

# SRAC 12 WEEK FITNESS CHALLENGE



BE THE BIGGEST LOSER!



*Ana's Mexican Restaurant*

## Exclusive 12 Week Fitness Challenge Menu

Afraid to eat out during the Challenge?  
Worry no more with Ana's special menu created just for you!

### *Ana's Fitness Challenge Specials!*

SRAC Members: \$6.95 Non-Members: \$7.50

#### 1. DAVE'S BREAD & BUTTER

6oz grilled chicken, 1 cup brown rice, 1 cup black/pinto beans,  
Pico de gallo, 1 tbs of guacamole

#### 2. Ana's Favorite "THE WRAP"

Large whole wheat tortilla, 6 oz grilled chicken, lettuce, pico de  
gallo, avocado slices

#### 3. SRAC SALAD

Brown rice, pinto beans, chicken, lettuce, tomato, cheese garnish.  
No shell.

### *Other Helpful Tips*

- Ask for fajitas or any of your favorite dishes to be cooked in chicken broth instead of oil.
  - Substitute Spanish Rice for Brown Rice.
  - Choose pinto or black beans instead of refried.
- If you order big, pack half in a to-go box and save for another meal.