



Healthy Happens Here is an initiative of the Consortium for a Healthier Miami Dade. These meals were analyzed and modified by a Registered/Licensed Dietitian. These meals are 500 calories or less and lower in sodium. For more information about this initiative visit www.healthymiamidade.org

MENU

Spinach Caneloni with Mixed Salad

Canelón de Espinaca con Ensalada Mixta
390 calories, 305 mg sodium

Flank Steak with Roasted Potato and Tomato Salad

Vacio a la Parrilla con Papa Dorada y
Ensalada de Tomates
480 calories, 150 mg sodium

Grilled Chicken Breast with Brown Rice and Mixed Salad

Pechuga de Pollo a la Parrilla con Arroz
Integral y Ensalada Mixta
470 calories, 225 mg sodium

*Add 1 teaspoon of Chimichurri Sauce and Salsa
Criolla for an additional 40 calories*

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