



Meatless					Beef					Shrimp									
<b>Pasta</b> Dinner <b>Low SF</b> <b>Linguine with Fresh Tomatoes and Feta</b> <b>Light Garden Salad w/Carrots</b>					<b>Potato/Corn</b> Dinner <b>Low SF</b> <b>Skillet Beef, Corn &amp; Zucchini</b> <b>Tater Tot Casserole</b> <b>1 cup Fresh Pineapple Chunks</b>					<b>Rice</b> Dinner <b>Low SF</b> <b>Pan Fried Shrimp with Cocktail Sauce</b> <b>1/2 cup Instant White Rice</b> <b>2/3 cup Mixed Vegetables</b>									
<b>Servings</b> 6 <b>Prep</b> 10 min <b>Cook</b> 15 min <b>Total</b> 25 min					<b>Servings</b> 6 <b>Prep</b> 20 min <b>Cook</b> 30 min <b>Total</b> 50 min					<b>Servings</b> 6 <b>Prep</b> 15 min <b>Cook</b> 5 min <b>Total</b> 20 min									
<b>Nutritional Information</b>					<b>Nutritional Information</b>					<b>Nutritional Information</b>									
		<i>Linguine</i>	<i>Salad</i>	<i>Total</i>			<i>Casserole</i>	<i>Pineapple</i>	<i>Total</i>			<i>Rice</i>	<i>4oz Shrimp</i>	<i>Veggies</i>	<i>Total</i>				
Calories		251	94	345	Calories		260	41	301	Calories		85	319	60	464				
Total Fat (g)		8	6	14	Total Fat (g)		13	0	13	Total Fat (g)		11	0	0	11				
Saturated Fat (g)		3	1	4	Saturated Fat (g)		5	0	5	Saturated Fat (g)		1	0	0	1				
Cholesterol (mg)		14	0	14	Cholesterol (mg)		44	0	44	Cholesterol (mg)		220	0	0	220				
Sodium (mg)		411	261	672	Sodium (mg)		478	1	479	Sodium (mg)		415	25	0	440				
Carbs (g)		37	7	44	Carbs (g)		19	11	30	Carbs (g)		19	29	13	61				
Fiber		2	3	5	Fiber		2	1	3	Fiber		0	0	2	2				
Sugar		4	1	5	Sugar		4	8	12	Sugar		0	7	4	11				
Protein (g)		11	2	13	Protein (g)		19	0	19	Protein (g)		2	28	2	32				
<b>Food Groups</b>					<b>Food Groups</b>					<b>Food Groups</b>									
P	FC	SC	SC	FC	P	FC	SC	FC	FC	P	FC	SC	SC	F					
<b>Meat</b>	<b>Starch</b>	<b>Vegetable</b>	<b>Fruit</b>	<b>Dairy</b>	<b>Meat</b>	<b>Starch</b>	<b>Vegetable</b>	<b>Fruit</b>	<b>Dairy</b>	<b>Meat</b>	<b>Starch</b>	<b>Vegetable</b>	<b>Fruit</b>	<b>Fat</b>					
	2	2			2.5	1	0.5	0.5		3.5	2.5	2.5		0.5					
<b>3 Carb Count</b>					<b>2 Carb Count</b>					<b>4 Carb Count</b>									
<b>Frittata</b>					<b>Salad</b>					<b>Chicken</b>									
<b>Bagel</b> Breakfast <b>Low Sodium</b> <b>Bacon Cheese Frittata</b> <b>Thin Cut Bagels</b> <b>with 1T Buttery Spread</b> <b>8 oz Pure Cranberry Juice</b>					<b>Crackers</b> Lunch <b>Low SF</b> <b>Make Ahead Italian Deli Salad</b> <b>1 container Nonfat</b> <b>High Protein (15g or more) Yogurt</b> <b>6 Flatbread Crackers</b>					<b>Tortilla</b> Dinner <b>Low SF</b> <b>Mini Chicken Tacos</b> <b>1/2 cup No Salt Added Black Beans</b> <b>1 cup Pico De Gallo Salad</b>									
<b>Servings</b> 6 <b>Prep</b> 15 min <b>Cook</b> 45 min <b>Total</b> 1 hr					<b>Servings</b> 6 <b>Prep</b> 25 min <b>Cook</b> - <b>Total</b> 25 min					<b>Servings</b> 4 <b>Prep</b> 20 min <b>Cook</b> 5 min <b>Total</b> 25 min									
<b>Nutritional Information</b>					<b>Nutritional Information</b>					<b>Nutritional Information</b>									
		<i>Juice</i>	<i>Frittata</i>	<i>Bagel</i>	<i>Total</i>			<i>Crackers</i>	<i>Salad</i>	<i>Yogurt</i>	<i>Total</i>			<i>Pico</i>	<i>3 Tacos</i>	<i>Beans</i>	<i>Total</i>		
Calories		80	164	160	404	Calories		53	152	110	315	Calories		26	308	110	444		
Total Fat (g)			11	6	17	Total Fat (g)		2	9	0	11	Total Fat (g)		13	1	0	14		
Saturated Fat (g)			4	1.5	5.5	Saturated Fat (g)			2	0	2	Saturated Fat (g)		4	0	0	4		
Cholesterol (mg)			190	0	190	Cholesterol (mg)			10	0	10	Cholesterol (mg)		26	0	0	26		
Sodium (mg)			10	322	280	612	Sodium (mg)			90	408	50	548	Sodium (mg)		37	715	15	767
Carbs (g)			19	3	25	47	Carbs (g)			8	12	13	33	Carbs (g)		5	31	18	54
Fiber			0	0	5	5	Fiber			0	5	0	5	Fiber		1	0	6	7
Sugar			11	2	2	15	Sugar			0	2	11	13	Sugar		1	1	0	2
Protein (g)			0	14	4	18	Protein (g)			1	7	15	23	Protein (g)		2	18	7	27
<b>Food Groups</b>					<b>Food Groups</b>					<b>Food Groups</b>									
P	FC	SC	SC	FC	P	FC	SC	SC	FC	P	FC	SC	SC	FC					
<b>Meat</b>	<b>Starch</b>	<b>Vegetable</b>	<b>Fruit</b>	<b>Dairy</b>	<b>Meat</b>	<b>Starch</b>	<b>Vegetable</b>	<b>Legumes</b>	<b>Dairy</b>	<b>Meat</b>	<b>Starch</b>	<b>Vegetable</b>	<b>Legumes</b>	<b>Dairy</b>					
	1.5	1.5		1.5	0.5	0.5	1	0.5	1	2	2	1		1					
<b>3 Carb Count</b>					<b>2 Carb Count</b>					<b>4 Carb Count</b>									

**NOTES:**