Chicken (Cooked Chicken)

Pasta

High Fiber

Dinner D11-3

Low SF

High Protein

Cheesy Bow Tie Pasta

Garden Salad with Italian Vinaigrette

Notes:	*Servings*	*Prep*	*Cook*	*Total*
	6	10 min	20 min	30 min

Recipe includes Salt Free Chicken Master Mix

Cook the chicken a day or two ahead to save time.

Nutritional Information

2/25/2026

			Pasta	*Salad*	*Total*
Calories			391	*75*	*466*
Total Fat (g)			14	*2*	*16*
Saturated Fat (g)			**5**	***1***	***6***
Cholesterol (mg)			**53**	***10***	***63***
Sodium (mg)			**526**	***184***	***710***
Carbs (g)			**42**	***13***	***55***
Fiber			6	*2*	*8*
Sugar			1	*3*	*4*
Protein (g)			23	*2*	*25*

Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
3	2	2				1

EW254, SC1, ***4 Carb Count*** ***7 HH Score***

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