### Guide to Healthy Meetings and Events

#### Lunch

Stores: Safeway, Whole Foods, Berkeley Bowl

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**Whole Foods**

**Salads**
- Kale Avocado
- Caesar
- Tofu Shiitake
- Quinoa Slaw
- Tailgate Slaw
- Cabbage Crunch
- Chinese Chicken
- Field Greens w/Spiced Nuts
- Spinach w/Shiitake
- Apple Escarole
- Pistachio
- Roasted Butternut Squash
- Golden Beet & Fennel

**Platters**
- Green Beans w/Herbs & Shallots
- Herb-Roasted Turkey Breast
- Organic Rotisserie Chicken
- Grilled Lemon Herb Chicken
- Mediterranean
- Poached Salmon
- Grilled Salmon
- Grilled Vegetable
- Crudites
- Roasted Root Vegetables

**Aram Sandwiches**
- Hummus & Veggie
- Turkey

**Boxed Lunches**
- Grilled veggie
- Turkey
- Tofu

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**Berkeley Bowl**

**Salads**
- Greek Salad
- Chicken Salad

**Platters**
- Best of Season Fruit
- Berkeley Bowl Chicken
- Mediterranean
- Crudites
- Shrimp Cocktail

**Boxed Salads** (choose whole wheat roll if available)
- Greek Salad
- Chicken Salad
- Tuna Salad
- Grilled Salmon

**Assorted Seasonal Salads**
Choose salads with plenty of vegetables, limited sugar and starchy ingredients (pasta, potatoes), and a non-creamy dressing, such as vinaigrette

**Dips**
- Guacamole
- Hummus
- Salsa

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**Safeway**

**Platters**
- Hummus & Garden Veggies
- Love Those Veggies
- Mediterranean Medley
- Fresh Fruit
- Shrimp Party Tray
- Olive Tray

**Sandwiches & Lunch Meat**
- Pita Pocket Pleaser
- Deli Counter Party & Condiments Combo

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**Salads**
Choose salads with darker greens over iceberg lettuce. Look for cheese in a side container and vinaigrette/non-creamy dressings. Or, make your own salad:
- Pre-washed/pre-cut lettuce and vegetables
- Pre-cooked chicken strips, tuna, salmon, baked tofu, or lean deli meat
- Blue cheese, feta, or parmesan
- Rinsed beans
- Chopped nuts
- Fresh or dried fruit
- Vinaigrette dressing

**Sandwiches & Wraps**
Make your own sandwich and wrap platters using the following:
- Whole Grains: Whole grain bread, whole wheat pita, whole grain tortilla, whole wheat lavash
- Lean Protein: Turkey/Chicken, fish, roast beef, marinated tofu
- Veggies: Lettuce, tomato, spinach, cucumber, onion, grilled veggies
- Other: Avocado, hummus, guacamole, vinaigrettes, light swiss cheese

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