

quick & healthy

EATING

by

the federal

Looking for a tasty and healthy alternative to take-out?

The Federal's Quick & Healthy Eating program provides a week's worth of nutritious and easy to prepare meals that fit your busy lifestyle - and delight your taste buds!

Each Quick & Healthy meal is measured out (4oz protein; 1/2 cup starch; 1 cup veg), individually packed for every day of the week, and microwavable

- Nutritional information provided for each meal •

• \$8.95 per meal •

Order by 5pm Friday

Pick up on Sunday between 1-7pm

SAMPLE MENU

grilled flank steak

(4 oz)

broccoli, spiced lentils, sesame seeds & coriander
calories: 348
protein: 34.6 g
carbs: 45.3g
fat: 13.4 g

grilled ginger

chicken breast (4oz)

veggie stir fry & brown rice
calories: 294
protein: 23.5g
carbs: 29g
fat: 6.2g

grilled atlantic salmon

(4oz)

sweet potato, kale & ginger
calories: 351
protein: 29.5g
carbs: 28.3g
fat: 14.7g

baked cod filet (4oz)

roasted garlic-white beans, snow peas & thyme
calories: 309
protein: 37.5g
carbs: 32g
fat: 3.4g

turkey stuffed pepper

(4oz)

spinach, quinoa & sage
calories: 336
protein: 13.4g
carbs: 62g
fat: 4.8g

blackened tempeh (4oz)

spicy steamed kale, chick peas & paprika
calories: 376
protein: 27g
carbs: 44g
fat: 13.2g

grilled portobello mushroom stack

spinach, roasted red peppers, cannellini beans & balsamic
calories: 215
protein: 15.6g
carbs: 39.1 g
fat: 1g

"bacon & eggs" (2oz)

turkey bacon, egg frittata, garden vegetables & herbs
calories: 269
protein: 20g
carbs: 8.4g
fat: 17.8g

MENU SUBJECT TO CHANGE WITHOUT NOTICE
