



Nutrition Information

Monday: Brick Chicken with Collard Greens and Easy Scalloped Potatoes				Serves: 4	
Serving Size: approximately 6 oz chicken with greens, 1/2 cup potatoes					
Calories	555	kcal	Fat	40	g
Protein	12	g	Saturated	15	g
Carbohydrate	38	g	Sugar	3	g
Sodium	1,061	mg	Calcium	29	%DV
Fiber	3	g	Iron	9	%DV
Cholesterol	54	mg			

Tuesday: Chimichurri Fish with Roasted Fennel and Potatoes				Serves: 4	
Serving Size: 4oz fish, approximately 1/2 cup potatoes, 2 Tablespoon Chimichurri					
Calories	595	kcal	Fat	39	g
Protein	28	g	Saturated	6	g
Carbohydrate	36	g	Sugar	3	g
Sodium	797	mg	Calcium	5	%DV
Fiber	4	g	Iron	14	%DV
Cholesterol	58	mg			

Wednesday: Butternut Bisque with Pear and Walnut Salad				Serves: 4	
Serving Size: Approximately 1 cup soup, 1.5 cups dressed salad					
Calories	480	kcal	Fat	24	g
Protein	10	g	Saturated	3	g
Carbohydrate	66	g	Sugar	25	g
Sodium	410	mg	Calcium	19	%DV
Fiber	14	g	Iron	19	%DV
Cholesterol	0	mg			

Thursday: Arroz con Pollo with Fennel and Peppers				Serves: 5	
Serving Size: Approximately 1 1/2 cups					
Calories	558	kcal	Fat	15	g
Protein	41	g	Saturated	2	g
Carbohydrate	64	g	Sugar	3	g
Sodium	602	mg	Calcium	5	%DV
Fiber	4	g	Iron	16	%DV
Cholesterol	99	mg			

Friday: Croque Mama with Marinated Collard Salad				Serves: 4	
Serving Size: 3 baguette rounds, 1 1/2 cups collard salad					
Calories	535	kcal	Fat	24	g
Protein	39	g	Saturated	8	g
Carbohydrate	41	g	Sugar	9	g
Sodium	851	mg	Calcium	33	%DV
Fiber	8	g	Iron	13	%DV
Cholesterol	90	mg			