



wraps

Bistro's Fitness Studio Healthy Choice Menu

Food Items

- Boiled Eggs**
- Fruit & Yogurt Parfait**
- Yogurt Cups**
- Cottage Cheese**
- Wraps**
- Fresh Fruits (Apples/Bananas)**
- Lg Salads (low fat dressing)**
- Sm Salads (low fat dressing)**
- Peanuts & Cashews**
- Veggies w/ Dip**
- Baked Chips**
- Pretzels**

Drinks

- Diet Green Tea**
- Fair Life White & Chocolate Low Fat Milk**
- Special K Shakes**
- Lg Waters**
- Small Waters**
- 100% Juice**



Look for Weekly Healthier Choice Meals