



Nutrition Information

Monday: Honey Lime Drumsticks w/ Watermelon Salad				Serves: 4	
Serving Size: 2 drumsticks, 1/4 cup melon salad					
Calories	475	kcal	Fat	13	g
Protein	54	g	Saturated	6	g
Carbohydrate	16	g	Sugar	15	g
Sodium	546	mg	Calcium	9	%DV
Fiber	0	g	Iron	11	%DV
Cholesterol	261	mg			

Tuesday: Avocado Pesto Pasta				Serves: 5	
Serving Size: 1 cup pasta					
Calories	500	kcal	Fat	25	g
Protein	16	g	Saturated	2	g
Carbohydrate	59	g	Sugar	2	g
Sodium	395	mg	Calcium	15	%DV
Fiber	12	g	Iron	17	%DV
Cholesterol	9	mg			

Wednesday: Chile Pork Kebabs with Pesto Corn and Watermelon				Serves: 4	
Serving Size: 3 oz pork, 1 ear corn, 1 wedge melon					
Calories	527	kcal	Fat	33	g
Protein	30	g	Saturated	6	g
Carbohydrate	32	g	Sugar	11	g
Sodium	827	mg	Calcium	4	%DV
Fiber	4	g	Iron	11	%DV
Cholesterol	66	mg			

Thursday: Crab and Corn Chowder with Tomato Quinoa Salad				Serves: 4	
Serving Size: 1 cup soup, 1/2 cup dressed quinoa salad					
Calories	503	kcal	Fat	24	g
Protein	24	g	Saturated	3	g
Carbohydrate	53	g	Sugar	12	g
Sodium	832	mg	Calcium	8	%DV
Fiber	9	g	Iron	18	%DV
Cholesterol	44	mg			

Friday: Caribbean Pork Salad				Serves: 4	
Serving Size: 3 oz pork, 1/2 cup quinoa, 1/4 dressed salad					
Calories	604	kcal	Fat	23	g
Protein	31	g	Saturated	3	g
Carbohydrate	72	g	Sugar	33	g
Sodium	229	mg	Calcium	13	%DV
Fiber	11	g	Iron	31	%DV
Cholesterol	55	mg			