.5	0	15	110	15	1	0	0	4	4	0	10	0
<b>Baked Lay's</b>	1 bag	32	130	20	2	0	0	0	200	290	26	2	2	2	0	4	4	2
<b>Kids' Meal French Fries</b>	2.5 oz.	71	210	90	10	1.5	0	0	210	380	26	3	0	3	2	4	0	4
<b>Small French Fries</b>	4.5 oz.	128	370	160	18	2.5	1	0	380	680	47	5	0	5	2	8	2	6
<b>Medium French Fries</b>	5 oz.	142	420	180	20	3	1	0	430	760	53	5	0	6	2	10	2	6
<b>Large French Fries</b>	6.5 oz.	184	540	240	26	4	1	0	550	980	69	7	0	7	4	10	2	10

\* Average weight.

Recommended portion sizes. Fries are individually portioned at every restaurant. Variances will exist from restaurant to restaurant.

Crispy Chicken Nuggets Crispy All-White Meat for Full Flavor Dipping	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>4 Piece Kids' Meal Nuggets</b>	4 pc.	60	190	110	12	2	0	30	420	160	10	0	1	10	0	0	0	2
<b>5 Piece Nuggets</b>	5 pc.	75	230	140	15	3	0	35	520	200	12	0	1	12	0	0	0	2
<b>10 Piece Nuggets</b>	10 pc.	150	460	270	30	6	0	70	1040	390	24	0	1	24	0	0	2	6
Barbecue Nugget Sauce	1 pkt.	28	45	0	0	0	0	0	170	105	10	0	8	1	0	0	0	4
Sweet & Sour Nugget Sauce	1 pkt.	28	50	0	0	0	0	0	120	20	13	0	11	0	0	2	0	0
Honey Mustard Nugget Sauce	1 pkt.	28	130	110	12	2	0	10	220	15	6	0	5	0	0	0	0	0
Heartland Ranch Dipping Sauce	1 pkt.	35	200	200	22	3.5	0	15	280	20	1	0	1	0	0	0	0	0
Wild Buffalo Ranch Dipping Sauce	1 pkt.	35	180	170	19	3	0	10	420	15	2	0	1	0	2	2	0	0

This nutrition information is current as of December 2006.

## Sandwiches

100% Ground Beef and  
Whole-Breast Chicken Fillets  
Taste Great

	Nutrition Facts														% Daily Value			
	Serv/ing Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Jr. Hamburger</b> 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	117	280	80	9	3.5	0.5	30	590	210	34	1	7	15	0	0	2	20
<b>Jr. Cheeseburger</b> 2 oz.* Patty, American Cheese Jr., Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	129	320	110	13	6	0.5	40	810	220	34	1	7	17	6	2	10	20
<b>Jr. Cheeseburger Deluxe</b> 2 oz.* Patty, American Cheese Jr., Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	179	360	140	16	6	0.5	45	870	300	37	2	8	18	10	8	10	20
<b>Jr. Bacon Cheeseburger</b> 2 oz.* Patty, American Cheese Jr., Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	161	370	160	17	7	0.5	50	790	280	34	2	6	19	10	6	10	20
<b>Double Jr. Cheeseburger Deluxe</b> 2-2 oz.* Patties, American Cheese Jr., Mayonnaise, Ketchup, Mustard, Onion, Dill Pickles, Tomato, Lettuce, Sandwich Bun	1 ea.	216	460	210	23	9	1	75	1000	410	37	2	8	27	10	8	10	25
<b>Hamburger, Kids' Meal</b> 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	110	270	80	9	3.5	0.5	30	590	200	33	1	6	15	2	0	2	20
<b>Cheeseburger, Kids' Meal</b> 2 oz.* Patty, American Cheese Jr., Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	122	320	110	13	6	0.5	40	810	210	34	1	7	17	6	0	10	20
<b>Ham &amp; Cheese Sandwich, Kids' Meal</b> Black Forest Ham, Lettuce, Sandwich Bun	1 ea.	120	240	60	6	3	0	30	900	210	32	1	6	14	6	2	8	15
<b>Turkey &amp; Cheese Sandwich, Kids' Meal</b> Roasted Turkey Breast, Lettuce, Sandwich Bun	1 ea.	128	250	60	6	3	0	25	910	310	34	1	5	14	6	2	8	15
<b>Classic Single® w/ Everything</b> 1/4 lb.* Patty, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	218	420	180	20	7	1	65	880	420	37	2	8	25	8	8	4	25
<b>Big Bacon Classic®</b> 1/4 lb.* Patty, American Cheese, Bacon, Mayonnaise, Ketchup, Dill Pickles, Onion, Tomato, Lettuce, Kaiser Roll	1 ea.	282	590	270	30	12	1.5	90	1510	570	46	3	11	34	20	15	15	25
<b>Ultimate Chicken Grill Sandwich</b> Ultimate Chicken Grill Fillet, Honey Mustard Sauce, Tomato, Lettuce, Kaiser Roll	1 ea.	227	370	70	8	1.5	0	60	1070	550	44	2	10	33	6	10	4	20
<b>Spicy Chicken Fillet Sandwich</b> Spicy Chicken Fillet, Mayonnaise, Tomato, Lettuce, Kaiser Roll	1 ea.	231	480	150	17	3	0	60	1400	530	53	4	8	29	6	8	4	15
<b>Homestyle Chicken Fillet Sandwich</b> Homestyle Chicken Fillet, Mayonnaise, Tomato, Lettuce, Kaiser Roll	1 ea.	228	470	150	16	3	0	45	1210	500	55	2	8	27	6	8	4	15
<b>Chicken Club Sandwich</b> Homestyle Chicken Fillet, Bacon, Swiss Cheese, Mayonnaise, Lettuce, Tomato, Kaiser Roll	1 ea.	273	650	280	31	11	0.5	95	1580	570	56	2	8	40	15	8	40	20
<b>Crispy Chicken Sandwich</b> Crispy Chicken Patty, Lettuce, Mayonnaise, Sandwich Bun	1 ea.	157	380	130	14	2.5	0	40	880	300	44	1	5	19	2	2	2	15
<b>Deluxe Crispy Chicken Sandwich</b> Crispy Chicken Patty, American Cheese, Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	199	450	170	19	5	0	55	1200	390	46	2	7	23	10	8	10	15
<b>Black Forest Ham &amp; Swiss Frescata™</b> Black Forest Ham, Swiss Cheese, Honey Mustard Sauce, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	252	470	170	19	6	0	60	1480	510	50	4	8	27	25	20	20	20
<b>Roasted Turkey &amp; Swiss Frescata</b> Roasted Turkey Breast, Swiss Cheese, Mayonnaise, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	267	480	180	20	6	0	60	1520	700	52	4	4	25	25	15	20	20
<b>Frescata Club</b> Roasted Turkey Breast, Black Forest Ham, Bacon, Mayonnaise, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	249	440	150	17	3.5	0	50	1610	610	50	4	5	23	20	15	2	20
<b>Roasted Turkey &amp; Basil Pesto Frescata</b> Roasted Turkey Breast, Roasted Red Peppers, Basil Pesto Spread, Romaine Lettuce, Artisan Bread	1 ea.	225	420	140	15	3	0	40	1520	590	50	4	3	21	35	35	6	20
<b>Frescata Italiana</b> Genoa Salami, Black Forest Ham, Swiss Cheese, Roasted Red Peppers, Sundried Tomato Vinaigrette, Romaine Lettuce, Artisan Bread	1 ea.	223	510	220	24	9	0	90	1530	370	49	4	6	25	40	35	20	20

\* Approximate weight before cooking.

This nutrition information is current as of December 2006.

## Sandwich Components

Everything Can Be Made to Order  
for Your Taste

Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

	Nutrition Facts													% Daily Value				
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
2 oz.* Hamburger Patty	2 oz.*	37	100	60	7	3	0.5	30	130	115	0	0	0	10	0	0	0	6
1/4 lb.* Hamburger Patty	¼ lb.*	74	210	130	14	6	1	60	260	230	0	0	0	19	2	0	0	10
Ultimate Chicken Grill Fillet	1 pc.	105	130	15	2	0.5	0	60	660	360	2	0	0	26	0	4	0	4
Spicy Chicken Fillet	1 pc.	108	230	100	11	1.5	0	55	970	340	13	2	0	22	0	2	2	4
Homestyle Chicken Fillet	1 pc.	105	230	90	10	1.5	0	40	790	310	15	0	0	20	0	2	2	4
Crispy Chicken Patty	1 pc.	77	190	90	10	1.5	0	40	540	220	12	0	0	14	0	2	0	2
Roasted Turkey Breast	4 slices	85	80	15	1.5	0	0	30	810	430	5	0	0	12	0	2	0	2
Genoa Salami	3 slices	28	100	70	8	3	0	50	380	65	1	0	1	5	0	0	0	2
Black Forest Ham	4 slices	71	70	15	1.5	0.5	0	35	780	240	1	0	1	14	0	4	0	2
Sandwich Bun	1 ea.	58	160	15	2	0	0	0	290	65	31	1	5	5	0	0	2	10
Kaiser Roll	1 ea.	71	200	20	2.5	0	0	0	350	110	38	2	6	7	0	0	2	15
Artisan Bread	1 ea.	85	250	50	6	1	0	0	510	95	43	3	2	7	0	0	2	15
American Cheese Jr.	1 slice	12	45	30	3.5	2.5	0	10	220	10	0	0	0	2	4	0	6	0
American Cheese	1 slice	18	70	50	5	3.5	0	15	320	10	1	0	0	3	6	0	10	0
Swiss Cheese	1 slice	19	70	50	6	3.5	0	20	85	20	0	0	0	5	4	0	20	0
Bacon	1 strip	4	20	15	1.5	0.5	0	5	95	15	0	0	0	1	0	0	0	0
Mayonnaise	1 tsp.	9	30	30	3	0.5	0	5	60	0	1	0	0	0	0	0	0	0
Honey Mustard Sauce	1 tsp.	10	40	30	3.5	0	0	5	60	0	3	0	2	0	0	0	0	0
Basil Pesto Spread	2 tsp.	17	70	70	8	1.5	0	10	100	20	1	0	0	1	2	2	4	0
Sundried Tomato Vinaigrette	1 tbsp.	18	45	30	3.5	1	0	0	65	25	3	0	2	0	0	0	0	0
Dill Pickles	4 ea.	11	0	0	0	0	0	0	135	10	0	0	0	0	0	0	0	0
Ketchup	1 tsp.	7	5	0	0	0	0	0	80	15	2	0	2	0	0	0	0	0
Mustard	½ tsp.	5	5	0	0	0	0	0	50	0	0	0	0	0	0	0	0	0
Iceburg Lettuce	1 leaf	15	0	0	0	0	0	0	0	20	0	0	0	0	2	0	0	0
Romaine Lettuce	1 leaf	9	0	0	0	0	0	0	0	20	0	0	0	0	10	4	0	0
Tomato	1 slice	26	5	0	0	0	0	0	0	60	1	0	1	0	4	6	0	0
Onion	4 rings	13	5	0	0	0	0	0	0	20	1	0	1	0	0	2	0	0
Roasted Red Peppers	2 tbsp.	28	10	0	0	0	0	0	100	20	1	0	1	0	25	25	0	0

\* Approximate weight before cooking.

This nutrition information is current as of December 2006.

**1% Lowfat Chocolate Milk:** Lowfat Milk, High Fructose Corn Syrup, Sugar, Cocoa, Salt, Carageenan, Vitamin A Palmitate and Vitamin D3. CONTAINS: MILK.

**2% Reduced Fat Milk:** Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

**American Cheese:** Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Artificial Color, Acetic Acid, Enzymes, Soy Lecithin. CONTAINS: MILK, SOY.

**Ancho Chipotle Ranch Dressing:** Buttermilk, Soybean Oil, Water, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Chili Peppers, Sugar, Egg Yolk, Salt, Garlic Juice, Butter-milk (buttermilk, whey), Modified Corn Starch, Garlic, Chipotle Peppers, Onion, Natural Flavors Including Smoke Flavor, Ancho Peppers, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Spices, Disodium Inosinate, Disodi-um Guanylate, Lactic Acid, Jalapeno Peppers, Calcium Disodium EDTA (flavor protector). CONTAINS: MILK, EGG.

**Artisan Bread:** Unbleached Flour (wheat flour, malted barley flour), Water, Extra Virgin Olive Oil, Sour Culture, Contains less than 2% of the following: Salt, Sugar, Yeast, Semolina, Malt Powder, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Ascorbic Acid (dough conditioner), Folic Acid, Ferrous Sulfate. CONTAINS: WHEAT.

**Bacon Pieces:** Pork Cured With: Water, Salt, Smoke Flavoring, Sodium Phosphates, Sodium Nitrate, Contains One Or More Of The Following: Sugar, Sodium Erythorbate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

**Bacon:** Pork Cured With: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

**Baked! Lay's®:** Dehydrated Potatoes, Modified Food Starch, Sugar, Corn Oil, Salt, Soy Lecithin, Leavening (monocalcium phosphate and sodium bicarbonate), Dextrose. CON-TAINS: SOY.

**Basil Pesto Spread:** Soybean Oil, Water, Basil, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Parmesan cheese (pasteurized cultured milk, enzymes, salt), Cheese Flavor (granular cheese, water, sodium phosphate, enzymes), Garlic, Distilled White Vinegar, Lemon Juice (purified water, citric acid, fructose, natural lemon flavor, lemon juice concentrate, sodium citrate, sodium benzoate and potassium sorbate [preserva-tives]), Extra Virgin Olive Oil, Egg, Egg Yolk, Salt, Garlic, Parsley, Lactic Acid, Sugar, Xan-than Gum, Phosphoric Acid, Sodium Benzoate and Potassium Sorbate (preservative), Spice. CONTAINS: MILK, EGG.

**BBQ Nugget Sauce:** High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Molasses, Salt, Modified Food Starch, Torula Yeast, Natural Smoke Flavor, Spices, Onion, Sodium Benzoate (preservative), Garlic Powder.

**Black Forest Ham:** Pork Cured With: Water, Contains 2% or less; Salt, Dextrose, Sodium Lac-tate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Natural Smoke Flavoring, Coated With Caramel.

**Blue Cheese Dressing:** Soybean Oil, Water, Distilled Vinegar, Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, natamycin [flavor protector]), Egg, Buttermilk (cultured low-fat milk, non-fat milk solids, salt, modified corn starch, carageenan, locust bean gum, vitamin A palmitate, vitamin D), Cheese Paste (blue/cheddar cheeses [pasteurized milk, cheese cultures, salt, enzymes], natural flavors, water, whey, salt, disodium phosphate, citric acid), Egg Yolk, Contains Less Than 2%: Sugar, Salt, Natural and Artificial Flavors, Onion, Garlic, Xanthan Gum, Propylene Glycol Alginate, Roasted Red Bell Pepper Concen-trate(roasted red bell peppers, sugar, potato flour, salt, natural flavor, corn oil), Phosphoric Acid, Sodium Benzoate as a Preservative, Spices, Calcium Disodium EDTA (flavor protec-tor). CONTAINS: EGG, MILK.

**Buns, Kaiser and Sandwich:** Enriched Wheat flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Yeast, Salt, Gluten, Contains less than 2% of: Dough conditioners (may contain one or more of the fol-lowing: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, ascorbic acid, azodicar-bonamide, mono and diglycerides, DATEM, enzymes), Yeast Nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, ammonium sulfate), Turmeric, Paprika, Natural Flavor, Yellow Corn Meal (Kaisers only), Calcium Silicate, Calci-um Propionate (preservative). CONTAINS: WHEAT.

**Butterfinger® Candy Crumbles:** Corn Syrup, Sugar, Ground Roasted Peanuts, Hydrogenated Palm Kernel Oil, Cocoa, Molasses, Less than 1% of: Whey, Confectioner's Corn Flakes, Nonfat Milk, Salt, Lactic Acid Esters, Soy Lecithin, Soybean Oil, Corn Starch, Artificial Flavors, TBHQ and Citric Acid (preservatives), Yellow 5, Red 40. CONTAINS: MILK, PEANUT, SOY.

**Buttery Best Spread:** Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Hydro-genated Soybean Oil, Vegetable Mono & Diglycerides, Pectin and Sodium Alginate, Natural & Artificial Flavors, Buttermilk Solids, Soy Lecithin, Whey, Maltodextrin, Food Starch Modi-fied, Silicon Dioxide, Potassium Sorbate (preservative), Citric Acid, Lactic Acid, Acetic Acid, Calcium Disodium EDTA (flavor protector), Beta Carotene (color), Vitamin A Palmi-tate. CONTAINS: MILK, SOY.

**Caesar Dressing:** Soybean Oil, Water, Egg Yolk, Parmesan and Romano Cheese (milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Salt, Lemon Juice Concentrate, Spice, Dehy-drated Garlic, Lactic Acid, Sugar, Polysorbate 60, Xanthan Gum, Modified Corn Starch, Anchovies, Natural Flavors, Propylene Glycol Alginate, Sodium Benzoate (preservative), Yeast Extract, Soy Flour, Maltodextrin, Disodium Inosinate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK, FISH, SOY.

**Cheddar Cheese, Shredded:** Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (anti-caking agents), Natamycin (preservative). CONTAINS: MILK.

**Chili:** Ground Beef, Chili Base (tomatoes, salt, citric acid, calcium chloride), Chili Season-ing (maltodextrin, tomato powder, salt, modified corn starch, chili pepper, sugar, onion, spices, dextrose, garlic, soybean oil, xanthan gum, citric acid, autolyzed yeast extract, extracts of paprika, disodium inosinate, disodium guanylate, artificial flavors, silicon dioxide [anti-caking agent]), Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural fla-vorings, onion powder, calcium chloride, disodium EDTA [flavor protector]), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion, calcium chloride), Vegetable Mix (onions, celery, peppers).

**Coca-Cola® Classic:** High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Nat-ural Flavors, Caffeine.

**Creamy Ranch Dressing:** Soybean Oil, Cultured Buttermilk, Water, Sour Cream (cream, modi-fied corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Cultured Buttermilk, Garlic, Whey, Natural Flavors, Onion, Spices, Modified Corn Starch, Xanthan Gum, Potassi-um Sorbate, Sodium Benzoate (preservatives), Propylene Glycol Alginate, Lactic Acid, Calci-um Disodium EDTA (flavor protector). CONTAINS: MILK, EGG.

**Crispy Chicken Nuggets:** Chicken Breast with Rib Meat, Water, Modified Corn Starch, Sodi-um Phosphates, Salt, Whey Protein Concentrate, Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalci-um phosphate), Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Natural and Artificial Flavor, Spice Extractives, Xanthan Gum. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available) and Omelet Bites/Omletts (where available). CONTAINS: MILK, WHEAT.

**Crispy Chicken Patty:** Boneless, Skinless Chicken Breast with rib meat, Water, Salt, Sodium Phosphates. Breaded With: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, mono-calcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Power, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor and Lactic Acid. Breading set in Vegetable Oil. Note: May be cooked in the same oil as Omelet Bites/Omletts (where available). CONTAINS: WHEAT.

**Crispy Rice Noodles:** Bleached Enriched Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin), Corn Oil (contains TBHQ), Rice Flour, Modified Corn Starch, Salt, Water. CONTAINS: WHEAT.

**Dasani® Bottle Water:** Purified Water, Magnesium Sulfate, Potassium Chloride, Salt.

**Diced Chicken:** Chicken Breast with Rib Meat, Water, Seasoning (maltodextrin, salt, autolyzed yeast extract, onion powder, spice, natural flavors, garlic powder, iodized salt, modified corn starch, sugar, disodium inosinate, disodium guanylate, lactic acid, citric acid, artificial flavors), Modified Food Starch, Sodium Phosphates.

**Diet Coke®:** Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (flavor protector), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane (anti-foaming agent). CONTAINS: PHENYLALANINE.

**Dill Pickles:** Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Sodium Benzoate (preservative), Natural Flavors, Polysorbate 80, Turmeric, FD&C Yellow #5, FD&C Blue #1.

**Fat Free French Style Dressing:** Water, Honey, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Corn Syrup, Cider Vinegar, Modified Corn Starch, Salt, Mustard Flour, Micro-crystalline Cellulose, Onion, Garlic, Potassium Sorbate and Sodium Benzoate (preserva-tives), Natural Flavors, Xanthan Gum, Cellulose Gum, Lemon Juice, Colored and Flavored With Paprika, Yellow #6, Spice, Calcium Disodium EDTA (flavor protector).

**French Fries:** Potatoes, Vegetable Oil Shortening (contains one or more of the following: par-tially hydrogenated canola oil, partially hydrogenated soybean oil), Disodium Dihydrogen Pyrophosphate (color protector), Dextrose. Cooked in Vegetable Oil. Note: may be cooked in the same oil as Fish Fillets (where available), Crispy Chicken Nuggets, Homestyle Chicken Strips (where available) and Omelet Bites/Omletts (where available).

**Frosty™, Original Chocolate:** Milk, Cream, Sugar, Corn Syrup, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Dextrose, Carageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavor, Vitamin A Palmitate. CONTAINS: MILK.

**Frosty™, Vanilla:** Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Dry Milk, Guar Gum, Mono & Diglycerides, Natural And Artificial Flavor, Cellulose Gum, Carageenan, Calcium Sulfate, Disodium Phosphate, Dextrose, Annatto Color, Vitamin A Palmitate. CONTAINS: MILK.

**Genoa Salami:** Pork, Salt, Contains 2% Or Less Corn Syrup Solids, Dextrose, Sugar, Lactic Acid Starter Culture, Sodium Erythorbate, Natural Flavoring, Spices, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid.

**Granola:** Oats, Brown Sugar, Soybean Oil.

**Hamburger Patty:** Ground Beef. Seasoned with Salt.

**Heartland Ranch Dipping Sauce:** Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Salt, Sugar, Garlic Powder, Onion Powder, Citric Acid, Yeast Extract, Spices, Sodium Ben-zoate and Potassium Sorbate (preservatives), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

**Homestyle Chicken Breast Fillet:** Chicken Breast With Rib Meat Containing Up To 17% Of a Solution Of Water, Modified Potato Starch, Seasoning (salt, flavor, maltodextrin, modified corn starch, yeast extract, contains less than 2% of : citric acid, disodium guanylate, diso-dium inosinate, chicken broth, partially hydrogenated soybean/cottonseed oil, soy sauce solids [wheat, soy beans, salt]), Sodium Phosphate. Battered and Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Wheat Gluten, Leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), Egg White Solids, Onion Powder, Garlic Powder, Fructose, Maltodextrin, Yeast, Chicken Broth, Natural and Artificial Flavor, Locust Gum. Lactic Acid, Xanthan Gum, Extractives of Papri-ka. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: WHEAT, SOY, EGG.

**Homestyle Garlic Crouton:** Wheat Flour, Sunflower Oil and/or Canola Oil, Salt, Dehydrated Garlic, Water, Yeast, Spice, Natural Butter Flavor, Malted Barley Flour, Citric Acid and/or Tocopherols (preservatives). CONTAINS: WHEAT, MILK.

**Honey Mustard Dressing:** Soybean Oil, Water, Distilled Vinegar, High Fructose Corn Syrup, Honey, Egg Yolk, Mustard Seed, Salt Sugar, White Wine, Xanthan Gum (thickener), Natural Flavor, Spices, Citric Acid, Tartaric Acid, Colored and Flavored With Oleoresin Paprika, Cal-cium Disodium EDTA (flavor protector), Turmeric, Yellow #5. CONTAINS: EGG.

**Honey Mustard Nugget Sauce:** Soybean Oil, Honey, Dijon Mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Water, Vinegar, Egg Yolk, Sugar, Salt, Xanthan Gum, Spices Including Paprika, Sodium Benzoate (preserva-tive), Oleoresin Paprika, Yellow #5. CONTAINS: EGG.

**Honey Mustard Sauce:** Soybean Oil, Honey, Water, Dijon Mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), Sugar, Distilled Vinegar, Egg Yolk, Salt, Mustard Seed, Egg White, Xanthan Gum, Propylene Glycol Alginate, Potassi-um Sorbate and Sodium Benzoate (preservatives), Titanium Dioxide, Spice, Garlic, Onion, Natural Flavor, Lemon Juice From Concentrate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGGS.

**Hot Chili Seasoning Packet:** Water, Corn Syrup, Salt, Distilled Vinegar, Natural Flavors, Xanthan Gum, Caramel Color.

**Italian Vinaigrette Dressing:** Water, Soybean Oil, White Wine Vinegar, Sugar, Distilled Vinegar, Garlic, Salt, Mustard Seed, Modified Corn Starch, Propylene Glycol Alginate, Spices, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Dehydrated Bell Peppers, Calcium Disodium EDTA (flavor protector).

**Ketchup:** Tomato Concentrate Made From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

**Low Fat Honey Mustard Dressing:** Water, High Fructose Corn Syrup, Distilled Vinegar, Honey, Soybean Oil, Maltodextrin, Corn Starch Modified, Mustard Seed, Salt, Titanium Dioxide, Egg Yolk, Sodium Benzoate (preservative), Spices, Natural and Artificial Flavor, Xanthan Gum (thickener), Cultured Whey, Disodium Inosinate and Disodium Guanylate (flavor enhancers), Turmeric, Calcium Disodium EDTA (flavor protector), Yellow #5, Colored and Flavored With Oleoresin Paprika. CONTAINS: MILK, EGG.

**Low Fat Strawberry Flavored Yogurt:** Cultured Low Fat Milk, Sugar, Nonfat Milk, High Fructose Corn Syrup, Whey Protein Concentrate, Modified Corn Starch, Gelatin, Pectin, Natural Flavors, Red 40, Blue 1. Active Cultures Include: Lactobacillus Acidophilus, Bifidobacterium SP. CONTAINS: MILK.

**M&M's® Candy Crumbles:** Milk Chocolate (sugar, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), Sugar, Corn Starch, Less than 1%: Corn Syrup, Dextrin, Coloring (includes blue 1 lake, red 40 lake, yellow 6, yellow 5, red 40, blue 1, blue 2 lake, yellow 6 lake, yellow 5 lake, blue 2), Gum Acacia. May Contain Peanuts. CONTAINS MILK, SOY.

**Mandarin Oranges:** Mandarin Orange Segments, Water, Sugar.

Mayonnaise Dressing: Water, Soybean Oil, Corn Syrup, Egg Yolk, Modified Corn Starch, Distilled Vinegar, Contains less than 2%: Salt, Spice, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (flavor protector), Yellow 5 and 6. CONTAINS: EGG.

**Mustard:** Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (color), Paprika, Spice.

**Omelet Bites/Omeletos:** Scrambled Egg (whole egg curds, skim milk, soybean oil, modified food starch, salt, xanthan gum, liquid pepper extract, citric acid, natural and artificial flavor [butter, lipolyzed butter oil, medium chain triglycerides, natural and artificial flavors, soybean oil, annatto extract]), Water. Breaded and Battered with: Wheat Flour, Bleached Wheat Flour, Yellow Corn Flour, Modified Corn Starch, Tapioca Dextrin, Rice Flour, Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Corn Starch, Extractives of Turmeric, Garlic Powder, Onion Powder, Xanthan Gum, Wheat Starch, Extractives of Paprika, Yellow #5, Yellow #6, Ham Cured with (water, dextrose, salt, corn syrup, sodium phosphate, sodium erythorbate, sodium nitrite), Soybean Oil, Cheese Sauce (water, aged cheddar cheese [cultured milk, salt, enzymes, annatto color], partially hydrogenated soybean oil, corn starch modified, nonfat dry milk, sodium phosphate, salt, whey, lactic acid, yeast extract, monoglycerides, annatto color yellow #6), Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), Water, Sodium Phosphate, Milk Fat, Salt, Sodium Hexametaphosphate, Sorbic Acid (preservative), APO Carotenal (color), Processed Cheddar Cheese (cheddar cheese [cultured milk, salt, enzymes, artificial flavor], water, sodium phosphate, cream, salt, sorbic acid [preservative], lactic acid, artificial color), Red Bell Pepper, Green Bell Pepper, Seasoning (whey, sugar, salt, cheddar cheese [milk, cheese cultures, salt, enzymes], yeast extract, maltodextrin, onion powder, garlic powder, disodium phosphate, citric acid, natural and artificial flavor, disodium inosinate, disodium guanylate, cream, buttermilk solids, lactic acid, natural smoke flavor, extractives of turmeric), Cooked in Vegetable Oil. CONTAINS: EGG, MILK, WHEAT.

**Oreo® Cookie Crumbles:** Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, [vitamin B1], riboflavin [vitamin B2] folic acid), Palm and/or High Oleic Canola and/or Soybean Oil, Cocoa (processed with alkali) High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin, Vanillin (artificial flavor), Chocolate. CONTAINS: SOY, WHEAT.

**Oriental Sesame Dressing:** Water, High Fructose Corn Syrup, Soy Sauce (water, wheat, soybeans, salt), Soybean Oil, Sugar, Corn Syrup, Distilled Vinegar, Brown Sugar, Pineapple Juice Concentrate, Sesame Seed Oil, Rice Wine Vinegar, Sesame Seeds, Mustard Seed, Modified Corn Starch, Ginger, Salt, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Spices, Dehydrated Garlic, Calcium Disodium EDTA (flavor protector), Natural Flavor. CONTAINS: SOY, WHEAT.

**Parmesan Cheese, Shredded:** Part-Skim Milk, Cheese Culture, Salt, Rennet. CONTAINS: MILK.

**Reduced Fat Creamy Ranch Dressing:** Water, Cultured Buttermilk, Soybean Oil, Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Microcrystalline Cellulose, Modified Corn Starch, Skim Milk, Garlic, Natural and Artificial Flavors, Whey Protein Concentrate, Onion, Xanthan Gum, Spices, Gelatin, Cream, Potassium Sorbate and Sodium Benzoate (preservatives), Cellulose Gum, Propylene Glycol Alginate, Titanium Dioxide, Artificial Color, Guar Gum, Lactic Acid, Sodium Phosphate, Mono and Diglycerides, Carrageenan, Locust Bean Gum, Citric Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

**Reduced Fat Acidified Sour Cream:** Milk, Cream, Modified Corn Starch, Non-Fat Dry Milk, Maltodextrin, Lactic Acid, Sodium Phosphate, Citric Acid, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Potassium Sorbate (preservative), Locust Bean Gum, Carrageenan. CONTAINS: MILK.

**Roasted Almonds:** Almonds, Salt. CONTAINS: TREE NUTS.

**Roasted Red Peppers:** Pimiento Peppers, Water, Salt, Citric Acid.

**Roasted Turkey Breast:** Turkey Breast, Water, Contains Less Than 2% Sodium Lactate, Sodium Diacetate, Potassium Lactate, Modified Food Starch, Salt, Turkey Flavor, (polysorbate 60, mono and diglycerides, xanthan gum), Sodium Phosphates, Dextrose, White Ground Pepper. Coated With Caramel.

**Saltines:** Enriched Flour (wheat flour, niacinamide, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Contains 2% of Less of: Corn Syrup, Leavening (baking soda, yeast, soy lecithin). CONTAINS: SOY, WHEAT.

**Seasoned Tortilla Strips:** Whole Corn, Vegetable Oil (contains one or more of the following: corn, soybean or sunflower oil), Salt, Buttermilk Solids, Spices, Tomato, Sweet Cream, Dextrose, Onion, Sugar, Cheddar Cheese (cultured milk, salt, enzymes), Corn Starch, Modified Corn Starch, Maltodextrin, Nonfat Dry Milk, Garlic, Torula Yeast, Citric Acid, Autolyzed Yeast, Natural and Artificial Flavor, Artificial Colors (including extractives of paprika, turmeric and annatto, titanium dioxide, red 40, yellow 5, blue 1), Disodium Phosphate, Lactic Acid, Soy Lecithin. CONTAINS: MILK.

**Spicy Chicken Fillet:** Chicken Breast With Rib Meat, Containing Up To 17% of a Solution of Water, Seasoning (salt, spices, sodium phosphates, modified corn starch, paprika, extractives of paprika, extractives of turmeric), Battered and Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spice, Wheat Gluten, Gum Arabic, Egg White Solids, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice Extractives, Dextrose, Extractives of Paprika, Yeast. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: EGG, WHEAT.

**Spring Mix:** Contains five or more of the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lolla Rosa, Brunia, Red Bibb, Radina.

Sprite : High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (flavor protector), Dimethylpolysiloxane (anti-foaming agent).

**Sundried Tomato Vinaigrette Dressing:** Water, Corn Syrup, Soybean Oil, Red Wine Vinegar, Olive Oil, Cider Vinegar, Garlic, Sundried Tomatoes. Contains Less Than 2%: Sugar, High Fructose Corn Syrup, Natural Flavors, Salt, Dehydrated Garlic and Onion, Chianti Wine, Xanthan Gum, Spices, Dehydrated Red Bell Pepper, Propylene Glycol Alginate, Sodium Benzoate (preservative), Lemon Juice Concentrate, Calcium Disodium EDTA (flavor protector).

**Sweet & Sour Nugget Sauce:** High Fructose Corn Syrup, Water, Distilled Vinegar, Pineapple Juice, Modified Food Starch, Salt, Sodium Benzoate and Potassium Sorbate (preservatives), Bell Peppers, Soybean Oil, Caramel Color, Citric Acid, Oleoresin Paprika, Spice, Red #40.

**Swiss Cheese:** Cultured Milk, Salt, Enzymes, Aged Over 60 Days. CONTAINS: MILK.

**Thousand Island Dressing:** Soybean Oil, Water, Pickles, Tomato Paste, Corn Syrup, Sugar, Distilled Vinegar, Egg Yolk, Salt, Modified Corn Starch, Xanthan Gum, Dehydrated Onion, Sorbic Acid, Red Bell Pepper, Mustard Seed, Natural Flavors, Calcium Disodium EDTA (flavor protector), Spice. CONTAINS: EGG.

**Ultimate Chicken Grill Fillet:** Boneless, Skinless, Chicken Breast Fillets With Rib Meat Containing up to 24% of a Solution Of Water, Seasoning (salt, flavor, dextrose, autolyzed yeast extract, maltodextrin, contains 2% or less of caramel color, chicken broth, chicken meat, citric acid, corn syrup solids, dextrin, disodium guanylate, disodium inosinate, extractives of paprika, mixed triglycerides, modified corn starch, paprika, sugar, and thiamine hydrochloride), Soybean Oil, Modified Corn Starch, Sodium Phosphate.

**Wild Buffalo Ranch Dipping Sauce:** Soybean Oil, Water, Hot Sauce (aged cayenne red peppers, vinegar, salt, natural flavors, garlic), Distilled Vinegar, High Fructose Corn Syrup, Egg Yolks, Sour Cream (cream, skim milk, modified corn starch, lactic and citric acid, soy lecithin, sodium phosphate, potassium sorbate [preservative], guar gum, carrageenan, natural and artificial flavor, lactic acid culture), Salt, Spices, Xanthan Gum, Garlic Powder, Propylene Glycol Alginate, Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK, SOY.

**The nutrition and ingredient information contained in this guide is based on standard U.S. product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may vary from store to store and may not be available at all locations. Test products are not included. The information in this guide is effective as of November 1, 2005. Updated versions will be printed periodically and will be available at your local Wendy's.**

**The ingredients listed in this guide are those items reported by the manufacturer. Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. We encourage anyone with food sensitivities, allergies, or special dietary needs to check wendys.com on a regular basis or contact Wendy's Consumer Relations Department to obtain the most up-to-date information.**

**If you have specific questions about our menu, call or write:**

**Wendy's Consumer Relations Department  
One Dave Thomas Boulevard  
Dublin, OH 43017  
614/764-3100**



## Dinner Wraps



Whole wheat flour tortillas  
Chicken breast, salmon, or sturdy white fish  
Lettuce, shredded  
Tomato  
Sweet white or yellow onion  
Other seasonal vegetables like: zucchini, asparagus, broccoli,  
sweet peppers, mushrooms  
Fresh Cilantro

1. Grill meat to desired doneness, cut into small 1"-sized pieces.
2. Stir-fry onions with seasonal vegetables until tender crisp.
3. Warm tortillas in a steamer or microwave oven (no fat added).
4. Place meat, lettuce, tomato, and cilantro inside tortilla wraps.
5. Top with stir-fried vegetables.

**Nutrition Information Per Serving:** Calories 263      Carbohydrates 28 g      Cholesterol 45 mg  
Protein 24 g      Total fat 5 g      Sodium 244 mg

## Dinner Wraps

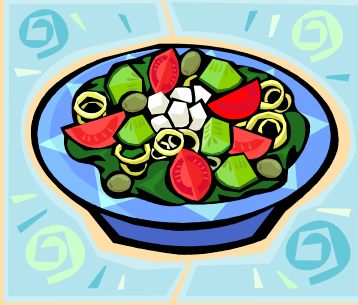


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## Grilled Chicken Salad



3 oz. Chicken breast  
1/3 t. Garlic, fresh, minced  
1 t. Olive oil  
1 bunch pre-packaged salad/spinach  
1 Tomato  
Other vegetables  
2 T. Reduced calorie salad dressing

1. Cook chicken in a non-stick pan with garlic and 1 tsp. olive oil.
2. Slice warm chicken into thin, diagonal slices.
3. Place serving of salad on plate, top with chicken slices, chopped tomato, and other veggies.
4. Use reduced calorie salad dressing.

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## Hearty Bean Salad



2 cans black beans, drained and rinsed  
1 can whole kernel corn  
1 large green bell pepper  
1 large red bell pepper  
1 large or 2 small tomatoes (or 1 can diced tomatoes, Rotel-type)  
½ cup chopped red onion  
1 Tbsp. chopped fresh cilantro  
1 tsp. crushed red pepper or a pinch of cayenne  
Reduced calorie Italian dressing to taste

1. Mix ingredients and serve.
2. Stuff in a pita bread and add lettuce and/or sprouts.
3. Serve over a large green salad.
4. Eat as a dip with baked tortilla chips.
5. Roll up in a flour tortilla and top with fat-free sour cream and salsa.

**Nutrition Information Per Serving:** Calories 134      Carbohydrates 27g      Cholesterol 0mg  
Protein 7g      Total fat 1g      Sodium 532mg

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