This guide was created by our Registered Dietitian as a quick, easy way to identify health-forward and nutrient-dense options at UofL Dining locations. With creativity and exploration, you can create many combinations to suit your personal preferences. This is only a guide and is not meant to serve as an all-inclusive list of balanced options on campus. If you need additional assistance, please contact the Registered Dietitian on our website to make an appointment or visit louisville.edu/healthpromotion/services/nutrition-coaching.

CONTACT

CALL at 502-852-5429
EMAIL at ethan.mattingly@louisville.edu
VISIT louisville.edu/healthpromotion/services/nutrition-coaching
Select “click here” to schedule your appointment

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DIETITIAN’S CHOICE

SMART PLATE PICKS
**THE MARKETPLACE**
- **THE GREENERY**
  CHOOSE A GRAIN, GREEN, PROTEIN, AND TWO MORE VEGGIES
- **LOUIE'S FAVORITES**
  CHOOSE ONE PROTEIN, ONE CARB, AND STOCK UP ON VEGGIES
- **PRIME GRILL**
  GRILLED CHICKEN BREAST WITH EXTRA LETTUCE, TOMATO, PICKLE, ONION, AND MUSTARD

**SUBWAY**
- **6 IN. MULTIGRAIN**
  ROTISSERIE CHICKEN, VEGETABLES, AND YELLOW MUSTARD

**CHICK-FIL-A**
- **MARKET SALAD**
  GRILLED CHICKEN SANDWICH
  FRUIT CUP

**STARBUCKS**
- **CHICK & HUMMUS BOX**
- **CHICKPEA BITE BOX**
- **SPINACH, FETA & EGG WHITE WRAP**
- **TURKEY BACON, CHEDDAR & EGG WHITE SANDWICH**

**EINSTEIN BROS. BAGELS**
- **TASTY TURKEY ON HONEY WHOLE WHEAT**
  AVOCADO VEG OUT

**TWISTED TACO**
- **CHICKEN OR VEGETARIAN BOWL**
  RICE, BLACK BEANS, CHEESE, LETTUCE, PICO, CLANTRO, SALSA

**PODS**
- **AMY'S BLACK BEAN BURRITO**
  FRUIT
- **GREEK YOGURT**
  FRUIT
- **JACK LINKS BEEF JERKY**
  FRUIT
- **ROASTED ALMONDS**

**ZEN SUSHI**
- **CUSTOM POKE BOWL**
  1/2 SPICY MAYO, 1/2 RICE, SALMON, EDAMAME, CARROTS, PINEAPPLE, LETTUCE, SESAME SEEDS
  SEAWEED SALAD

**PANDA EXPRESS**
- **MUSHROOM CHICKEN BOWL WITH SUPER GREENS**
- **Eggplant Tofu Bowl with Super Greens**

**WENDY'S**
- **GRILLED CHICKEN SANDWICH**
  WITH GARDEN SALAD OR FRUIT
- **LARGE CHILI**
- **APPLE PECAN SALAD**

**EIFFEL PIZZA**
- **VEGETARIAN PIZZA**

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**DIETITIAN’S TIPS**
- **LIGHT ON THE DRESSING**
- **ADD MORE VEGGIES**
- **FORGO THE CREAM CHEESE & SOUR CREAM**

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**Meal Swipe Option**