

Meatless					Fish or Seafood					Chicken				
Pasta Dinner Blue Vegetarian Bucatini Bolognese Sugar Free Pudding Cup Servings 6 Prep 5 min Cook 10 min Total 15 min					Rice Dinner Blue Grilled Salmon Fillets with Fresh Mango Salsa 3/4 cup Jasmine Rice Light Garden Salad 1 cup chopped Spinach Servings 6 Prep 20 min Cook 15 min Total 35 min					Ramen Dinner Blue Lemon Garlic & Pepper Ramen with Chicken Sesame Ginger Vinaigrette Salad 1/2 cup Strawberries Servings 6 Prep 25 min Cook 15 min Total 40 min				
Nutritional Information 4/22/2021 Bucatini Pudding Total					Nutritional Information 5/11/2021 Salad Salmon Rice/Spinach Total					Nutritional Information 5/17/2021 Strawberrie Chicken Salad Total				
Calories		506	60	566	Calories	94	302	185	581	Calories	26	430	188	644
Total Fat (g)	14	1.5	15.5		Total Fat (g)	6	16	0	22	Total Fat (g)	8	14	14	22
Saturated Fat (g)	4	1	5		Saturated Fat (g)	1	3	0	4	Saturated Fat (g)	1	2	2	3
Cholesterol (mg)	12	0	12		Cholesterol (mg)		100	0	100	Cholesterol (mg)	60	0	60	60
Sodium (mg)	229	170	399		Sodium (mg)	261	374	65	700	Sodium (mg)	1	597	41	639
Carbs (g)	71	3	74		Carbs (g)	7	6	40	53	Carbs (g)	6	59	15	80
Fiber	6	1	7		Fiber	3	1	2.5	6.5	Fiber	1.5	4	4	9.5
Sugar	8	0	8		Sugar	1	5	0	6	Sugar	4	4	8	16
Protein (g)	20	1	21		Protein (g)	2	31	6	39	Protein (g)	0	31	3	34
Food Groups FC SC F FC Meat Starch Vegetable Fat Dairy 3.5 4 0.5 0.5 14 Points					Food Groups P FC SC FC Fruit Dairy Meat Starch Vegetable Fruit Dairy 4 2.5 2.5 16 Points					Food Groups P FC SC SC Fruit Dairy Meat Starch Vegetable Fruit Dairy 2.5 3.5 3 0.5 15 Points				
Potato Dinner Blue Grilled Cowboy-Cut Ribeyes Baked Potato+ fixins 1/2 cup Baked Beans Servings 6 Prep 1 hr Cook 30 min Total 90 min					Rice Dinner Blue The Best Fried Rice Stir in 6 oz cooked pork (Add to Recipe) Tai Pei Vegetable Egg Rolls Servings 6 Prep 5 min Cook 10 min Total 15 min					Pasta Dinner Blue Turkey Tetrazzini with Broccoli Light Garden Salad 1/2 cup No Sugar Added Ice Cream Servings 6 Prep 20 min Cook 25 min Total 45 min				
Nutritional Information 5/17/2021 Beans Ribeye Potato+ Total					Nutritional Information 5/17/2021 1 Egg Roll + 1T sauce Rice Pork Total					Nutritional Information 4/25/2021 Ice Cream Tetrazzini Salad Total				
Calories	150	247	213	610	Calories	165	300	82	547	Calories	100	421	94	615
Total Fat (g)	15	5	20		Total Fat (g)	7	7	6	20	Total Fat (g)	3	12	6	21
Saturated Fat (g)	7	3	10		Saturated Fat (g)	0.5	4	2	6.5	Saturated Fat (g)	2	4	1	7
Cholesterol (mg)	78	0	78		Cholesterol (mg)	5	72	26	103	Cholesterol (mg)	10	87		97
Sodium (mg)	130	326	84	540	Sodium (mg)	385	311	20	716	Sodium (mg)	30	439	261	730
Carbs (g)	27	1	29	57	Carbs (g)	24	49	0	73	Carbs (g)	15	40	7	62
Fiber	7	0	3	10	Fiber	2	3	0	5	Fiber	0	5	3	8
Sugar	6	0	2	8	Sugar	8	2	0	10	Sugar	13	5	1	19
Protein (g)	6	30	4	40	Protein (g)	4	5	6	15	Protein (g)	3	37	2	42
Food Groups P FC SC SC Fruit Dairy Meat Starch Legumes Fruit Dairy 4 2 2 20 Points					Food Groups P FC SC SC Legumes Dairy Meat Starch Vegetable Legumes Dairy 1 4 20 Points					Food Groups P FC SC SC Fruit Dairy Meat Starch Vegetable Fruit Dairy 2.5 2 3 1 19 Points				

NOTES:

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