



Nutrition Information

Monday: Greek-Style Lamb Tacos with Cucumber Yogurt Sauce and Salad				Serves: 4	
Serving Size: 2 tacos with sauce, 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 cup 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 noodles, 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 with Fried Eggs				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 Simple 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			