

Super Sandwiches

Sandwiches can be interesting *and* nutritious—fill them with protein and fiber to stay satisfied.

Hummus Avocado Pita

1 whole wheat pita + ¼ cup hummus + ½ avocado + handful of greens + tomato slices + cucumber slices



Provides: 400 calories, 17 grams fat (3 grams saturated), 55 gram carb, 14 grams protein, 14 grams fiber

Chickpea Salad Sandwich

2 slices whole wheat bread + ½ cup chickpeas + ½ tbsp mayo + 1 tbsp hummus + squeeze of lemon + ¼ tsp curry powder + chopped parsley + salt to taste + red onion slices



Provides: 400 calories, 7 grams fat (1 grams saturated), 69 grams carb, 17 grams protein, 12 grams fiber

Smoked Salmon and Cucumber on English Muffin

1 whole wheat English muffin + 3 slices smoked salmon + cucumber slices + red onion slices + chopped dill + 1 tbsp cream cheese



Provides: 340 calories, 11 grams fat (4 grams saturated), 31 grams carb, 30 grams protein, 5 grams fiber

Veggie Muffaletta

1 whole wheat roll + roasted red peppers + marinated artichoke hearts + 2 tbsp chopped giardiniera (or pickled banana peppers) + sliced tomato + 2 slices provolone cheese + basil + 1 tbsp tapenade spread



Provides: 440 calories, 20 grams fat (10 grams saturated), 43 grams carbs, 24 grams protein, 9 grams fiber

Turkey Cheddar and Apple Sandwich

2 slices whole wheat bread + 2 slices deli turkey + 1 slice cheddar + apple slices + ½ tbsp mayo + Dijon mustard



Provides: 450 calories, 15 grams fat (6 grams saturated), 54 gram carb, 24 grams protein, 8 grams fiber

Build with Better Bread

Look for loaves with “whole” in the first ingredient *and* at least 2 grams of fiber per slice.

INGREDIENTS:

Sprouted Organic **Whole Wheat Berries**, Filtered Water, Wheat Gluten, Honey, Unsulphured Molasses, Organic Millet, Organic Cracked Wheat, Organic Corn Meal, Fresh Yeast, Sea Salt, Organic Oats, Organic Rye, Organic Sunflower Seeds, Organic Flax Seeds, Soy Based Lecithin, Cultured Wheat.



Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat 1.5g	2%	Sodium 110mg	5%		
Saturated Fat 0g	0%	Total Carbohydrate 14g	5%		
Trans Fat 0g	0%	Dietary Fiber 2g	9%		
Polyunsaturated Fat 0g		Sugars 3g			
Monounsaturated Fat 5g		Protein 5g			
Cholesterol 0mg	0%				
Serving Size 1 Slice (35g/1.3oz)					
Servings Per Container 16					
Calories 80	Vitamin A 0%		Vitamin C 0%		Calcium 10%
Calories from Fat 15	Thiamin 10%		Riboflavin 8%		Niacin 8%
					Folic Acid 8%