



Nutrition Information

Monday: Pork Verde with Parsley Quinoa			Serves: 4	
Serving Size: 4 oz pork, 3/4 cup quinoa				
Calories	340	kcal	Fat	9 g
Protein	32	g	Saturated	2 g
Carbohydrate	32	g	Sugar	3 g
Sodium	524	mg	Calcium	3 %DV
Fiber	5	g	Iron	19 %DV
Cholesterol	103	mg		

Tuesday: Mussels in Brodo with Roasted Parsley-Butter Cauliflower			Serves: 4	
Serving Size: 8 oz mussels with cauliflower				
Calories	392	kcal	Fat	22 g
Protein	30	g	Saturated	7 g
Carbohydrate	14	g	Sugar	2 g
Sodium	1276	mg	Calcium	10 %DV
Fiber	2	g	Iron	57 %DV
Cholesterol	64	mg		

Wednesday: Cabbage-Pork Stew			Serves: 5	
Serving Size: 1 -1/2 cups				
Calories	281	kcal	Fat	11 g
Protein	27	g	Saturated	2 g
Carbohydrate	20	g	Sugar	8 g
Sodium	243	mg	Calcium	8 %DV
Fiber	6	g	Iron	11 %DV
Cholesterol	59	mg		

Thursday: Mushroom Polenta			Serves: 4	
Serving Size: Approximately 3/4 cup polenta				
Calories	260	kcal	Fat	11 g
Protein	12	g	Saturated	6 g
Carbohydrate	29	g	Sugar	1 g
Sodium	839	mg	Calcium	15 %DV
Fiber	4	g	Iron	10 %DV
Cholesterol	26	mg		

Friday: Citrus Chicken with Quinoa Salad			Serves: 4	
Serving Size: Approximately 3/4 cup quinoa with 4oz chicken				
Calories	403	kcal	Fat	13 g
Protein	33	g	Saturated	2 g
Carbohydrate	39	g	Sugar	3 g
Sodium	354	mg	Calcium	3 %DV
Fiber	5	g	Iron	15 %DV
Cholesterol	112	mg		