Chicken (Boneless Skinless Breasts

Low SF

Rice

Dinner D4-9

Low Sodium

High Protein

Low Carb

Grilled Chicken with Rustic Mustard Cream

1/2 cup Instant Brown Rice

Buttery Baby Carrots

Notes:	*Servings*	*Prep*	*Cook*	*Total*
	6	5 min	15 min	20 min

Nutritional Information

			2/17/2023 *Chicken*	*Rice*	2/17/2023 *Carrots*	*Total*
Calories			162	85	57	*304*
Total Fat (g)			9	1	4	*14*
Saturated Fat (g)			**1**	**0**	**2**	***3***
Cholesterol (mg)			**69**	**0**	**10**	***79***
Sodium (mg)			**229**	**0**	**36**	***265***
Carbs (g)			**0**	**18**	**5**	***23***
Fiber			0	1	2	*3*
Sugar			0	0	0	*0*
Protein (g)			21	2	1	*24*

Meal Formula by Food Groups

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

MM ***2 Carb Count*** ***3 HH Score***

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