



Nutrition Information

Monday: Parmesan chicken nuggets with herbed honey glazed carrots				Serves: 4	
Serving Size: About 6 chicken nuggets, 1 1/4 cup carrots, 1/2 orange					
Calories	453	kcal	Fat	18	g
Protein	39	g	Saturated	4.4	g
Carbohydrate	35.1	g	Sugar	17	g
Sodium	912	mg	Calcium	21	%DV
Fiber	6.3	g	Iron	12	%DV
Cholesterol	146	mg			

Tuesday: Coconut curry-style fish with lime coconut rice				Serves: 4	
Serving Size: 1 fish fillet, 1/3 cup brown rice					
Calories	506	kcal	Fat	23	g
Protein	35.2	g	Saturated	9.5	g
Carbohydrate	40.3	g	Sugar	6	g
Sodium	499	mg	Calcium	9.3	%DV
Fiber	3.8	g	Iron	16	%DV
Cholesterol	78	mg			

Wednesday: Korean-style short ribs with braised napa cabbage and brown rice				Serves: 4	
Serving Size: About 6 ounces ribs, 1/2 cup cabbage/carrots, 1/3 cup brown rice					
Calories	607	kcal	Fat	29.8	g
Protein	39.8	g	Saturated	9.2	g
Carbohydrate	43.3	g	Sugar	11.8	g
Sodium	888	mg	Calcium	7.8	%DV
Fiber	3	g	Iron	29	%DV
Cholesterol	101	mg			

Thursday: Pan-seared chicken panzanella				Serves: 4	
Serving Size: About 2 1/2 cups salad with 5 ounces chicken and dressing					
Calories	430	kcal	Fat	22	g
Protein	36.5	g	Saturated	4.1	g
Carbohydrate	22.3	g	Sugar	9.4	g
Sodium	808	mg	Calcium	20	%DV
Fiber	4.2	g	Iron	13	%DV
Cholesterol	95	mg			

Friday: Baked potato soup w/ simple salad				Serves: 4	
Serving Size: 1 1/2 cups soup with 1/2 cup salad					
Calories	546	kcal	Fat	33	g
Protein	10.6	g	Saturated	18	g
Carbohydrate	55.4	g	Sugar	5.5	g
Sodium	608	mg	Calcium	20	%DV
Fiber	6.3	g	Iron	10.4	%DV
Cholesterol	68	mg			



Nutrition Information

Monday: Greek-style lamb tacos with cucumber yogurt sauce and salad				Serves: 4	
Serving Size: 2 tacos with dressing, 1/2 cup salad with basic vinaigrette dressing					
Calories	550	kcal	Fat	26.1	g
Protein	42.7	g	Saturated	5.8	g
Carbohydrate	36.3	g	Sugar	9.8	g
Sodium	892	mg	Calcium	16.4	%DV
Fiber	6.5	g	Iron	23.4	%DV
Cholesterol	108	mg			

Tuesday: Orange jalapeno shrimp with broccoli and brown rice				Serves: 4	
Serving Size: About 4 ounces shrimp, 1/2 broccoli and 1/2 cup brown rice					
Calories	382	kcal	Fat	7.2	g
Protein	21.6	g	Saturated	0.9	g
Carbohydrate	57.6	g	Sugar	17	g
Sodium	1,115	mg*	Calcium	11	%DV
Fiber	3.7	g	Iron	8.2	%DV
Cholesterol	143	mg	**shrimp is high in sodium		

Wednesday: Chicken satay with peanut noodles and cucumber salad				Serves: 4	
Serving Size: About 5 ounces chicken, 2 ounces spaghetti, 1/4 cup cucumber salad					
Calories	674	kcal	Fat	32	g
Protein	38.3	g	Saturated	3.7	g
Carbohydrate	62.5	g	Sugar	16.1	g
Sodium	627	mg	Calcium	5.4	%DV
Fiber	6.4	g	Iron	20	%DV
Cholesterol	73	mg			

Thursday: Guacamole tostadas/ fried egg				Serves: 4	
Serving Size: 1 assembled tostada					
Calories	623	kcal	Fat	33.9	g
Protein	27.6	g	Saturated	9.8	g
Carbohydrate	52.8	g	Sugar	9.6	g
Sodium	738	mg	Calcium	36.1	%DV
Fiber	16.1	g	Iron	29.2	%DV
Cholesterol	214	mg			

Friday: Lamb penne with green salad				Serves: 4	
Serving Size: About 4 ounces lamb with 2 ounces pasta, 1 cup salad with basic vinaigrette					
Calories	584	kcal	Fat	25.4	g
Protein	42.3	g	Saturated	5.8	g
Carbohydrate	48.4	g	Sugar	5.3	g
Sodium	992	mg	Calcium	7.9	%DV
Fiber	6.5	g	Iron	32.6	%DV
Cholesterol	83	mg			



Nutrition Information

Monday: Red beans and quinoa				Serves: 4	
Serving Size: 1 3/4 cup red beans and quinoa					
Calories	507	kcal	Fat	13.6	g
Protein	20.8	g	Saturated	1.6	g
Carbohydrate	76.6	g	Sugar	3.4	g
Sodium	868	mg	Calcium	15.2	%DV
Fiber	14.9	g	Iron	36.2	%DV
Cholesterol	0	mg			

Tuesday: Cucumber carpaccio with mint quinoa salad				Serves: 4	
Serving Size: 2 cups					
Calories	422	kcal	Fat	13.8	g
Protein	14.8	g	Saturated	1.8	g
Carbohydrate	60.2	g	Sugar	2.4	g
Sodium	310	mg	Calcium	7.9	%DV
Fiber	7	g	Iron	26.5	%DV
Cholesterol	0	mg			

Wednesday: Swiss chard frittata with spicy pinto beans				Serves: 4	
Serving Size: 1/5 frittata					
Calories	282	kcal	Fat	15.5	g
Protein	17.1	g	Saturated	5.6	g
Carbohydrate	18.9	g	Sugar	2.1	g
Sodium	762	mg	Calcium	16.5	%DV
Fiber	5.4	g	Iron	19.1	%DV
Cholesterol	291	mg			

Thursday: Asian noodle soup				Serves: 4	
Serving Size: 2 cups					
Calories	311	kcal	Fat	10.7	g
Protein	7.6	g	Saturated	1.3	g
Carbohydrate	45.9	g	Sugar	3.8	g
Sodium	569	mg	Calcium	6.7	%DV
Fiber	3.2	g	Iron	13.2	%DV
Cholesterol	0	mg			

Friday: Radish-butter flatbread with steamed artichokes				Serves: 4	
Serving Size: 1 assembled pita, 1 artichoke with mayonnaise dressing					
Calories	435	kcal	Fat	21	g
Protein	13.3	g	Saturated	6.6	g
Carbohydrate	56.3	g	Sugar	4	g
Sodium	714	mg	Calcium	10	%DV
Fiber	17.7	g	Iron	22	%DV
Cholesterol	45	mg			



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Monday: Pork chops with crispy kale and farro				Serves: 4	
Serving Size: 1 pork chop, 1/2 cup farro, 3/4 cup kale					
Calories	532	kcal	Fat	22.3	g
Protein	39.6	g	Saturated	4.7	g
Carbohydrate	42.1	g	Sugar	1.9	g
Sodium	620	mg	Calcium	19.8	%DV
Fiber	5.3	g	Iron	18.4	%DV
Cholesterol	84	mg			

Tuesday: Balsamic-poached salmon with asparagus and couscous				Serves: 4	
Serving Size: 1 fillet, 1/4 cup couscous, 1/2 cup asparagus					
Calories	493	kcal	Fat	16.2	g
Protein	38.2	g	Saturated	2.4	g
Carbohydrate	46.2	g	Sugar	7.1	g
Sodium	860	mg	Calcium	7.6	%DV
Fiber	5	g	Iron	25.1	%DV
Cholesterol	78	mg			

Wednesday: Skirt steak with goat cheese and couscous kale salad				Serves: 4	
Serving Size: About 4 ounces steak, 1 cup salad					
Calories	566	kcal	Fat	27.5	g
Protein	36.3	g	Saturated	7.7	g
Carbohydrate	46.4	g	Sugar	2.5	g
Sodium	932	mg	Calcium	16.2	%DV
Fiber	5.6	g	Iron	24.0	%DV
Cholesterol	79	mg			

Thursday: Apple and leek soup with pork quesadillas				Serves: 4	
Serving Size: 1 cup soup, 1 quesadilla					
Calories	449	kcal	Fat	20.9	g
Protein	22.3	g	Saturated	7.8	g
Carbohydrate	45.3	g	Sugar	12.9	g
Sodium	867	mg	Calcium	30.5	%DV
Fiber	6.7	g	Iron	16.3	%DV
Cholesterol	53	mg			

Friday: Spinach strata				Serves: 5	
Serving Size: 1/4 strata					
Calories	294	kcal	Fat	15.5	g
Protein	17.5	g	Saturated	7.0	g
Carbohydrate	22.3	g	Sugar	9.7	g
Sodium	597	mg	Calcium	23.7	%DV
Fiber	4.1	g	Iron	16.4	%DV
Cholesterol	305	mg			