

# LOWER SODIUM CHOICES

## CHOOSE THESE

### BREADS/GRAINS/GREENS

- Brioche Bun
- Brown Sugar Cinnamon Oatmeal
- Lettuce
- Quinoa
- Romaine
- Spinach
- Spring Mix
- Junior White Roll
- Junior Wheat Roll

### PROTEINS

- Beef Steak
- Black Beans (cold)
- Chicken Steak
- Chicken Salad
- Egg Omelet
- Egg White Omelet
- Egg Salad
- Hard Boiled Egg
- Turkey Sausage Patty
- Tuna Salad

### CHEESES

- Swiss Cheese
- White Cheddar

### TOPPINGS

- Avocado Spread
- Carrot Ribbons
- Crispy Jalapeno Strips
- Cucumbers
- Grape Tomatoes
- Oregano
- Pepper
- Romaine
- Salsa
- Shredded Lettuce
- Sliced Red Onions
- Sliced Tomato
- Slivered Onions
- Spinach
- Spring Mix

### SPREADS & DRESSINGS

- Cranberry Sauce
- Garlic Aioli
- Mayonnaise - *little bit*
- Oil
- Ranch
- Red Wine Vinegar



# MEAL IDEAS

## BREAKFAST

- **Cinnamon Brown Sugar Oatmeal** with CranRaisin blend (320-530 cal, 105-200mg sodium)
- **Egg White Omelet Bowl** with chicken steak, Swiss cheese, fresh salsa and avocado (250 cal, 580mg sodium)
- **Egg Omelet Breakfast Bowl** with roasted veggies, Swiss cheese, and roasted peppers (230 cal, 490mg sodium)

## SALADS & BOWLS

- **Chicken Salad Garden Salad**, customized to include romaine, cucumbers, grape tomatoes, red onion, and ciabatta croutons (400 cal, 770mg sodium)
- **Garden Salad** customized to remove feta cheese (290 cal, 850mg sodium)
- **Quinoa Bowl** with chicken steak, white cheddar, avocado, grape tomatoes and garlic aioli (720 cal, 940mg sodium)

## SANDWICHES

- **Junior Chicken Steak Hoagie** with Swiss cheese, avocado and ranch (360 cal, 630mg sodium)
- **Junior Beef Steak Hoagie** with Swiss cheese, tomato, spinach and garlic aioli (350 cal, 520mg sodium)
- **Chicken Salad Sandwich on Brioche Bun** with cucumbers, lettuce, tomato, oregano (420 cal, 850mg sodium)
- **Express Turkey Cheddar Pinwheels** (310 cal, 830mg sodium)
- **Express Tuna Wrap** (410 cal, 800mg sodium)

## SIDES & SNACKS

- **Express Farmhouse Garden Veggie Salad** (110 cal)
- **Express Fruit and Yogurt Parfaits** (varies, see label)
- **Express Fruit Cups** (varies, see label)
- **Express Apple Snack Pack** (60 cal, 0mg sodium)
- **Apple Peanut Butter Dipper** (310 cal, 95mg sodium)
- **Express Hard Boiled Eggs** (160 cal, 60-120mg sodium)



## Tips:

- *Everything in moderation – customizing your favorite recipe to junior size will keep you on the lower side in sodium.*
- *Pair a Wawa junior hoagie or sandwich with a side salad or fruit cup from the express case for a balanced meal.*
- *Stick to your goals by steering clear of these higher sodium choices: classic rolls, pepperoni, bacon, ham, Italian, American cheese, buffalo sauce, hot soups and sides, and hot dogs.*

