



Nutrition Information

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| 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 | 1,112 | mg | Calcium | 21 | %DV |
| Fiber | 6.3 | g | Iron | 12 | %DV |
| Cholesterol | 146 | mg | | | |

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| Tuesday: Coconut Curry-Style Fish with Lime Coconut Rice | | | Serves: 4 | | |
| Serving Size: 1 fish fillet, 1/3 cup lime coconut 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 | | | |

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|--|------|------|------------------|------|-----|
| 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 | | | |

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|---|------|------|------------------|-----|-----|
| 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 | | | |

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|--|------|------|------------------|------|-----|
| Friday: Baked Potato Soup with Simple Salad | | | Serves: 4 | | |
| Serving Size: 1 1/2 cups soup with 1/2 cup salad | | | | | |
| Calories | 546 | kcal | Fat | 63 | 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 | | | |