



Nutrition Information

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| Monday: Strawberry Gazpacho with Feta Cheese Crostini | | Serves: 4 | |
| Serving Size: 1 3/4 cup gazpacho, 1/2 crostini | | | |
| Calories | 323 kcal | Fat | 13.2 g |
| Protein | 12.4 g | Saturated | 3.7 g |
| Carbohydrate | 47 g | Sugar | 17.0 g |
| Sodium | 931 mg | Calcium | 15.3 %DV |
| Fiber | 11.3 g | Iron | 19.6 %DV |
| Cholesterol | 16 mg | | |

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| Tuesday: Panfried Chicken Milanese with Arugula Salad | | Serves: 4 | |
| Serving Size: About 4 ounces chicken breast, 1 cup salad with basic vinaigrette | | | |
| Calories | 301 kcal | Fat | 22.3 g |
| Protein | 22.1 g | Saturated | 4.5 g |
| Carbohydrate | 4.0 g | Sugar | 2.0 g |
| Sodium | 563 mg | Calcium | 10.3 %DV |
| Fiber | 1.2 g | Iron | 7.1 %DV |
| Cholesterol | 65 mg | | |

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| Wednesday: Mediterranean Mezze Plate | | Serves: 6 | |
| Serving Size: 2 tablespoons each dipping entrée, 1/2 bell pepper, About 1/2 pita | | | |
| Calories | 684 kcal | Fat | 45.6 g |
| Protein | 18.8 g | Saturated | 7.0 g |
| Carbohydrate | 61.5 g | Sugar | 6.7 g |
| Sodium | 1,080 mg | Calcium | 30.2 %DV |
| Fiber | 16.3 g | Iron | 38.5 %DV |
| Cholesterol | 10 mg | | |

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| Thursday: Tabbouleh with Grilled Sausages | | Serves: 4 | |
| Serving Size: 1/2 cup tabbouleh, 1 Italian turkey sausage | | | |
| Calories | 352 kcal | Fat | 16 g |
| Protein | 22.7 g | Saturated | 3.1 g |
| Carbohydrate | 37 g | Sugar | 3.5 g |
| Sodium | 649 mg | Calcium | 6.3 %DV |
| Fiber | 10 g | Iron | 18 %DV |
| Cholesterol | 60 mg | | |

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| Friday: Vegetarian Nicoise Salad | | Serves: 4 | |
| Serving Size: 1.5 cup salad, 1 egg, with basic vinaigrette dressing | | | |
| Calories | 407 kcal | Fat | 9.2 g |
| Protein | 12.9 g | Saturated | 2.2 g |
| Carbohydrate | 69 g | Sugar | 4.6 g |
| Sodium | 124 mg | Calcium | 9.5 %DV |
| Fiber | 3.9 g | Iron | 42 %DV |
| Cholesterol | 187 mg | | |