



# Nutrition Information

<b>Monday: Rib-eye and Grilled Chile Rellenos</b>				<b>Serves: 4</b>	
Serving Size: 5 ounces meat, 1 stuffed poblano pepper					
Calories	585	kcal	Fat	27	g
Protein	46	g	Saturated	13	g
Carbohydrate	36	g	Sugar	11	g
Sodium	1,232	mg	Calcium	35	%DV
Fiber	7	g	Iron	33	%DV
Cholesterol	122	mg			

<b>Tuesday: Fish Tacos with Limeade</b>				<b>Serves: 4</b>	
Serving Size: 2 tacos, 1 cup limeade					
Calories	514	kcal	Fat	11	g
Protein	49	g	Saturated	2	g
Carbohydrate	53	g	Sugar	15	g
Sodium	752	mg	Calcium	9	%DV
Fiber	10	g	Iron	39	%DV
Cholesterol	82	mg			

<b>Wednesday: Balsamic Zucchini-Ricotta Rolls with Brown Rice and Corn</b>				<b>Serves: 4</b>	
Serving Size: 5 zucchini rolls, 1/2 cup brown rice, 1 ear (1/2 cup) corn					
Calories	393	kcal	Fat	9	g
Protein	14	g	Saturated	2	g
Carbohydrate	90	g	Sugar	21	g
Sodium	339	mg	Calcium	15	%DV
Fiber	7	g	Iron	17	%DV
Cholesterol	10	mg			

<b>Thursday: Asian Beef Salad</b>				<b>Serves: 4</b>	
Serving Size: 1 cup salad, 3oz ribeye, 1 tablespoon dressing					
Calories	385	kcal	Fat	14	g
Protein	22	g	Saturated	3	g
Carbohydrate	41	g	Sugar	0	g
Sodium	252	mg	Calcium	4	%DV
Fiber	3	g	Iron	17	%DV
Cholesterol	55	mg			

<b>Friday: Roasted Vegetable Pasta Primavera</b>				<b>Serves: 4</b>	
Serving Size: 1 3/4 cups pasta with ricotta and vegetables					
Calories	484	kcal	Fat	8	g
Protein	19	g	Saturated	2	g
Carbohydrate	84	g	Sugar	7	g
Sodium	333	mg	Calcium	14	%DV
Fiber	13	g	Iron	22	%DV
Cholesterol	10	mg			