



Nutrition Information

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, 3/4 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: 1/5 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			