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 bit.ly/ULdietitian_booking.
**SUBWAY**
6 IN. MULTIGRAIN ROTISSERIE CHICKEN, VEGETABLES, AND YELLOW MUSTARD

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

**STARBUCKS**
CHICKEN & 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

**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

Meal Swipe Option