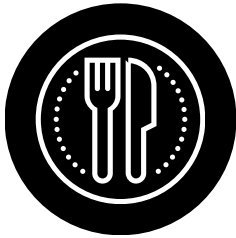




WELLNESS

WHAT MAKES SOMETHING **MOTIVA**?

Items marked as **MOTIVA** or **M** meet the following criteria, consistent with current nutrition research and recommendations. Each **M** recipe has been reviewed by FLIK Registered Dietitians.



FULL MEAL OR COMBO

Calories: 600
Sat Fat: 5 (g)
Sodium: 600 (mg)



MAIN ENTREE

Calories: 400
Sat Fat: 5 (g)
Sodium: 600 (mg)



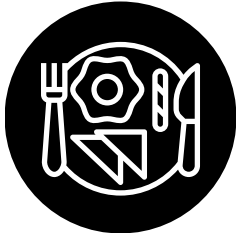
SIDE DISH

Calories: 250
Sat Fat: 2 (g)
Sodium: 250 (mg)



8/12 OZ SOUP

Sat Fat: 2/3 (g)
Sodium: 500/750 (mg)



BREAKFAST MEAL

Calories: 400
Sat Fat: 5 (g)
Sodium: 600 (mg)



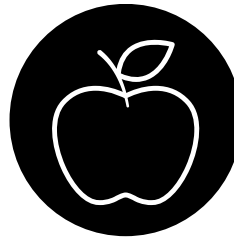
BREAKFAST SIDE

Calories: 250
Sat Fat: 2 (g)
Sodium: 250 (mg)
Sugar: 15 (g)



BEVERAGES

Per Container
Milk: <150 calories
Juice: <150 calories
Water: 0 calories, no artificial sweetener



SNACKS

Calories: 250
Sat Fat: 3 (g)
Sodium: 230 (mg)
Sugar: 20 (g)

Our **on-site FLIK Dietitian**, in partnership with **Motiva Corporate Wellness**, provides a robust offering of nutrition programs and is always happy to answer questions and offer advice.

*scan here for
more
information*

