

Weekly Wellness Special

Italian Chickpea Delight

Rice (4oz)

Roasted Eggplant & Mushrooms (6 oz)

Cherry Tomatoes (2 oz)

Roasted Chickpeas (8 oz)

Balsamic Vinaigrette Dressing (1 tbs)

Olive Oil Drizzle (1 tbs)

\$10.95 + Tax



Wellness Special Nutritional Facts:

Rice is high in protein & fiber, containing around 4 grams of protein per serving.

An ideal serving size for **rice** is ½ cup.

Eggplants are technically considered a fruit.

The choline in **mushrooms** can help with muscle movement, learning, & memory.

The potassium, vitamin C, & fiber found in **mushrooms** contributes to good cardiovascular health. **Mushrooms** are also rich in B vitamins such as folate & niacin.

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.

Chickpeas are a great source of plant-based protein. This protein can help promote fullness, bone health, & muscle strength.

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

Olive Oil contains large amounts of antioxidants, strong anti-inflammatory properties, & can act as a protective measure against strokes & heart disease.

Monosaturated fats can help reduce bad cholesterol levels in your blood, which can lower your risk of heart disease & stroke. **Olive oil** is made up of 71% of a monosaturated fat, called oleic acid.