



Nutrition Information

Monday: Turkey Chili			Serves: 6		
Serving Size: approximately 1 1/4 cups					
Calories	345	kcal	Fat	15	g
Protein	29	g	Saturated	2	g
Carbohydrate	26	g	Sugar	3	g
Sodium	523	mg	Calcium	8	%DV
Fiber	7	g	Iron	23	%DV
Cholesterol	70	mg			

Tuesday: Shrimp and Grits			Serves: 4		
Serving Size: 4oz shrimp, approximately 1/2 cup grits					
Calories	413	kcal	Fat	19	g
Protein	28	g	Saturated	7	g
Carbohydrate	35	g	Sugar	8	g
Sodium	1484	mg	Calcium	35	%DV
Fiber	4	g	Iron	11	%DV
Cholesterol	171	mg			

Wednesday: French Onion Soup with Caesar Salad			Serves: 4		
Serving Size: Approximately 1 cup soup, 2 cups dressed salad					
Calories	661	kcal	Fat	38	g
Protein	31	g	Saturated	10	g
Carbohydrate	51	g	Sugar	8	g
Sodium	1510	mg	Calcium	46	%DV
Fiber	8	g	Iron	23	%DV
Cholesterol	74	mg			

Thursday: Turkey Meatballs wih Gravy and Brussels Sprouts			Serves: 4		
Serving Size: Approximately 5 meatballs, 1/2 cup brussels sprouts					
Calories	436	kcal	Fat	22	g
Protein	37	g	Saturated	8	g
Carbohydrate	27	g	Sugar	6	g
Sodium	1,064	mg	Calcium	16	%DV
Fiber	4	g	Iron	22	%DV
Cholesterol	171	mg			

Friday: Winter Steak with Caramelized Onions and Garlic Mushrooms			Serves: 4		
Serving Size: 6oz steak, approximately 1/3 cup vegetable mix					
Calories	420	kcal	Fat	30	g
Protein	35	g	Saturated	11	g
Carbohydrate	1	g	Sugar	0	g
Sodium	602	mg	Calcium	4	%DV
Fiber	1	g	Iron	18	%DV
Cholesterol	128	mg			