

Build Your Own Sandwich



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Preparation (Serves 1)

Choose the recommend serving from each category for a hearty and nourishing sandwich.



HEALTHY FAT

Choose one:

- 2 tbsp Guacamole or ¼ sliced avocado
- 2 tbsp Epicure Dip, your choice
- 1 tbsp Epicure Aioli or mayonnaise



VEGGIES & FRUITS

Add both:

- ½ cup leafy greens such as kale, spinach, or lettuce
- ¼ cup sliced fresh veggies, such as tomatoes, bell peppers, carrots, beets, cucumber, or red onion



LEAN PROTEIN/DAIRY

Choose one:

- 1 cup white beans or chickpeas, mashed
- 4 oz (113 g) cooked, sliced chicken
- 4.5 oz (130 g) canned salmon or tuna, drained
- 2 hard-boiled eggs, mashed



COMPLEX CARBS

Choose one:

- 1 bun or small roll
- 2 slices bread
- 1 tortilla
- 1 whole wheat tortilla



TIP

Season your protein of choice with any **Epicure Seasoning** or **Dip Mix**.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced veggies, your choice.