

Wall of Greens

Food item	servicing	Cal	Fat	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carb	Fiber	Sugar	Protein
		cal	g	g	g	mg	mg	mg	g	g	g	g
Bases												
White Rice	8 oz	300	1	9	0	0	0	2	64	1	0.1	6
Spinach	8 oz	50	1	9	0	0	0	80	8.2	5	0.9	6.5
Romaine	8 oz	40	1	9	0	0	0	20	7	5	2.7	3
Mixed Greens	8 oz	40	1	9	0	0	0	40	7.5	4	1.5	3
Kale	8 oz	110	2	18	0	0	0	85	20	8	5	10
Brown Rice	8 oz	280	2	18	1	0	0	10	60	4	0.5	6
Toppings												
	servicing	Cal	Fat	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carb	Fiber	Sugar	Protein
		cal	g	g	g	mg	mg	mg	g	g	g	g
Almonds	2 tbsp	130	90	10	1	0	0	0	5	3	1	5
Avocado	1 oz	45	5	45	0	0	0	<5	2.4	2	0.2	0.5
Blueberries	2 tbsp	10	0	0	0	0	0	0	3	0	2	0
Butternut Squash	2 tbsp	10	0	0	0	0	0	0	2	1	0	0
Cauliflower	2 tbsp	7	0	0	0	0	0	5	2	1	0	0
Cheese Blend	2 tbsp	70	50	6	3.5	0	20	70	0	0	0	5
Corn	2 tbsp	15	0	0	0	0	0	0	4	0	1	1
Croutons	2 tbsp	115	20	2	0	0	0	200	21	1	0	3
Cucumber	2 tbsp	0	0	0	0	0	0	0	1	0	0.5	0
Feta Cheese	2 tbsp	75	50	6	4	0	25	310	<1	0	1	4
Fried Noodles	2 tbsp	90	32	3.5	1	0	0	160	14	0	0	2
Fried Onions	2 tbsp	40	30	3	1.5	0	0	40	3	0	0	0
Garbanzo Beans	2 tbsp	45	10	1	0	0	0	0	6	2	0	2
Goat cheese	2 tbsp	50	40	4	3	0	10	90	0	0	0	4
Green Beans	2 tbsp	5	0	0	0	0	0	0	1	1	1	0
Olives	2 tbsp	15	9	1.5	0	0	0	97	1	0	0	0
Kiwi	2 tbsp	25	0	0	0	0	0	0	5	1	3.5	0
Mandarin Oranges	2 tbsp	10	0	0	0	0	0	0	3	0	2.5	0
Mixed Berries	2 tbsp	5	0	0	0	0	0	0	2	0	1	0
Mozzarella Cheese	2 tbsp	84	50	6	4	0	20	180	<1	0	0	6
Mushrooms	2 tbsp	6	0	0	0	0	0	0	<1	0	0	1
Onions	2 tbsp	11	0	0	0	0	0	0	3	0	1	0
Peas	2 tbsp	15	0	0	0	0	0	0	3	1	1	1
Pecans	2 tbsp	50	50	5	0	0	0	0	1	<1	0	1
Pineapples	2 tbsp	25	0	0	0	0	0	0	5	1	3.5	0
Raspberries	2 tbsp	10	0	0	0	0	0	0	3	0	2	0
Roasted Red Peppers	2 tbsp	9	0	0	0	0	0	110	4	1	1	0
Sesame seeds	1 oz	160	15	135	2	0	0	10	7.4	4.7	0.1	5
Squash and Zucchini	2 tbsp	5	0	0	0	0	0	0	1	0	1	0
Strawberries	2 tbsp	10	0	0	0	0	0	0	3	0	2	0
Sunflower seeds	2 tbsp	90	70	8	1	0	0	110	4	1	0	3
Tomatoes	2 tbsp	5	0	0	0	0	0	0	<1	0	0	0

Dressing	serving	Cal	Fat	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carb	Fiber	Sugar	Protein
		cal	g	g	g	mg	mg	mg	g	g	g	g
Tuscan Caesar	2 tbsp	140	140	15	2.5	0	15	320	2	0	2	1
Soy Sauce	2 oz	30	0	0	0	0	0	3110	3	0.5	0	5
Sesame oil	2 oz	240	27	245	3.8	0	0	0	0	0	0	0
Sesame Ginger	2 tbsp	120	80	8	1.5	0	0	310	10	0	10	0
Raspberry Vinaigrette	2 tbsp	30	0	0	0	0	0	135	8	0	8	0
Ranch	2 tbsp	90	80	9	1.5	0	10	140	3	0	1	<1
Ponzu	2 oz	40	0	0	0	0	0	881	6	0	0	2
Poke Sauce	2 oz	60	2	18	0	0	0	880	8	0	6	2
Italian	2 tbsp	10	5	0.5	0	0	0	360	2	0	<1	0
Honey Mustard	2 tbsp	150	130	14	2	0	15	150	5	0	4	0
Greek Feta	2 tbsp	100	90	10	2	0	<5	350	2	0	0	<1
Balsamic Vinaigrette	2 tbsp	90	80	9	1.5	0	0	270	1	0	<1	0
Proteins	serving	Cal	Fat	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carb	Fiber	Sugar	Protein
		cal	g	g	g	mg	mg	mg	g	g	g	g
Egg	1 oz	45	30	3	1	0	110	35	0	0	0	4
Diced Chicken	3 oz	140	30	3	1	0	70	65	0	0	0	26
Shrimp	3 oz	100	15	1.5	0	0	180	810	<1	0	0	19
Ham	3 oz	90	30	3	1	0	35	1080	<1	0	1	15
Plain Hummus	2 tbsp	55	30	3	0.5	0	0	70	6	2	1	2
Lentils	3 oz	90	0	0	0	0	0	190	16	6	1	7
Quinoa	3 oz	80	15	1.5	0	0	0	0	15	2	1	3
Salmon	4 oz	148	5	45	1	0	57	80	0	0	0	25
Steak	3 oz	210	110	12	4.5	0	80	55	0	0	0	25
Tuna	4 oz	160	6	54	1	0	45	45	0	0	0	26
Turkey	3 oz	90	15	1.5	0	0	35	870	4	0	3	15

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		cal	g	g	mg	mg	mg	mg	g	g	g	g
Chicken Noodle Soup	8 oz	300	90	10	3	0	60	1720	42	2	2	10
Chicken Noodle Soup	12 oz	450	135	15	4.5	0	90	2580	63	3	3	15
Crab and Sweet Corn Chowder	8 oz	290	180	20	8	0	70	950	20	2	7	8
Crab and Sweet Corn Chowder	12 oz	435	270	30	12	1	105	1430	30	3	10.5	12
Lobster Bisque	8 oz	400	320	35	10	0	75	990	13	0	6	7
Lobster Bisque	12 oz	600	470	53	15	1	110	1490	20	0	9	11
Red Pepper Gouda Soup	8 oz	300	200	22	9	0	40	900	18	4	13	7
Red Pepper Gouda Soup	12 oz	450	300	33	14	1	60	1350	27	6	19.5	11