EatWell Meals

Deliciously balanced meals for USC

EatWell Rock Roots Reggae (VG)
Kale, romaine, grilled tofu, roasted sweet potato, tomato, brussels sprouts, broccoli, beets, raspberry maple thyme dressing

EatWell Woodstock & Curry Salad (VG)
Romaine, arugula, cabbage, grilled tofu, basil, cilantro, tomato, red onion, cucumbers, chickpeas, raspberry maple thyme dressing

EatWell Backyard Salad
Roasted chicken, kale, romaine, apple, carrots, raspberry maple thyme dressing

EatWell Santorini Greek Salad (V)
Spinach, romaine, tomato, cucumber, red onion, black lentils, pita crisps, raspberry maple thyme dressing

EatWell Breakfast Buddha Bowl (V)
Eggs, roasted cauliflower, sweet potato, quinoa, pepitas, avocado, pickled red onions

EatWell Veggie Scramble Bowl (V)
Eggs, spinach, bell pepper, mushroom, tomato, green onion

EatWell Pomodoro Pasta (VG)
Penne pasta, tomato sauce, cherry tomato, bell pepper, basil, extra virgin olive oil

EatWell Italian Chop Salad (VG)
Romaine, carrot, celery, bell pepper, cucumber, cannellini beans, pepperoncini, raspberry maple thyme dressing

EatWell Farro White Bean Soup (VG)
Farro, white bean, kale, tomato, carrot, celery, red onion, basil, veggie stock, extra virgin olive oil

EatWell Roasted Chicken Salad
Roasted chicken, lettuce mix, carrot, tomato, raspberry maple thyme dressing

EatWell Guacamole Bowl* (VG)
Ensalada mix, brown rice, black beans, fajita veggies, roasted corn, guacamole, lime wedge

EatWell Fight On Smoothie (VG)
Strawberry, blueberry, banana, pineapple, agave

EatWell Mango Tango Smoothie (VG)
Mango, banana, pineapple, agave

EatWell Tropical Breeze Smoothie (VG)
Banana, pineapple, kale, spinach, agave

EatWell Protein Power Smoothie (V)
Peanut butter, banana, strawberry, agave, whey protein powder

EatWell Freshly Squeezed Orange Juice (VG)
16 ounces

EatWell Mother Nature Juice (VG)
Kale, spinach, cucumber, celery, parsley, lemon, ginger, apple

EatWell Broccoli Beef as single entrée*

EatWell Broccoli Beef as single entrée + side of mixed veggies*

EatWell Broccoli Beef as single entrée + side white rice*

String Bean Chicken as a single entrée*

String Bean Chicken as a single entrée + side of white rice* (String bean chicken as a single entrée + side of mixed veggies does not fit the guidelines due to sodium quantity)

Brown rice available at HSC location only

Learn more and view the menus at hospitality.usc.edu/dietitian

*Served at both UPC and HSC locations.