

Beef					Seafood					Chicken				
Potato Dinner Green Slow Cooker Swiss Steak with Mushroom Gravy 1/2 cup Smashed Potatoes Strawberry Pecan Spinach Salad with Poppy Seed Dressing Servings 6 Prep Cook Total Slow Cooker 30 min 8hr15min 8hr45min					Rice Dinner Green Grilled Chipotle Shrimp Restaurant Style Mexican Rice 1/2 cup Mixed Vegetables Servings 6 Prep Cook Total 50 min 30 min 1hr20min					Corn Dinner Green Cilantro Lime Chicken Burrito Bowls Mexican Street Corn Servings 6 Prep Cook Total Slow Cooker 35 min 6hr15min 6hr50min				
Nutritional Information					Nutritional Information					Nutritional Information				
7/12/2021 8/30/2021					10/14/2021 10/19/2021					8/24/2021 8/24/2021				
Salad Steak Potatoes Total					Veggies Shrimp Rice Total					Chicken Corn Total				
Calories	271	211	89	571	Calories	37	172	175	384	Calories		231	161	392
Total Fat (g)	24	9	0	33	Total Fat (g)		9	7	16	Total Fat (g)		5	7	12
Saturated	2	3	0	5	Saturated Fat (g)		1	1	2	Saturated Fat (g)		2	2	4
Cholesterol	0	34	0	34	Cholesterol (mg)		165	0	165	Cholesterol (mg)		58	15	73
Sodium (mg)	131	297	0	428	Sodium (mg)	15	435	364	814	Sodium (mg)		217	174	391
Carbs (g)	15	11	21	47	Carbs (g)	8	3	24	35	Carbs (g)		22	23	45
Fiber	4	3	2	9	Fiber	2	1	1	4	Fiber		7	1	8
Sugar	9	3	1	13	Sugar	3	1	0	4	Sugar		3	6	9
Protein (g)	3	21	2	26	Protein (g)	2	19	2	23	Protein (g)		28	6	34
Food Groups					Food Groups					Food Groups				
P	FC	SC	F	F	P	FC	SC	F	F	P	FC	SC	SC	F
Meat	Starch	Vegetable	Fruit	Fat	Meat	Starch	Vegetable	Fruit	Fat	Meat	Starch	Vegetable	Legumes	Dairy
2.5	1.5	1.5	0.5	1	2	1.5	1.5		1	1.5	1.5	1	0.5	
13 Points					14 Points					12 Points				
Pasta Dinner Green Beefy Stuffed Shells Fat Free Garden Salad w/o Carrots Servings 6 Prep Cook Total 40 min 25 min 65 min					Rice Dinner Green Pork Chops in Mustard Sauce 1/2 cup Uncle Bens Long Grain and Wild Rice Original Recipe 1 cup (88g) Brussels Sprouts Servings 6 Prep Cook Total 15 min 20 min 35 min					Rice Dinner Green Garlic Cashew Chicken Casserole 1 1/2 cup Asian Salad Mix 1 Chinese Almond Cookie Servings 6 Prep Cook Total 40 min 25 min 65 min				
Nutritional Information					Nutritional Information					Nutritional Information				
11/10/2020					7/27/2021					11/10/2020				
2 Shells Salad Total					Sprouts 3 oz Chop Rice					Cookie Casserole Salad Total				
Calories		315	49	364	Calories	38	258	100	396	Calories	80	348	160	588
Total Fat (g)		10	0	10	Total Fat (g)		10	0	10	Total Fat (g)		5	9	15
Saturated		4	0	4	Saturated Fat (g)		4	0	4	Saturated		2	2	1.5
Cholesterol (mg)		34	0	34	Cholesterol (mg)		72	0	72	Cholesterol (mg)		31	0	31
Sodium (mg)		216	393	609	Sodium (mg)	22	173	325	520	Sodium (mg)	33	293	240	566
Carbs (g)		38	10	48	Carbs (g)	8	12	21	41	Carbs (g)	8	47	14	69
Fiber		4	2	6	Fiber	3	4	1	8	Fiber	0	4	2	6
Sugar		3	5	8	Sugar	2	1	1	4	Sugar	3	4	7	14
Protein (g)		23	1	24	Protein (g)	3	26	3	32	Protein (g)	1	21	3	25
Food Groups					Food Groups					Food Groups				
P	FC	SC	F	Dairy	P	FC	SC	F	Dairy	P	FC	SC	F	Dairy
Meat	Starch	Vegetable	Fruit	Dairy	Meat	Starch	Vegetable	Fruit	Dairy	Meat	Starch	Vegetable	Fruit	Dairy
1	2	2			3	1.5	1.5			2	2.5	2.5		
14 Points					13 Points					16 Points				

NOTES:

Meal Plans are designed to follow the Cooking Heart Smart Eating Plan and Diet Guidelines.
Please consult with your doctor before starting any new diet.
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