FUEL YOURSELF FOR A PRODUCTIVE MEETING WITH HEALTHFUL OPTIONS FROM U of G HOSPITALITY

BUILD A BALANCED PLATE (GRAINS, PROTEIN, PRODUCE)...

FLUID RECOMMENDATIONS: CHOOSE WATER OFTEN
- Caffeine: Health Canada suggests limiting caffeine intake to a maximum of 4 brewed (8 oz/250mL) cups of coffee per day.
- Consider offering decaffeinated coffee and tea options, along with water, at your next meeting.

ORDER OPTIONS THAT ARE ALREADY BALANCED...

**PROTEIN + PRODUCE**
- Southern style salad
- Chickpea and kale salad
- Garden salad with grilled chicken breast
- Cider glazed salmon and spinach salad
- Tandoori chicken salad
... Just add some grains!

**GRAINS + PRODUCE**
- Multi grain and dried fruit salad
- Peach and rhubarb parfait
... Just add some protein!

**PROTEIN + PRODUCE + GRAINS**
- Chimichurri chicken salad
- Spicy quinoa chicken salad
- Pita, crostini, and dips

FILL A 1/4 OF YOUR PLATE WITH PROTEIN-RICH FOODS
- Greek yogurt
- Hard-boiled eggs
- Low-fat cheese
- Grilled chicken or turkey
- Nuts and seeds
- Hummus
- Cocktail wraps with chicken, ham, roast beef, turkey, or chickpea salad

FILL A 1/4 OF YOUR PLATE WITH WHOLE GRAIN FOODS
- Whole wheat English muffins
- House baked zucchini loaves
- Homemade granola bars
- Low-fat muffins
- Whole-grain crackers
- Coconut & Apple Overnight Oats

HAVE PLENTY OF VEGETABLES AND FRUIT TO FILL 1/2 YOUR PLATE
- Fresh fruit and vegetable platters
- Mixed greens/garden salad
- Traditional Greek salad
- Greens and dried fruit salad
- Roasted root vegetable salad
- Kale and cranberry salad

DIETARY RESTRICTIONS? ALLERGIES?
No problem! Indicate these dietary requests in the "Special Instructions" section when completing your casual catering order.