

## NUTRITIONAL GUIDE OLIVER GREEN December 2022

Salads	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
<b>Hummus Tahini</b> with spinach and quinoa	636	88	23	27	26
<b>Crunchy Caesar</b> with romaine, quinoa, egg	515	35	12	15	33
<b>Kale Caesar</b> with kale, quinoa, egg	621	49	15	22	36
<b>Power Bowl</b> with spinach and quinoa	584	67	18	18	16

Warm bowls	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
<b>Salmon Taco Bowl</b> with rice and quinoa	847	93	12	33	35
<b>Balsamic Brussels</b> with steamed kale and quinoa	659	65	24	18	34
<b>Harvest Hummus</b> with quinoa and kale	529	71	15	28	34
<b>Mighty Mushroom</b> with quinoa and spinach	533	98	23	28	32
<b>The Mexican</b> with rice and spinach	758	97	13	23	27
<b>Pumpkin Beetroot Bowl</b> with spinach and quinoa	558	37	12	13	38

Smoothies	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Kale Power Shake	240	47	30	2	4
Man-go Green	245	21	16	3	10
Green Machine	158	17	12	2	1
Energizer	315	65	50	3	4
Strawberry Breakfast smoothie	457	76	50	8	11
Very Berry	465	46	31	5	12
Nutty Cacao	552	64	43	12	26
Coffee Date	356	74	57	3	4
Almond Protein	657	71	50	33	27
<i>Scoop plant protein</i>	99	1	0	20	2

Breakfast	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
OGs Acai Bowl	608	57	42	13	34
Overnight Oats	385	48	22	10	16
Turkish Breakfast Bowl	545	55	5	21	26
Egg Breakfast Bowl	417	44	4	22	22
Avocado Toast	490	40	3	13	30
Pesto Avocado Sandwich	665	78	2	22	28

Wraps	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Middle Eastern Wrap	617	65	15	19	28
Burrito Wrap	625	68	6	21	27
Sweet Potato Wrap	528	77	14	16	14
Caesar Wrap	671	55	14	18	40
Moroccan Chickpea Wrap	559	73	6	22	16