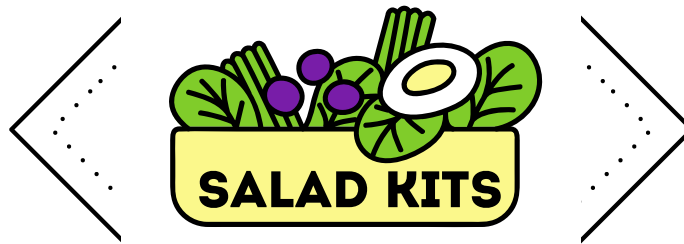


# FORK FRIENDLY'S GUIDE TO



## 90-130 CALORIES

	Servings per container	Calories	Carbs	Protein
Taylor Farms Tangerine Crunch Chopped Salad Kit	1 cup	80	15	2
HEB Light Caesar Salad Kit	1.5 cups	100	9	2
Eat Smart Avocado Crunch Vegetable Salad Kit	1 cup	130	11	2
HEB Coleslaw Salad Kit	1 cup	110	12	1
Dole Slawesome! Mango Sriracha	1 cup	120	12	1
HEB Select Ingredients Sweet Thai Chopped Salad Kit	1 cup	130	14	3

## 140-170 CALORIES

	Servings per container	Calories	Carbs	Protein
Eat Smart Everyday Favorites Homestyle Ranch Salad Kit	1 cup	140	8	3
HEB Select Ingredients Backyard BBQ chopped Salad Kit	1 cup	140	11	3
Taylor Farms Maple Bourbon Bacon Chopped Kit	1 cup	150	10	3
Dole Endless Summer Salad Kit	1-1.5 cups	150	9	4
Kroger Asian Style Chopped Salad Kit	1 cup	160	15	3
Eat Smart Strawberry Harvest vegetable Salad Kit	1 cup	160	14	4
HEB Select Ingredients: Garden Lime Crunch Chopped Salad	1 cup	170	7	3
Taylor Farms Roasted Garlic Chopped Salad Kit	1 cup	170	10	3





## 180-220 CALORIES

	Servings per container	Calories	Carbs	Protein
Taylor Farms Cheddar Ranch w/ Grilled Chicken Salad Kit	1 cup	180	5	8
Dole premium Spinach Miso Crunch Salad Kit	2 cup	190	15	4
Taylor Farms Asiago Kale Chopped Salad Kit	1 cup	200	14	5
Taylor Farms Sweet Kale Chopped Salad Kit	1 cup	200	14	5
Kroger Bacon Caesar Chopped Salad Kit	1 cup	200	9	5

## 230+ CALORIES

	Servings per container	Calories	Carbs	Protein
Kroger Santa Fe Style w/ Chicken Salad Kit	1 container	240	15	10
Kroger Apple Walnut w/ Chicken Salad Kit	1 container	270	21	18
Kroger Chicken Caesar Salad Kit	1 container	240	13	17
Kroger Chef Salad Kit	1 container	290	8	16

