

Meatless (Beans)						
Tortilla		Dinner D5-1				Low SF
High Fiber						Low Sodium
Bean & Cheese Burritos w/Green Chilies						
1 Medium Navel Orange (140g)						
Notes:			Servings	Prep	Cook	Total
Burrito recipe includes "Pinto Bean Master Mix"			6	20 min	0	20 min
Recommend making the beans a day or two ahead.		Nutritional Information				
				9/29/2026		
				Burrito	Orange	Total
Calories				357	73	430
Total Fat (g)				13	0	13
Saturated Fat (g)				5	0	5
Cholesterol (mg)				8	0	8
Sodium (mg)				610	13	623
Carbs (g)				53	17	70
Fiber				16	3	19
Sugar				1	12	13
Protein (g)				16	1	17
Meal Formula by Food Groups						
P	FC	SC	SC	FC	SC	F
Meat	Starch	Vegetable	Fruit	Dairy	Legumes	Fat
	2		1		1	
MM	5 Carb Count			6 HH Score		