



Nurture You, LLC

Supporting You in Being Well

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FAVORITE FOOD FINDS

12/14/06

Food	Servings	Calories	Total Fat / Sat. Fat	Fiber	Comments
Morningstar Farms Tomato and Basil Pizza Veggies Burgers	4	120	6/1.5	3	Many varieties; low calorie
TJ Whole Wheat Cous Cous	8	220	1/0	7	10 min. prep; excellent rice alternative
Cedarlane Low Fat Burrito – Organic Beans, Rice, and Tortilla	8	260	1/0	7	Costco frozen foods section
La Tortilla Factory Tortillas	10	50	2/0	8	Three flavors (whole wheat, garlic & herb, green onion); larger size available
The Laughing Cow Light Cheese Wedges	8	35	2/1		Three great flavors (Swiss, garlic and herb, French onion); good paired with tortillas
No Pudge Fudge Brownie Mix	15	100	0/0	<1	Can make individual brownies in microwave; four flavors @ supermarkets (original, cappuccino, mint fudge, raspberry)