

DIETITIAN'S CHOICE

This guide was created by our Registered Dietitian and is meant to be a quick, easy way to find healthy, low calorie options at the dining locations of UofL Dining Services. If you need additional assistance, please contact our Registered Dietitian to make an appointment by phone at 502-852-2584.

MEALS UNDER 500 CALORIES

SUBWAY

McALISTER'S
SELECT

Chick-fil-A



6" Turkey & Apples



1/2 Veggie Club & 1/2 Garden Salad



Grilled Chicken Cool Wrap & Fruit Cup

OR

OR

TWISTED TACO



6" Veggie Delight & Apples



1/2 Sweet Chipotle Chicken & 1/2 Garden Salad



(2) Tombstone Chicken Tacos



GREENS TO GO



Orange Chicken Bowl with Mixed Vegetables



Southwest Chicken Salad



Asparagus & Mushroom Egg White

OR

OR



Eggplant Tofu Bowl with Mixed Vegetables



Southwest Tofu Salad



Classic Whole-Grain Oatmeal & Fresh Brewed Coffee