



Nutrition Information

Monday: Crock-Pot Roast with Braised Carrots and Parsnips				Serves: 4	
Serving Size: 4.5-5oz pot roast, 4 vegetable halves					
Calories	429	kcal	Fat	22	g
Protein	43	g	Saturated	7	g
Carbohydrate	30	g	Sugar	9	g
Sodium	1,154	mg	Calcium	10	%DV
Fiber	6	g	Iron	23	%DV
Cholesterol	99	mg			

Tuesday: Maple-Soy Salmon with Bok Choy and Brown Rice				Serves: 4	
Serving Size: 5 oz salmon, 1/4 prepared vegetable, 1/2 cup rice					
Calories	498	kcal	Fat	15	g
Protein	36	g	Saturated	3	g
Carbohydrate	53	g	Sugar	28	g
Sodium	963	mg	Calcium	20	%DV
Fiber	3	g	Iron	13	%DV
Cholesterol	75	mg			

Wednesday: Vegetable Minestrone				Serves: 4	
Serving Size: Approximately 1 1/2-2 cups soup					
Calories	659	kcal	Fat	22	g
Protein	42	g	Saturated	8	g
Carbohydrate	82	g	Sugar	15	g
Sodium	1309	mg	Calcium	59	%DV
Fiber	17	g	Iron	41	%DV
Cholesterol	24	mg			

Thursday: Spicy Beef Farfalle				Serves: 4	
Serving Size: Approximately 1 cup					
Calories	610	kcal	Fat	16	g
Protein	51	g	Saturated	6	g
Carbohydrate	70	g	Sugar	2	g
Sodium	483	mg	Calcium	21	%DV
Fiber	8	g	Iron	35	%DV
Cholesterol	103	mg			

Friday: Fancy Franks and Beans				Serves: 4	
Serving Size: 4-5oz sausage and beans					
Calories	434	kcal	Fat	19	g
Protein	31	g	Saturated	5	g
Carbohydrate	37	g	Sugar	6	g
Sodium	1572	mg	Calcium	19	%DV
Fiber	11	g	Iron	89	%DV
Cholesterol	71	mg			