

# Eat-Well Menu

## SNACKS

Edamame .....	\$20
<i>Calories - 180, Carbs - 20g, Protein - 8g, Total fat - 8g</i>	
brown rice salad .....	\$20
<i>Calories - 180, Carbs - 29g, Protein - 4g, Total fat - 6g</i>	
carrot & celery cup .....	\$20
<i>Calories - 130, Carbs - 23g, Protein - 8g, Total fat - 2g</i>	
couscous with lemon & mint .....	\$20
<i>Calories - 160, Carbs - 31g, Protein - 7g, Total fat - 1.5g</i>	
creamy red potato salad .....	\$20
<i>Calories - 210, Carbs - 42g, Protein - 6g, Total fat - 2.5g</i>	
homemade almond-honey power bar.....	\$25
<i>Calories - 270, Carbs - 40g, Protein - 6g, Total fat - 10g</i>	
chocolate brownies .....	\$20
<i>Calories - 150, Carbs - 27g, Protein - 3g, Total fat - 5g</i>	

