

Weekly Wellness Special

Green Dragon Bowl

Rice (4oz)

Roasted Green Beans & Brussel Sprouts (4oz)

Fresh Avocado (1.75oz)

Fresh Pineapple (2oz)

Baked Tofu (3.5oz)

Teriyaki Drizzle (2tbs)

\$10.95 + Tax



Wellness Special Nutritional Facts:

Rice is high in protein, fiber, & antioxidants. An ideal serving size for rice is $\frac{1}{2}$ cup.

2 $\frac{1}{2}$ cups of **vegetables a day** is the recommended serving size.

Green beans is a good source of vitamin C, which is an antioxidant that helps boost your immune system as well as play an integral part in the production of collagen & protect your skin from oxidative stress.

Vitamin K is essential for coagulation, the formulation of blood clots that stop bleeding. **Brussel sprouts** are a good source of vitamin K, which can also play a role in bone growth and protect against osteoporosis.

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

1.75oz of an **avocado** provides ~8 grams of monounsaturated fat.

Antioxidants are substances that can help protect the body from cellular damage.

Pineapples have been used in traditional medicine for centuries, they contain enzymes such as bromelain that can improve immunity & reduce inflammation.

Tofu has the potential to lower your risk of heart disease, diabetes, & cancers such as breast, stomach, & prostate cancers. **Tofu** is known to strengthen bones, improve brain function, & contain antidepressant effects.

