

# grill

to ***fire up*** your day

---

## **the base**

- 100% whole grain bun or bed of greens

## **the middle**

- grilled chicken breast, veggie burger or grilled veggie stack
- grilled fish (when available)
- reduced-fat cheese
- vegetable toppings: lettuce, tomato, peppers
- low-fat & reduced-fat spreads

## **on the side**

- veggie crudite, side salad or vegetable
- baked sweet potato