

## Front line Salad

4.5 oz.'s lettuce butter  
3 oz.'s chicken breast  
1 oz.'s apple, chopped  
.5 oz.'s almond

Serving size: Entire recipe  
(12.5 oz.'s).

.5 oz.'s raspberries  
1 oz.'s cheese blue  
cheese  
2 oz.'s dressing honey  
must

<b>Amount Per Serving</b>	
<b>Calories</b>	546.72
Calories From Fat (46%)	251.03
	<b>% Daily Value</b>
<b>Total Fat</b> 29.18g	45%
Saturated Fat 8.19g	41%
<b>Cholesterol</b> 93.56mg	31%
<b>Sodium</b> 795.44mg	33%
<b>Potassium</b> 786.11mg	22%
<b>Total Carbohydrates</b> 37.06g	12%
Fiber 4.92g	20%
Sugar 5.61g	
<b>Protein</b> 38.01g	76%