

ATRIUM

Carb Counter

Carb counted menu items with a fiber & protein focus – to be included in a balanced meal. Recommendations for carbohydrate intakes vary by individual.

ENTREES

Carb Free	GRILLED SALMON, SHRIMP, OR CHICKEN (0g carb)
<1 Serving	SEAFOOD SALAD (6g carb) TROUT ALMONDINE (7g carb)
1-2 Servings	BASA WITH CHICKPEA SALAD (11g carb) GRILLED SHRIMP TACOS (25g carb) CAULIFLOWER TACOS (30g carb) LEMON CHICKEN & BROCCOLINI (28g carb)

SIDES

<1 Serving	SAUTEED SQUASH (3g carb) SAUTEED MUSHROOM (4g carb) HOUSE SALAD (5 g carb) SAUTEED KALE (5g carb) BRUSSEL SPROUTS (8g carb) GAZPACHO (9g carb) FRUIT SALAD (10g carb) STEWED TOMATOES W/OKRA (10g carb)
1-2 Servings	MASHED POTATOES (18g carb) CORN ON THE COB (27g carb) BROWN RICE (37g carb)

