

We're proud to be an



STORE!

Takes the guesswork out of healthy eating & shopping.




≡ LAKEVIEW GROCERY ≡

— On Harrison Avenue —



What is Ochsner Eat Fit?

A vertical strip of images on the left side of the page, including a green cabbage, green beans, a wooden bowl of mixed beans, and a bowl of orange soup.

Ideal for those who want to eat clean. Also fitting for those watching their **weight**, **blood pressure** or **cholesterol levels**.

Approved dishes have less than **one teaspoon** of added sugar and contain **ZERO** white carbs.

Eat Fit items are **low in animal saturated fats** and focus on lean proteins, plant-based fats, vegetables, fruits and whole grains.

Eat Fit is **NOT** low-fat or “lite” – rather, we focus on **heart-smart plant-based fats**.

**For more information, visit
www.robertfreshmarket.com.**