

Weekly Wellness Special

Happy Harvest Bowl

Basmati Rice (4oz)

Roasted Eggplant, Tomatoes, & Squash (8oz)

Sliced Avocado (1.75oz)

Grilled Chicken (5oz)

Tzatziki Dressing (2tbs)

\$10.95 + Tax



Wellness Special Nutritional Facts:

Rice is high in protein, fiber, & antioxidants.

An ideal serving size for rice is ½ cup.

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

Eggplants are high in anthocyanins, a pigment with antioxidant properties that can protect against cellular damage.

Tomatoes are the major source of the antioxidant lycopene, which has been linked to reducing the risk of heart disease & cancer.

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

Fiber promotes gut health & reduces the risk of various diseases.

Squash is an excellent source of provitamin A carotenoids, vitamin C, B vitamins, potassium, magnesium, & manganese.

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

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

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.