Eating Healthy on Campus with Selected Transfers

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| Place | Calories | Points | Comments |
| **Turnip The Greens**Strawberry Dandelion SaladOrSesame Mandarin Salad | 662680 | 830Or1,064 | Salads here are a great source of carbs/fat/proteinAdd bok choy to any salad, high in points |
| **Essential Blends**Any 24 oz smoothie | 350 | 300 | Avoid yogurt and juice in blending |
| **Green Scene**The ClassicorRoasted Vegetable and Quinoa Wrap | 420-460538 | 134>500 | Piece of fruit will increase points and energy |
| **Jamba Juice** | 100-980 | >500 | Strive for smoothies mixed with vegetables |
| **QDoba Mexican Eats**Burrito with chicken | 520 | 500 | Request brown rice if available |
| **Cobrizo**Fajita Naked Burrito with chicken  | 890 | 337 | Chicken, peppers, onions, lettuce, mayo, salsa |
| **Subway**Carved Turkey 6” suborRotisserie-style chicken 6”sub | 247350 | >500 if add variety of veggies | No artificial preservatives in turkey/Chicken raised without antibiotics |
| **The Coupe**Grilled Chicken Sandwichor Flagstaff melt with side of fries | 600700 | 94348 | Avoid fried foods |
| **Denny’s**Breakfast: Original Grand SlamLunch/Dinner: Veggie Mashup Burger/ Cali Chicken Sandwich | Breakfast: 830Lunch/Dinner: 370/570 | 82/100/94 | Piece of fruit on side will increase points and energy |
| **Einstein’s**Turkey Sandwich/Chicken Salad Sandwich | 212179 | 134144 | Piece of fruit will increase points and energy |
| **Pizza Hut**Personal Cheese Pizza | 600 | 34 | Piece of fruit will increase points and energy |
| **Chick-Fil-A**8-piece chicken nuggets with side of fries | 660 | 55 | 36 g fat52 g carbs33 g protein |
| **Star Ginger**Thai BBQ Chicken Rice BowlorChicken Vietnamese Pho | 400410 | 6850 | Pho is high in proteinPoints based from using brown rice |