Chicken (Boneless Skinless Breasts)

Rice
High Protein

Dinner D3-7

Low SF
Low Sodium

The Best Fried Rice Ever

Asian Sesame Chicken (baked)

20 oz bag Great Value Broccoli Stir Fry (frozen)

Notes:

Divide the bag of veggies into 6 servings

Servings	*Prep*	*Cook*	*Total*
6	25 min	15 min	45 min

Nutritional Information

	2/27/2023 *Chicken*	5/17/2021 *Rice*	*Veggies*	*Total*
Calories	225	249	41	*515*
Total Fat (g)	10	7	0	*17*
Saturated Fat (g)	**3**	**4**	**0**	***7***
Cholesterol (mg)	**69**	**72**	**0**	***141***
Sodium (mg)	**238**	**288**	**18**	***544***
Carbs (g)	**5**	**38**	**8**	***51***
Fiber	0	2	2	*4*
Sugar	4	4	2	*10*
Protein (g)	27	7	2	*36*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
4	2	2				1

MM ***3 Carb Count*** ***7 HH Score***

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