



Dietitian Picks Criteria





Contains 1 or more serving of fruits or vegetables



Contains 8 or more grams of protein per serving



Contains each macronutrient for a balanced meal: carbs, fat, and protein

Dietitian Picks

KINDER CAFE



Chicken Pesto Panini Turkey Florentine Panini







Yakitori Chicken + Noodles + Green Beans + Ginger Cabbage Slaw





o'brien's

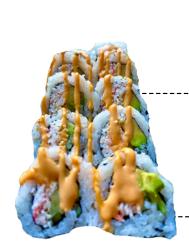
Mushroom Omelet



Dietitian Picks



Turks & Tomatoes Wrap Rubi's Tuna Salad



California Roll Philadelphia Roll Poke Bowl - Salmon





Sweet Curry Chicken Salad Sandwich Southwestern Quinoa & Kale Wrap



Questions about nutrition, food allergies, or navigating dining?

Meet with Maddie

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