Chicken (Boneless Skinless Breasts)

Pasta
High Protein

Dinner D5-12

Low SF
Low Sodium

Pepperoni and Cheese Stuffed Chicken with Penne

1.5 cups (113g) Grapes

Notes:

Servings	*Prep*	*Cook*	*Total*
4	15 min	20 min	35 min

Nutritional Information

1/21/2026

	Chicken/Penne	*Grapes*	*Total*
Calories	457	*90*	*547*
Total Fat (g)	17	*0*	*17*
Saturated Fat (g)	**7**	***0***	***7***
Cholesterol (mg)	**125**	***0***	***125***
Sodium (mg)	**462**	***1***	***463***
Carbs (g)	**34**	***24***	***58***
Fiber	3	*1*	*4*
Sugar	2	*23*	*25*
Protein (g)	41	*1*	*42*

Meal Formula by Food Groups

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

MM ***4 Carb Count*** ***5 HH Score***

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