



The
PTI BUZZ
Carol Kur, MSRD
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Best Mexican Food Choices when you're on the go.

Healthiest Tacos-Taco Bell 2 Fresco Grilled Steak Soft Tacos

Healthiest Mexican Side Dish-Baja Fresh Veggie Mix.

Healthiest Mexican Salad-Baja Fresh Charbroiled Shrimp Ensalada with Fat-Free Salsa Verde

Healthiest Nachos-Taco Bell Nachos

Healthiest Quesadilla-Taco Bell Steak Quesadilla

Healthiest Burrito Bowl-Chipotle Chicken Burrito Bowl with Lettuce, Black Beans Green Tomatillo Salsa

Healthiest Burrito-Taco Bell Fresco Fiesta Burrito Chicken

Burn 104 calories by turning up the radio and dancing for 2 minutes!!!

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