

DO IT & DIET

A New You

(NAPSA)—Popular media personality and nutritionist “Dr. Jo” Lichten has come up with a 21-day meal plan to help you look and feel better.

The 21 Days to a New You meal plan is a guide to utilizing the popular Pollo Tropical® menu of fresh, healthy and grilled items over a 21-day period.

The meal plan lists lunch and dinner options available at all Pollo Tropical restaurants. Each option includes the total calorie intake, which ranges from 810 to just over 1,200 calories for lunch and dinner.



A Taste of the Caribbean: A new three-week diet plan provides a healthy way to indulge in flavorful dishes.

The menu also provides several “helpful tips” sections, such as Ten Recommendations for Staying Healthy, outlining the importance of eating fruits, vegetables and whole grains, and how to manage stress.

Quick tips are also provided about making the most of Pollo Tropical, such as “Think Lutein.” Balsamic tomatoes, salsa and corn—available in many of the restaurant’s signature Caribbean dishes—are rich in this antioxidant and important for eye and heart health.

The meal plan is available at www.pollotropical.com/21days. Online, you can connect with friends and share success stories and suggestions on Facebook through the “Share Your Tips” link.