
A Healthier Holiday Meal

- 2 cups champagne punch
(made with champagne and low-cal punch)40 calories
- 7 grilled shiitake mushrooms.....30 calories
- 2 tbsp. Soy dipping sauce.....10 calories
- 5 cherry tomatoes10 calories
- 2 1/2 oz. scallops80 calories
- 2 cups assorted vegetables30 calories
- 3 Tbsp. Onion/chive dip low fat.....30 calories
- 4 oz. White meat turkey200 calories
- 6 oz. Baked yam150 calories
- 1 cup green beans with herbs40 calories
- 3/4 cup ginger-fruit stuffmg.....80 calories
- 2 tbsp. Cranberry relish20 calories
- 3 fl. oz. Pumpkin custard150 calories

TOTAL = 930 Calories

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