Seafood (Shrimp)

Tostada | Dinner D6-2 | Low Fat

High Protein | Low Sodium

Shrimp Tostadas w/ Avocado Salsa

Cilantro Lime Salad

1/2 cup Instant White Rice

Notes:	*Servings*	*Prep*	*Cook*	*Total*
	6	15 min	15 min	30 min

Nutritional Information

	08/12/26		2/9/2021	
	Tostada	*Rice*	*Salad*	*Total*
Calories	335	85	*200*	*620*
Total Fat (g)	13	0	*15*	*28*
Saturated Fat (g)	**3**	**0**	***3***	***6***
Cholesterol (mg)	**112**	**0**	***6***	***118***
Sodium (mg)	**292**	**0**	***287***	***579***
Carbs (g)	31	19	***13***	***63***
Fiber	7	0	*0*	*7*
Sugar	6	0	*3*	*9*
Protein (g)	24	2	*5*	*31*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
2.5	2	1			1	1.5

4 ***Carb Count*** ***7*** ***HH Score***

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