

Weekly Wellness Special

Chicken Kale Caesar

Kale (8oz)

Parmesan Cheese (1 tbsp)

Cherry Tomatoes (8oz)

Grilled Chicken (1 Chicken Breast)

Croutons (2 tbsp)

Caesar Dressing (1 tbsp)

\$10.95 + Tax



Wellness Special Nutritional Facts:

Croutons are a form of carbohydrate, which is your body's preferred energy source. Eating any form of carbohydrate means you are providing your body with fuel for your daily activities.

Many powerful antioxidants are found in **kale**, including quercetin & kaempferol, which have numerous beneficial effects on health. **Kale** contains substances that bind bile acids and lower cholesterol levels in the body.

Lycopene is one of the most abundant plant compounds in **tomatoes**. It is an antioxidant that has many beneficial health effects such as protection against heart disease, improved immune function, & reduced inflammation.

2 ½ cups of **vegetables a day** is the recommended serving size.

Parmesan cheese is highly nutritious, it is rich in protein, ready-to-use fat, & nutrients that support bone health. Protein is known as the building block of all the cells in your body, it is essential to help your body repair cells.

Dietary fats are essential to give your body energy & to support cell function.

A typical **chicken breast** contains approximately 30 grams of protein. The recommended dietary allowance (RDA) for protein is about 46 grams per day for women & 56 grams for men.

