



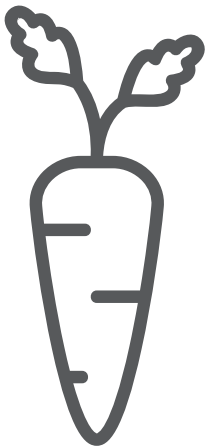
Carrot Ginger Salad

Ingredients:

- 1/2 cup pistachios
- 1/2 cup golden raisins
- 1/2 cup dried cranberries
- 1 pound shredded carrots
- 1 cup spinach
- 1/2 cup edamame
- 1 avocado (optional)
- 1 pound chicken (optional)

Dressing:

- 1/3 cup rice vinegar
- 2 Tbsp, fresh grated ginger
- 2 Tbsp, fresh cilantro
- 1 tsp. salt
- 1 tsp. pepper
- drizzle of grapeseed oil



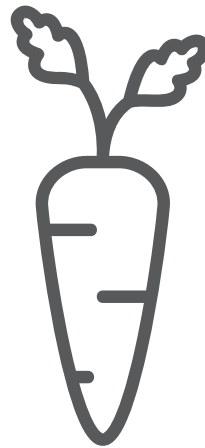
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Prepare Meal in Advance:

- Cook the chicken
- Make the salad without the dressing
- Make the dressing and put in separate containers

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Carrot Ginger Salad

Nutrition Facts

10 servings per container

Serving size (0.0g)

Amount Per Serving

Calories **100**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 1g Added Sugars **2%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.8mg 4%

Potassium 330mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CARROTS, RAISINS, EDAMAME, PISTACHIOS, SPINACH, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL)

Optional additions:

4oz Chicken +120 calories

1/4 Avocado +60 calories



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CORPORATE WELLNESS

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