

	Calories	Fat Cals.	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)	Wt Watchers
<b>Be Well Road Runner Wraps</b>										
Chicken Salad	356	72	8	2	0	51	9	4	20	7
Tuna Salad	339	63	7	2	0	50	8	6	19	7
Caribbean Chicken	381	81	9	2	0	55	9	10	20	8
Steak & Portobello I	395	90	10	4	0	54	8	4	22	8
Veggie	394	81	9	2	0	56	10	4	11	8
<b>Be Well at Taco Time</b>										
Veggie Burrito (without sour cream)	480	108	12	4	0	74	12	4	18	10
Soft Chicken Taco on Whole Wheat	401	100	11	6	0	43	11	3	30	8
Bean Burrito on Whole Wheat Tortilla	390	90	10	4	0	61	13	3	14	8
<b>Be Well at Hazel's</b>										
Whole Wheat Bread Slice	351	81	9	1	0	59	9	10	10	7
with Jam	411	81	9	1	0	73	9	22	10	8
with apple butter	411	81	9	1	0	73	9	22	10	8
with low-fat cream cheese	421	117	13	3	0	64	9	10	12	9
with low-fat cream cheese & jam	453	117	13	3	0	72	9	23	20	9
Marv and Jo Lite	498	153	17	6	0	66	10	11	20	11
<b>Be Well at Teriyaki Stix</b>										
Hot & Spicy Chicken with extra veggies	594	126	14	3	0	88	6	12	29	12
Teriyaki Chicken with extra veggies	544	108	12	3	0	80	6	7	29	11
Sweet & Sour Chicken with extra veggies	594	126	14	3	0	88	6	12	29	12
Yakisoba	360	45	5	1	0	56	7	17	25	7
Veggie Bowl	440	9	1	0	0	99	6	10	9	8
Beef & Broccoli Bowl	570	63	7	3	0	90	6	19	32	11
Chicken Curry with extra veggies	572	144	16	6	0	77	6	13	30	11
<b>Be Well at Hogi Yogi*</b>										
Turkey	320	27	3	1	0	47	6	10	26	6
Smoked Turkey	320	27	3	1	0	47	6	10	26	6
BBQ Chicken	360	45	5	1	0	59	6	25	21	7
Chicken Filet	360	75	5	1	0	59	6	25	21	7
Veggie	240	18	2	0	0	45	6	10	9	4
*Cheese adds 100 cals, 8 g fat.	100	72	8	5	0	0	0	0	6	2
Be Well options served on whole wheat, extra veggies, and non-fat dressing.										
<b>Be Well at Pasta La Bella</b>										
Whole Wheat Fettuccini with marinara and veggies	355	63	7	2	0	62	12	16	14	7
Fettuccini with marinara, chicken and veggies	518	99	11	3	0	61	12	16	45	11
Tortellini with marinara and veggies	515	135	15	4	0	50	8	19	21	11
<b>Be Well Salads*</b>										
Fruits & Greens	201	36	4	2	0	38	6	19	6	4
Asian	207	36	4	1	0	30	7	21	15	4
Taco	220	54	6	3	0	35	12	11	12	4
Italian	102	18	2	0	0	20	6	11	4	1
Chef	194	54	6	2	0	19	6	11	18	4
* Be Well salad with non-fat dressing										
<b>Be Well at the Grill &amp; Sunset Strip</b>										
Veggie Burger*	275	45	5	1	0	40	9	4	19	5
Grilled Chicken*	330	54	6	2	0	37	6	3	30	6
Grilled Cheese with Tomato & Onion	393	117	13	6	0	55	8	10	14	8
Veggie & Cheese Omelet	415	108	12	7	0	53	7	18	26	9
Veggie Omelet with Eggbeaters	110	0	0	0	0	13	3	6	14	2
*Cheese adds 100 cals, 8 g fat.	100	72	8	5	0	0	0	0	6	2
Be Well options served on whole wheat bun, extra veggies, no mayo.										



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This information comes from product labels, nutrition guides provided by food companies, and USDA data. We make every effort to ensure accuracy, but we can not guarantee it.