

	Calories	Fat Cals.	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)	POINTS
Be Well Road Runner Wraps										
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	395	90	10	4	0	54	8	4	22	8
Veggie	394	81	9	2	0	56	10	4	11	8
Be Well at Taco Time										
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
Be Well at Hazel's										
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
Be Well at Teriyaki Stix										
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
Be Well at Hogi Yogi*										
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.										
Be Well at Pasta La Bella										
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
Be Well Salads*										
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										
Be Well at the Grill & Sunset Strip										
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.										



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.