Fish (Cod)

Tortilla

High Fiber

High Protein

Dinner D7-2

Low Sf

Low Sodium

Grilled Fish Tacos w/Lime Slaw

1/ 2 cup Great Value No Salt Added Pinto Beans

Notes:

Servings	*Prep*	*Cook*	*Total*
4	5 min	15 min	20 min

Nutritional Information

10/22/2020

	2 Tacos	*Beans*	*Total*
Calories	*242*	*110*	*352*
Total Fat (g)	3	*0*	*3*
Saturated Fat (g)	**0**	***0***	***0***
Cholesterol (mg)	**60**	***0***	***60***
Sodium (mg)	**159**	***20***	***179***
Carbs (g)	**27**	***20***	***47***
Fiber	5	*5*	*10*
Sugar	5	*0*	*5*
Protein (g)	28	*7*	*35*

Meal Formula by Food Groups

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

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

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