

Meatless					Fish or Seafood					Chicken				
<p><b>Couscous</b> Dinner <span style="float:right">Blue</span></p> <p><b>Marinated Steak Kebabs Cauliflower au Gratin</b> 1/3 cup Pearl Couscous (Grains)</p> <p>Servings 8    <u>Prep</u>    <u>Cook</u>    <u>Total</u>  25 min    55 min    1hr20min  Marinate 1 hour or freeze Steak</p> <p><b>Nutritional Information</b>  1/13/2021    1/5/2021  Couscous    Kebabs    au Gratin    Total</p>					<p><b>Tortilla</b> Dinner <span style="float:right">Blue</span></p> <p><b>Low Cholesterol Sausage Breakfast Wraps</b> 1 1/4-cups (87g) Hash Browns (Vegetables) 4-ounce glass Low Sodium V-8 (Vegetables)</p> <p>Servings 8    <u>Prep</u>    <u>Cook</u>    <u>Total</u>  20 min    20 min    40 min</p> <p><b>Nutritional Information</b>  1/6/2021  Juice    Wrap    Potatos    Total</p>					<p><b>Rice</b> Dinner <span style="float:right">Blue</span></p> <p><b>Chicken &amp; Wild Rice Stew with Kale</b> 2-cups Light Italian Garden Salad (Vegetables)</p> <p>Servings 8    <u>Prep</u>    <u>Cook</u>    <u>Total</u>  20 min    3 hrs    3hr20min  Crockpot</p> <p><b>Nutritional Information</b>  01/11/21  Stew    Salad    Total</p>				
Calories	220	215	168	603	Calories	45	179	70	294	Calories		263	94	357
Total Fat (g)		6	11	17	Total Fat (g)		7	0	7	Total Fat (g)		4	6	10
Saturated Fat (g)		2	3	5	Saturated Fat (g)		2	0	2	Saturated Fat (g)		2	1	3
Cholesterol (mg)		57	39	96	Cholesterol (mg)		8	0	8	Cholesterol (mg)		74	0	74
Sodium (mg)		216	240	456	Sodium (mg)	140	486	20	646	Sodium (mg)		325	261	586
Carbs (g)	45	3	12	60	Carbs (g)	9	20	16	45	Carbs (g)		28	7	35
Fiber	3	0	2	5	Fiber	1	9	2	12	Fiber		3	3	6
Sugar	1	1	5	7	Sugar	7	2	0	9	Sugar		2	1	3
Protein (g)	9	22	6	37	Protein (g)	2	16	2	20	Protein (g)		30	2	32
<p><b>Food Groups</b></p> <p>P    FC    SC</p> <p>Meat    Grains    Vegetable    Fruit    Dairy</p> <p>3    3    1.5</p>					<p><b>Food Groups</b></p> <p>P    FC    SC    FC</p> <p>Meat    Grain    Vegetable    Vegetable    Dairy</p> <p>1    1    2    1</p>					<p><b>Food Groups</b></p> <p>P    FC    SC</p> <p>Meat    Grain    Vegetable    Fruit    Dairy</p> <p>3.5    1    2.5</p>				
<p><b>Muffin</b> Dinner <span style="float:right">Blue</span></p> <p><b>Meal Prep Chili Con Carne</b> 1 Corn Muffin (Grains)</p> <p>Servings 8    <u>Prep</u>    <u>Cook</u>    <u>Total</u>  15 min    1hr50min    2hr5min</p> <p><b>Nutritional Information</b>  01/11/21  Chili    Muffin    Total</p>					<p><b>Potato</b> Dinner <span style="float:right">Blue</span></p> <p><b>Pan Fried Pork Chops</b> 1/2-cup Smashed Potatoes (Vegetables) 1-cup (88g) Broccoli (Vegetables)</p> <p>Servings 8    <u>Prep</u>    <u>Cook</u>    <u>Total</u>  5 min    20 min    25 min</p> <p><b>Nutritional Information</b>  01/11/21  Broccoli    Chop    Potatos</p>					<p><b>Bun</b> Dinner <span style="float:right">Blue</span></p> <p><b>Grilled Chicken Sandwiches with Slaw</b> 1/2-cup No Sugar Added Ice Cream (Dairy)</p> <p>Servings 8    <u>Prep</u>    <u>Cook</u>    <u>Total</u>  15 min    15 min    30 mi</p> <p><b>Nutritional Information</b>  01/12/21  Sandwich    Ice Cream    Total</p>				
Calories		400	120	520	Calories	30	337	89	456	Calories		379	100	479
Total Fat (g)		14	0	14	Total Fat (g)		20	0	20	Total Fat (g)		14	3	17
Saturated Fat (g)		5	0	5	Saturated Fat (g)		3	0	3	Saturated Fat (g)		3	2	5
Cholesterol (mg)		88	0	88	Cholesterol (mg)		78	0	78	Cholesterol (mg)		90	10	100
Sodium (mg)		248	410	658	Sodium (mg)	29	208	0	237	Sodium (mg)		678	30	708
Carbs (g)		31	27	58	Carbs (g)	6	12	21	39	Carbs (g)		30	15	45
Fiber		8	1	9	Fiber	3	1	2	6	Fiber		5	0	5
Sugar		6	8	14	Sugar	1	0	1	2	Sugar		6	13	19
Protein (g)		39	1	40	Protein (g)	2	29	2	33	Protein (g)		38	3	41
<p><b>Food Groups</b></p> <p>P    SC    SC    FC</p> <p>Meat    Legumes    Vegetable    Grain    Dairy</p> <p>4    1    1    2</p>					<p><b>Food Groups</b></p> <p>P    FC    FC    SC</p> <p>Meat    Grain    Vegetable    Vegetable    Dairy</p> <p>4    1    1.5    1</p>					<p><b>Food Groups</b></p> <p>P    FC    FC</p> <p>Meat    Grain    Vegetable    Fruit    Dairy</p> <p>4    1.5</p>				

**NOTES:**

The information given here is intended to help you make good food choices. Please consult with your doctor before starting any new diet.