



*Nurture You, LLC*

*Supporting You in Being Well*

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## Top Five Healthy Restaurants in Phoenix Menu Choices

### **Soma Café**

10810 N. Tatum Blvd., Suite 136

Phoenix, AZ 85028

602-867-2175

NW corner Tatum and Shea

### **Fitness Café**

13610 N. Scottsdale Rd.

Scottsdale, AZ 85254

480-905-7227

SW corner Scottsdale and Thunderbird Rd.

### **PF Chang's**

7132 E Greenway Pkwy

Scottsdale, 85254

480- 367-2999

NW corner Greenway and Scottsdale Rd.

Training Table Menu

### **Wildflower Bread Company**

Deer Valley Town Center

2805 W. Agua Fria Freeway

Deer Valley

623-879-6819

SW Intersection of Loop 101 & I-17

Complimentary Wi-Fi

### **Top Shelf Mexican Food & Cantina**

3301 West Greenway Road

Phoenix, AZ 85053-3806

602 993 5463

South side

Open Hours: 11a-10p M-F, 11a-11p Sa-Su

- Spicy Egg Noodles – 451 calories, 3.5g fat, 4g fiber
- Ahi Tuna Burger – 481 calories, 15g fat, 7g fiber
- The Ironman – 412 calories, 14g fat, 2g fiber
- Olympian Pita – 373 calories, 6g fat, 2g fiber
- Chicken with Black Bean Sauce – 640 calories, 22g fat (3g saturated fat)
- Wild Alaskan Sockeye Salmon Salad – 470 calories, 30g fat (4g saturated fat)
- Fresh Fruit Salad – 315 calories, 7g fat, 6g fiber
- Turkey Breast and Brie – 568 calories, 15g fat (8g saturated fat), 6g fiber
- Lite Vege-bean Chimi – 414 calories, 2g fat,
- Lite Fish Tacos – 555 calories, 4g fat