

STACK YOUR BOWL : SALAD

Even without a big entrée in your bowl, you can still hit your nutrition goals easily. Just “stack” smaller portions of proteins, fibers & healthy fats in your salad bowl and you’ll be surprised at how fast the numbers add up in a tasty way. Everything counts, and many foods count in more than one category so start stacking!



AVOCADO :
1/4 FRUIT



WALNUTS:
1/4 CUP



EDAMAME:
1/2 CUP



LEGUMES:
1/2 CUP



QUINOA:
1/4 CUP



THE STACK FACTS

PROTEIN



FIBER



HEALTHY FAT

