



Nutrition Information

Monday: Spring Roll in a Bowl				Serves: 4	
Serving Size: 2 cups prepared bowl, 1/2 avocado					
Calories	321	kcal	Fat	10.9	g
Protein	5.3	g	Saturated	1.5	g
Carbohydrate	52.7	g	Sugar	7.7	g
Sodium	560	mg	Calcium	6.9	%DV
Fiber	7.5	g	Iron	12.8	%DV
Cholesterol	0	mg			

Tuesday: Salmon Salad Pitas with Fresh Berries				Serves: 4	
Serving Size: 1/2 pita prepared, 1/2 cup fresh strawberries					
Calories	365	kcal	Fat	15.3	g
Protein	28.6	g	Saturated	2.2	g
Carbohydrate	31.4	g	Sugar	7.3	g
Sodium	347	mg	Calcium	8.2	%DV
Fiber	6.7	g	Iron	18.1	%DV
Cholesterol	62	mg			

Wednesday: The Fresh 20 Turkey Burger with Carrot Slaw				Serves: 4	
Serving Size: 1 burger prepared with 1 tablespoon homemade ketchup, 1/3 cup slaw					
Calories	609	kcal	Fat	23	g
Protein	35	g	Saturated	5.9	g
Carbohydrate	71.2	g	Sugar	25.8	g
Sodium	1,293	mg	Calcium	28.2	%DV
Fiber	14.7	g	Iron	27.1	%DV
Cholesterol	84	mg			

Thursday: Polenta Pan Pizza				Serves: 5	
Serving Size: 1 1/2 slices					
Calories	370	kcal	Fat	9.7	g
Protein	19.3	g	Saturated	5	g
Carbohydrate	53.1	g	Sugar	3.9	g
Sodium	325	mg	Calcium	34.5	%DV
Fiber	6.1	g	Iron	16	%DV
Cholesterol	18	mg			

Friday: Summer Smorgasbord with Shredded Carrots				Serves: 4	
Serving Size: 1/2 pita, 3/4 cup vegetables, 4 ounces meat & cheese, 1/4 cup carrots					
Calories	446	kcal	Fat	20.3	g
Protein	30.7	g	Saturated	8.6	g
Carbohydrate	35.1	g	Sugar	9.0	g
Sodium	1,019	mg	Calcium	40.4	%DV
Fiber	6.1	g	Iron	13.6	%DV
Cholesterol	63	mg			