

Abbreviated Taco Salad

- Cut up 1 large head of Romaine lettuce or other desired lettuce or greens
- Add 2-3 chopped Roma tomatoes or 1 large regular tomato
- Add $\frac{3}{4}$ cup black beans (if using canned beans, use $\frac{1}{2}$ can drained and rinsed beans)
- Add two 100 Calorie snack packs of Wholly Guacamole and mix
(If you are a salsa lover, you may prefer adding salsa instead of guacamole)
- Optional: Add Lightlife Smart Ground Mexican Style Seasoned Veggie Protein Crumbles
- Optional: Add Go Veggie Cheddar Cheddar Flavor Shreds
- Optional: Add Baked Tostitos Scoops

Green Salad

- Cut up head of Romaine lettuce or other desired lettuce or greens
- Add 2-3 chopped Roma tomatoes or 1 large regular tomato
- Add $\frac{3}{4}$ cup black beans (if using canned beans, $\frac{1}{2}$ can drained and rinsed beans)
- Add other desired toppings: onion, green pepper, shredded carrots, sliced olives, etc.
- Add desired healthy salad dressing or Follow Your Heart, High Omega, Vegan Ranch Salad Dressing or 365 Organic Light Ranch Dressing

Pitas or Wraps

- Fill whole wheat pitas or wraps with lettuce, black beans, and other desired toppings (brown rice, tomatoes, onion, green pepper, avocado, lettuce, Wholly Guacamole, dressing, salsa, etc.)