



# Guide to Healthy Meetings and Events

## Lunch

Stores: Safeway, Whole Foods, Berkeley Bowl  
Updated 2019



### Whole Foods



#### Salads

- Broccolini with Garlic
- Cabbage Crunch
- Chinese Chicken Salad
- Escarole Apple Pistachio
- Field Greens with Spiced Nuts
- Golden Beet & Fennel
- Hodo Tofu Shiitake
- Kale Avocado
- Lemon Kale Soofoo
- Roasted Butternut Squash w/Cranberries
- Spinach Shiitake
- Spinach Strawberry

#### Platters

- Crudite
- Fruit
- Herb-Roasted Turkey Breast
- Organic Rotisserie Chicken
- Grilled Lemon Herb Chicken
- Grilled Veggies
- Roasted Root Vegetables
- Rosemary Roasted Fingerling Potatoes

### Berkeley Bowl



#### Dips

- Guacamole
- Hummus
- Salsa

#### Platters

- Best of Season Fruit
- Berkeley Bowl Chicken
- Crudite
- Mediterranean
- Shrimp Cocktail

#### Boxed Salads (choose whole wheat roll if available)

- Greek Salad
- Chicken Salad
- Tuna Salad

#### Assorted Seasonal Salads

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

### Safeway



#### Platters

- Crudite
- Vegetarian Sandwich

#### Entrees, Salads & Sides

- Farro Salad
- Great Greens Salad
- Greek Salad
- Grilled Cilantro Tofu
- Herb Crusted Salmon
- Quinoa Salad
- Roasted Chicken
- Seasonal Grilled Vegetables
- Spinach Salad

### 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 unsweetened 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: Marinated tofu, fish, turkey or chicken
- Veggies: Greens, tomato, cucumber, onion, grilled veggies
- Other: Avocado, hummus, guacamole, vinaigrettes, mustard, pesto



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