



**"6 GRAMS OF FAT OR LESS" MENU**

- ☺ 6" Ham
- ☺ 6" Oven Roasted Chicken Breast
- ☺ 6" Roast Beef
- ☺ 6" Subway Club®
- ☺ 6" Sweet Onion Chicken Teriyaki
- ☺ 6" Turkey Breast
- ☺ 6" Turkey Breast & Ham
- ☺ 6" Veggie Delite®
- ☺ Veggie Delite® Wrap

- ☺ Ham Salad
- ☺ Oven Roasted Chicken Salad
- ☺ Roast Beef Salad
- ☺ Subway Club® Salad
- ☺ Turkey Breast Salad
- ☺ Turkey Breast & Ham Salad
- ☺ Veggie Delite® Salad
  
- ☺ "Detenga la mayonesa y el aceite" para reducir la grasa y las calorías
- ☺ Escoja el aderezo sin grasa



- ☺ Side Garden Salad
- ☺ Side Caesar Salad (sin crutones)
- ☺ Ultimate Chicken Grill Sandwich (sin mayonesa)
- ☺ Sour Cream & Chives Potato
- ☺ Small Chili
- ☺ Escoja el aderezo sin grasa



COMER FUERA - HOJA DE CONSEJOS PARA COMIDA RAPIDA

	
	<ul style="list-style-type: none"><li>☺ Grilled Chicken Caesar Salad</li><li>☺ Fruit &amp; Yogurt Parfait</li><li>☺ Plain hotcakes with syrup (sin mantequilla o salchicha)</li><li>☺ Egg McMuffin (sin queso)</li><li>☺ Escoja el aderezo sin grasa</li></ul>
 	

	
 	<ul style="list-style-type: none"><li>☺ Chicken Whopper Jr. (sin mayonesa)</li><li>☺ Whopper Jr. (sin mayonesa o queso)</li><li>☺ Fire Grill Chicken Caesar Salad (sin croutons)</li><li>☺ Side Garden Salad</li><li>☺ Escoja el aderezo sin grasa</li></ul>
	



COMER FUERA - HOJA DE CONSEJOS PARA COMIDA RAPIDA



Fresco Style = Una sabrosa fiesta salsa de tomates, cebolla, y cilantro remplaza el queso o la salsa de un platillo

15 'Fresco Style' platillos con menos de 10 gramos de grasa:

- ☺ Crunchy Taco
- ☺ Crunchy Taco Supreme
- ☺ Soft Taco - Beef
- ☺ Soft Taco Supreme - Beef
- ☺ Ranchero Chicken Soft Taco
- ☺ Grilled Steak Soft Taco
- ☺ Bean Burrito
- ☺ 7-Layer Burrito
- ☺ Chili Cheese Burrito
- ☺ ½ lb Cheesy Bean & Rice Burrito
- ☺ Enchirito - Beef
- ☺ Meximelt
- ☺ Steak Grilled Taquitos
- ☺ Mexican Rice
- ☺ Pintos 'n Cheese



- ☺ Eggplant and Tofu in Garlic Sauce
- ☺ Mushroom Chicken
- ☺ Broccoli Beef
- ☺ Tangy Shrimp
- ☺ Hot & Sour Soup/Egg Flower Soup
- ☹ Chow Mein
- ☹ Orange Chicken
- ☹ Kung Pao Chicken
- ☹ Mongolian Beef



TENEMOS DOS COSAS FINALES PARA HACER ANTES QUE PODEMOS CONCLUIR EL TALLER DE HOY.

COMO USTED SABE, DESPUÉS DE CADA ENTREVISTA QUE USTED COMPLETE, USTED RECIBIRÁ COMO GRACIAS UN REGALO POR AYUDARNOS CON ESTE PROYECTO. COMO USTED PUEDE RECORDAR, TENEMOS OTRO REGALO DE AGRADECIMIENTO PARA USTED HOY. CUANDO USTED COMPLETE LA ENTREVISTA DE HOY, USTED RECIBIRÁ DOS BOLETOS PARA EL CINE. NOSOTROS ENTONCES LE LLAMAREMOS DENTRO DE UN MES Y EN ESE MOMENTO, SI USTED COMPLETA LA ENTREVISTA FINAL, USTED RECIBIRÁ UNA TARJETA DE REGALO DE \$25 DE LA TIENDA TARGET.

**P&R: ¿HAY ALGUNA PREGUNTA?**

BUENO TENEMOS VARIOS FACILITADORES AQUÍ PARA AYUDARNOS HOY EN ASEGURARNOS QUE HAGAMOS LAS ENTREVISTAS LO MAS RÁPIDO POSIBLE PARA QUE USTED PUEDA TERMINAR EL PROGRAMA LO PRONTO POSIBLE PARA EMPEZAR SUS PLANES DE COMER SANO.

*👉 ADMINISTRE ENTREVISTAS DE EXAMEN POSTERIOR. SI LA PARTICIPANTE SE TIENE QUE IR, PROGRAME UNA CITA PARA QUE COMPLETE LA ENTREVISTA DE REPASO EN EL FUTURO CERCANO.*

MUCHAS GRACIAS POR SU PARTICIPACIÓN. ESPERAMOS ESTAR EN CONTACTO CON USTED PRONTO. EN UN MES, LAS ESTAREMOS INVITANDO QUE PARTICIPEN EN OTRA ENTREVISTA. AL TERMINAR LA ENTREVISTA, LE DAREMOS UN CERTIFICADO DE COMPLECIÓN POR SU PARTICIPACIÓN EN EL ESTUDIO DE BUENOS HABITOS ALIMENTICIOS PARA UNA BUENA SALUD.

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