



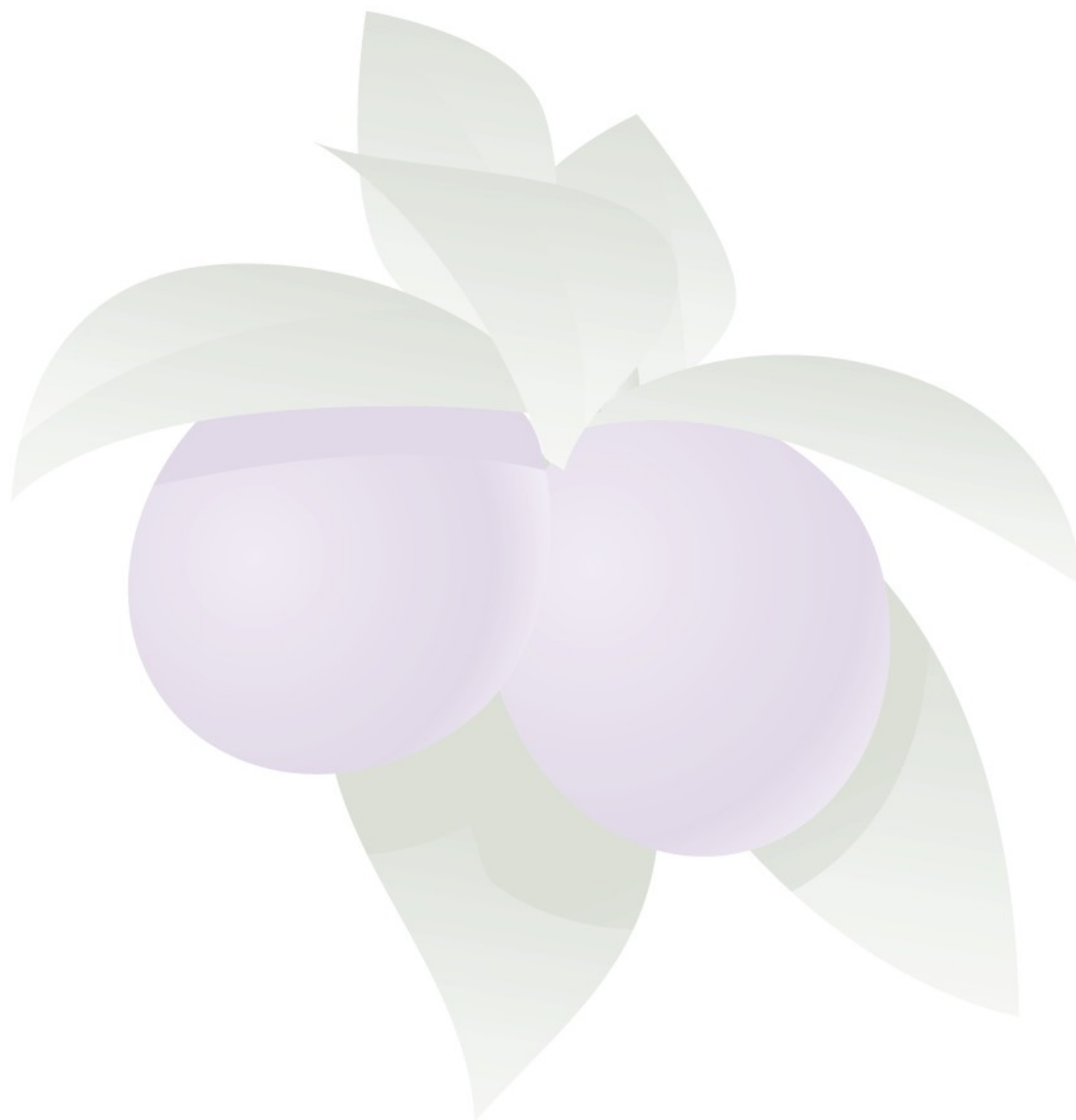
Weight Management Personal Chef Menu

Version 1.3

Important Note: Our Weight Management Personal Chef Menu provides a wide variety of foods tailored to those who need help managing their diets. Portion sizes in this menu are strictly controlled and are smaller than those provided in our standard menu. Many of the selections in this menu comprise complete meals in themselves. Please note that these dishes tend to be lower in sodium, so you may add salt to these dishes if you are not on a low sodium diet. Any dishes in this menu which also appear in our Standard Personal Chef Menu have less fat and calories. You can, if you choose, order dishes from both menus. **Windy Plum Farms does not guarantee that you will lose weight when using our weight management program. Please consult with your physician before starting any weight management program.**

What's New in Version 1.3 of this Menu

- ✧ Corrected some spelling errors.
- ✧ Moved *Guidelines to Weight Management* to a different document.
- ✧ Added Food Quality Commitment



HOW TO ORDER

When ordering from this menu, you will usually select a protein (Poultry, Beef, etc.), a vegetable side dish and a starch side dish. Some dishes in the protein category include a vegetable and/or starch as part of the dish so in these cases you would not order any side dishes. A small symbol next to each entry in this menu indicates whether the dish counts as a protein, vegetable and/or starch. These symbols are shown below and are also listed at the bottom of each page.

- ◆ Counts as a complete meal including protein, starch and veggie.
- ✦ Counts as a protein and starch.
- △ Counts as a protein and veggie.
- ◎ Counts as a starch and veggie.
- ▣ Counts as a veggie only.
- ▣ Counts as a starch only
- Counts as a protein only
- ℞ Indicates a Special Order Item that may not always be available. Pricing for these items will be adjusted based on market cost.

Food Quality Commitment

Windy Plum Farms uses only the freshest and highest quality ingredients available. We use only trans-fat free cooking oils and add no MSG in the preparation of our dishes.

Poultry

1. ● Garlic Roasted Chicken with Gravy – Chicken roasted with garlic, lemon and rosemary and served with gravy made with wine and sage. *Per serving: 293 Calories, 10g Fat, 3g Saturated Fat, 114 mg Cholesterol, 277 mg Sodium, 9g Carbohydrates, 0g Fiber, 39g Protein, 71mg Calcium, P7*
2. ✦ Chicken Stuffed with Orange Rice – Chicken Breasts stuffed with rice and raisins and flavored with tarragon. Served with an orange-tarragon sauce. *Per serving: 341 Calories, 5g Fat, 1g Saturated Fat, 41mg Cholesterol, 98mg Sodium, 45g Total Carbohydrate, 1g Fiber, 20g Protein, 47mg Calcium; P7*
3. △ Chicken and Asparagus Stir-Fry – Chicken and asparagus spears stir fried with ginger, green onions, garlic and sesame seeds. *Per Serving: 184 Calories, 8g Total Fat, 1g Saturated Fat, 41mg Cholesterol, 327mg Sodium, 9g Total Carbohydrates, 1g Fiber, 20g Protein, 95mg Calcium, P4*
4. ● Creole Braised Chicken Thighs – Chicken thighs braised with tomatoes, celery, bell peppers, carrots, thyme and a pinch of cayenne. *Per Serving: 200 Calories, 6g Total Fat, 2g Saturated Fat, 49mg Cholesterol, 541mg Sodium, 16g Total Carbohydrates, 5g Fiber, 22g Protein, 82mg Calcium, P3*
5. ◆ Chicken with Feta Cheese Sauce with Orzo Pasta – Chicken with broccoli, carrots and cauliflower served in a creamy feta cheese sauce flavored with lemon and oregano and served with cooked orzo pasta. *Per Serving: 319 calories, 6g Total Fat, 2g Saturated Fat, 60mg Cholesterol, 219 mg Sodium, 37g Total Carbohydrates, 1g Fiber, 27g Protein, 169mg Calcium, P7*
6. ● Chicken with Sausage and Capers – Chicken breast pieces cooked with hot turkey Italian sausage, bell peppers, red onion, garlic, capers, crushed tomatoes and Italian seasonings. *Per Serving: 220 Calories, 8g Total Fat, 1g Saturated Fat, 73mg Cholesterol, 633mg Sodium, 13g Total Carbohydrate, 2g Fiber, 24g Protein, 98mg Calcium, P5*
7. ✦ Chicken with Apples and Cider – Chicken breasts coked with apple cider, Granny Smith apples, brown sugar and a little cinnamon. Served over whole wheat wide noodles. *Per Serving: 287 Calories, 6g Total Fat, 1g Saturated Fat, 76mg Cholesterol, 273mg Sodium, 34g Total Carbohydrate, 3g Fiber, 24g Protein, 37mg Calcium, P6*
8. △ Chicken Sauté with Escarole – Lightly breaded chicken breasts topped with mushrooms and escarole in a light wine sauce. *Per Serving: 196 Calories, 6g Total Fat, 1g Saturated Fat, 50mg Cholesterol, 96 mg Sodium, 10g Total Carbohydrate, 2g Fiber, 23g Protein, 75mg Calcium, P4*
9. ✦ Rosemary Orange Chicken with Wild Rice- Cubed chicken breasts glazed with orange marmalade, rosemary and Dijon mustard and served over wild rice. *Per Serving: 270 Calories, 4g Total Fat, 1g Saturated Fat, 52mg Cholesterol, 370mg Sodium, 32g Total Carbohydrate, 2g Fiber, 25g Protein, 31mg Calcium, P5*
10. ✦ Chicken Pasta Casserole –Chicken and wide noodles in a creamy sauce topped with bread crumbs and baked until golden brown. *Per Serving: 371 Calories, 9g Total Fat, 2g Saturated Fat, 94mg Cholesterol, 396mg Sodium, 43g Total Carbohydrate, 2g Fiber, 28g Protein, 199mg Calcium, P8*
11. ◆ Chicken Chili – Ground chicken, chickpeas, bell peppers and tomatoes cooked with spices and a touch of cocoa. *Per Serving: 377 Calories, 16g Total Fat, 3g Saturated Fat, 76mg Cholesterol, 545mg Sodium, 37g Total Carbohydrate, 6g Fiber, 25g Protein, 155mg Calcium, P8*

- ◆ Counts as a complete meal including protein, starch and veggie. 📄 - Special Order Item 3
 ✦ Counts as a protein and starch. △ Counts as a protein and veggie. ■ Counts as a veggie only.
 ● Counts as a starch and veggie. □ Counts as a starch only ● Counts as a protein only

12. ✦ Barley-Chicken Casserole – Chicken cubes cooked with pearl barley, mushrooms and slivered almonds. *Per Serving: 272 Calories, 9g Total Fat, 1g Saturated Fat, 52mg Cholesterol, 424mg Sodium, 23g Total Carbohydrate, 5g Fiber, 25g Protein, 51mg Calcium, P5*
13. △ Chicken Hash – Chicken pieces, mushrooms and bell peppers cooked in a rich, creamy sauce flavored thyme, chive and Parmesan cheese. *Per Serving: 185 Calories, 4g Total Fat, 1g Saturated Fat, 44mg Cholesterol, 368mg Sodium, 15g Total Carbohydrate, 1g Fiber, 21g Protein, 145mg Calcium, P4*
14. ✦ Orange Chicken Couscous – Couscous tossed with shredded chicken, mandarin orange sections and herbs. *Per Serving: 251 Calories, 2g Total Fat, 1g Saturated Fat, 48mg Cholesterol, 239mg Sodium, 34g Total Carbohydrate, 0g Fiber, 23g Protein, 34mg Calcium, P5*
15. ◆ Shepherd's Pie – Chunks of chicken with carrots, spinach and corn in a creamy sauce, topped with mashed potatoes and baked until golden brown. *Per serving 268 Calories, 3g Total Fat, 1g Saturated Fat, 51mg Cholesterol, 209mg Sodium, 37g Total Carbohydrate, 4g Fiber, 25g Protein, 160mg Calcium, P5*
16. ◆ Arroz con Pollo – Chicken pieces and rice baked with peppers, celery, onions, garlic and tomatoes and seasoned with capers, oregano and saffron. *Per Serving: 333 Calories, 6g Total Fat, 1g Saturated Fat, 49mg Cholesterol, 635mg Sodium, 43g Total Carbohydrate, 6g Fiber, 26g Protein, 94mg Calcium, P6*
17. ✦ Chicken with Rice and Tomatoes – Chicken pieces, brown rice and chickpeas cooked in a spicy tomato sauce with sun-dried tomatoes. *Per Serving: 309 Calories, 5g Total Fat, 1g Saturated Fat, 49mg Cholesterol, 439mg Sodium, 40g Total Carbohydrate, 4g Fiber, 26g Protein, 69mg Calcium, P6*
18. ● Tandoori-Dijon Chicken – Broiled chicken pieces marinated with yogurt, ginger, Dijon and curry spices. *Per Serving: 115 Calories, 3g Total Fat, 1g Saturated Fat, 49mg Cholesterol, 171mg Sodium, 3g Total Carbohydrate, 0g Fiber, 19g Protein, 55mg Calcium, P3*
19. ● Molasses-Barbecued Chicken Drumsticks – Grilled chicken legs served in our special spicy molasses and Dijon BBQ sauce. Note: you may need to grill the chicken yourself. *Per Serving: 194 Calorie, 8g Total Fat, 2g Saturated Fat, 80mg Cholesterol, 282mg Sodium, 7g Total Carbohydrate, 0g Fiber, 23g Protein, 28mg Calcium, P5*
20. ● Lemon-Crumbed Baked Chicken Thighs – Chicken thighs breaded in a light, lemony breading and baked until crisp. *Per Serving: 179 Calories, 4g Total Fat, 1g Saturated Fat, 59mg Cholesterol, 367mg Sodium, 20g Total Carbohydrate, 3g Fiber, 16g Protein, 18mg Calcium, P3*
21. ● Chicken Drumsticks with Olives and Dates – A Middle Eastern inspired dish that combines curry spices with apricots and dates. Kalamata olives add another rich note. *Per Serving; 202 Calories, 8g Total Fat, 2g Saturated Fat, 82mg Cholesterol, 296mg Sodium, 9g Total Carbohydrate, 1g Fiber, 23g Protein, 35mg Calcium, P5*
22. ● Chicken and Artichoke Packets – Foil-wrapped packets of chicken thighs topped with artichoke hearts, chickpeas, fennel, carrot and herbs. Best baked fresh by you. *Per serving: 310 Calories, 13g Total Fat, 2g Saturated Fat, 72mg Cholesterol, 410mg Sodium, 26g Total Carbohydrate, 6g Fiber, 25g Protein, 87mg Calcium, P6*
23. ✦ Provencal Chicken Strips – Chicken breast strips cooked with plum tomatoes, capers, rosemary and garlic and served over whole wheat wide noodles. *Per Serving: 288 Calories, 5g Total Fat, 1g Saturated Fat, 81 mg Cholesterol, 123 mg Sodium, 36g Total Carbohydrate, 5g Fiber, 23g Protein, 51mg Calcium, P5*

- ◆ Counts as a complete meal including protein, starch and veggie. 📄 - Special Order Item 4
- ✦ Counts as a protein and starch. △ Counts as a protein and veggie. ■ Counts as a veggie only.
- Counts as a starch and veggie. □ Counts as a starch only ● Counts as a protein only

24. ♦ Indian-Style Orange-Flavored “Fajitas” – Chicken strips, bell peppers and onions tossed with yogurt, orange and spices and served with flour tortillas and mango chutney. *Per Serving: 330 Calories, 6g Total Fat, 1g Saturated Fat, 42mg Cholesterol, 310mg Sodium, 48g Carbohydrates, 2g Fiber, 21g Protein, 148mg Calcium, P6*
25. △ Chicken with Broccoli and Oranges – Chicken strips and broccoli stir-fried with ginger, orange juice and soy sauce. *Per Serving: 221 Calories, 6g Total Fat, 1g Saturated Fat, 66mg Cholesterol, 389mg Sodium, 12g Total Carbohydrate, 3g Fiber, 29g Protein, 49mg Calcium, P4*
26. ● Dijon Chicken with Corn Salsa – Broiled chicken pieces marinated with Dijon and spices and served with corn salsa. *Per serving: 164 Calories, 2g Total Fat, 1g Sat Fat, 49mg Cholesterol, 577mg Sodium, 15g Total Carbohydrate, 2g Fiber, 22g Protein, 28mg Calcium, P3*
27. ♦ “Moo Shu” Chicken – Marinated chicken strips stir-fried with napa cabbage, bok choy, carrots, mushrooms and bamboo shoots and served with whole wheat flour tortillas. *Per serving: 267 Calories, 3g Total Fat, 0g Saturated Fat, 49mg Cholesterol, 827mg sodium, 35g Total Carbohydrate, 6g Fiber, 27g Protein, 95mg Calcium, P6*
28. ♦ Chicken “Fried” Rice – All the flavor of the original without the extra fat and uses brown rice instead of white rice and lots of veggies. *Per serving: 227 Calories, 11g Total Fat, 3g Saturated Fat, 153mg Cholesterol, 194mg Sodium, 27g Total Carbohydrate, 4g Fiber, 17g Protein, 68mg Calcium, P6*
29. ♦ Turkey Enchiladas – Made with hot turkey sausage, black beans, pinto beans, reduce fat Monterey Jack cheese and corn tortillas. *Per Serving: 404 Calories, 14g Total Fat, 3g Saturated Fat, 49mg Cholesterol, 1265mg Sodium, 48g Total Carbohydrate, 7g Fiber, 23g Protein, 140mg Calcium, P4*
30. ♦ Sancocho – A South American classic made with chicken breast and thigh meat, pumpkin, corn, white rice and lots of spices. Unique. *Per Serving: 305 Calories, 4g Total Fat, 1g Saturated Fat, 30mg Cholesterol, 102mg Sodium, 50g Total Carbohydrate, 3g Fiber, 16g Protein, 58mg Calcium, P6*
31. ● Turkey with Feta-Tomato Sauce – Broiled turkey cutlets topped with feta and sun-dried tomatoes. *Per Serving: 136 Calories, 3g Total Fat, 2g Saturated Fat, 62mg Cholesterol, 164mg Sodium, 3g Total Carbohydrate, 1g Fiber, 23g Protein, 73mg Calcium, P3*
32. ♦ Turkey Tamale Casserole – Ground turkey mixed with bell peppers, jalapeno, corn, onions and spices and topped with a cornmeal crust and reduced-fat Monterey Jack. *Per Serving: 293 Calories, 8g Total Fat, 2g Saturated Fat, 43mg Cholesterol, 531mg Sodium, 35g Total Carbohydrate, 4g Fiber, 22g Protein, 122mg Calcium, P6*
33. ● Mushroom-Stuffed Turkey Breast – Roulade of turkey breast stuffed with mushrooms, spinach, carrots and parmesan cheese. *Per Serving: 162 calories, 3g Total Fat, 1g Saturated Fat, 71mg Cholesterol, 119mg Sodium, 5g Total Carbohydrate, 2g Fiber, 28g Protein, 68mg Calcium, P3*
34. ✦ Turkey and Fruit Pilaf – Strips of turkey cooked with white rice, dried cranberries, cherries, blueberries and sesame seeds. *Per Serving: 297 Calories, 5g Total Fat, 1g Saturated Fat, 44mg Cholesterol, 83mg Sodium, 42g Total Carbohydrate, 3g Fiber, 22g Protein, 87mg Calcium, P6*
35. ♦☒ Roast Turkey Dinner – A complete turkey dinner! Windy Plum Roast Turkey Breast Slices served with a puree of sweet potatoes and pear, green beans with almonds, and whole cranberry sauce spiced with green peppercorns. *Per Serving: 300 Calories, 5g Total Fat, 1g Saturated Fat, 53mg Cholesterol, 419mg Sodium, 46g Total Carbohydrate, 4g Fiber, 22g Protein, 33mg Calcium, P6*

- ♦ Counts as a complete meal including protein, starch and veggie. ☒ - Special Order Item 5
 ✦ Counts as a protein and starch. △ Counts as a protein and veggie. ■ Counts as a veggie only.
 ● Counts as a starch and veggie. ☑ Counts as a starch only ● Counts as a protein only

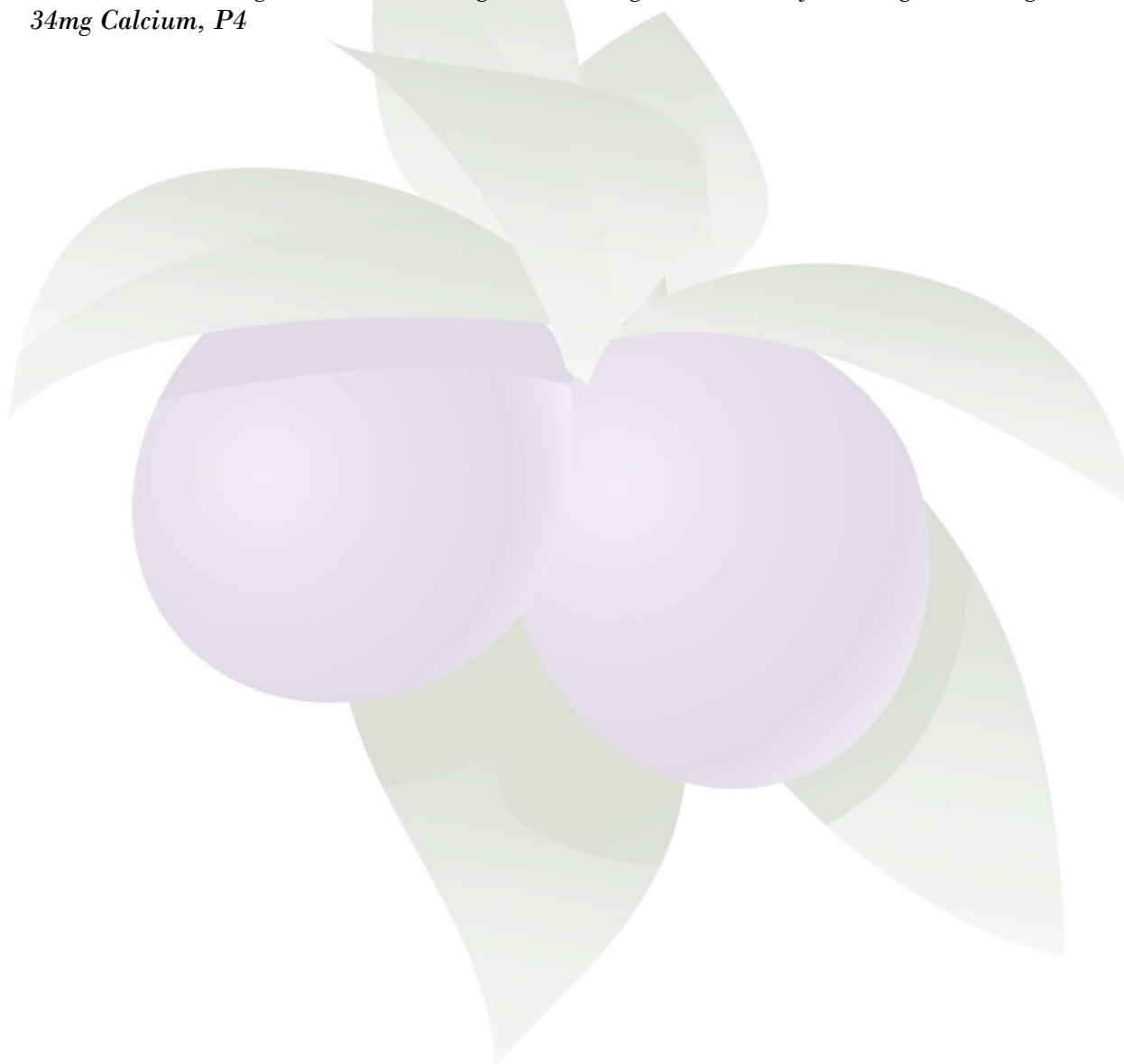
36. △ Dilled Turkey Meatballs Cacciatore –Turkey meatballs flavored with a little dill and Dijon and topped with a sauce made with peppers, zucchini, tomatoes and fennel. *Per Serving: 229 Calories, 8g Total Fat, 2g Saturated Fat, 52mg Cholesterol, 859mg Sodium, 23g Total Carbohydrate, 6g Fiber, 17g Protein, 115mg Calcium, P4*
37. ● Turkey Meatloaf – A lighter version of our famous Grandma Grace’s Meatloaf made with turkey and spices. *Per Serving: 181 Calories, 9g Total Fat, 2g Saturated Fat, 53mg Cholesterol, 247mg Sodium, 10g Total Carbohydrate, 1g Fiber, 15g Protein, 64mg Calcium, P4*
38. △ Turkey Italian Sausage with Peppers – Handmade Italian turkey sausage served with sautéed mixed bell peppers. *Per Serving – 92 Calories, 4g Total Fat, 0g Saturated Fat, 29mg Cholesterol, 256mg Sodium, 7g Total Carbohydrate, 1g Fiber, 7g Protein, 15mg Calcium, P2*
39. ● Turkey Breast Peruvian –Turkey breast marinated in red-wine vinegar, garlic, paprika, oregano and cumin then roasted. *Per Serving – 90 Calories, 2g Total Fat, 0g Saturated Fat, 47mg Cholesterol, 38mg Sodium, 1g Total Carbohydrate, 0g Fiver, 17g Protein, 11mg Calcium, P2*
40. ● Chicken Picadillo – Shredded chicken cooked with apples, tomatoes, raisins and chipotle pepper. *Per Serving – 192 Calories, 7g Total Fat, 2g Saturated Fat, 50mg Cholesterol, 241 mg Sodium, 16g Total Carbohydrate, 3g Fiber, 18g Protein, 47mg Calcium, P4*
41. ◆ Chicken Quesadillas with Corn-Tomato Salad – Classic chicken quesadillas served with a corn, tomato and bell pepper salad seasoned with cilantro. We provide the ingredients; you assemble and cook the Quesadillas. *Per Serving: 297 Calories, 11g Total Fat, 4g Saturated Fat, 49mg Cholesterol, 712mg Sodium, 31g Total Carbohydrate, 3g Fiber, 19g Protein, 134mg Calcium, P6*
42. ◆ Chicken Fajitas –A light version of the Tex-Mex classic served with salsa and non-fat sour cream. *Per Serving – 226 Calories, 7g Total Fat, 1g Saturated Fat, 43mg Cholesterol, 317mg Sodium, 22g Total Carbohydrate, 8g Fiber, 19g Protein, 58mg Calcium, P4*

Beef and Veal

1. ● London Broil – We supply the marinated London broil, you broil it to your liking (we recommend medium-rare). Serving size is 4oz. *Per Serving – 149 Calories, 4g Total Fat, 1g Saturated Fat, 67mg Cholesterol, 319mg Sodium, 0g Total Carbohydrate, 0g Fiber, 25g Protein, 8mg Calcium, P3*
2. ● Marinated Flank Steak – Flank steak marinated with ginger, honey, lemon, sherry and red pepper flakes. You broil it to your liking. Serving size is 4oz. *Per serving – 207 Calories, 10g Fat, 4g Saturated Fat, 44mg Cholesterol, 390mg Sodium, 1g Total Carbohydrate, 0g Fiber, 26g Protein, 7mg Calcium; P5*
3. ◆ Beef Stew – Made with beef round, tomatoes, potatoes, carrots peas and pearl onions. *Per serving: 356 Calories, 8g Total Fat, 2g Saturated Fat, 51mg Cholesterol, 511mg Sodium, 41g Total Carbohydrates, 7g Fiber, 25g Protein, 75mg Calcium, P7*
4. ● Pot Roast – Made with round instead of chuck, this version of our pot roast includes lots of garlic and a few juniper berries to add a special touch. *Per serving: 202 Calories, 10g Total Fat, 2g Saturated Fat, 60mg Cholesterol, 245mg Sodium, 5g Total Carbohydrate, 245mg Sodium, 5g Total Carbohydrate, 1g Fiber, 7g Protein, 26mg Calcium, P5*
5. ● Spicy Meatloaf with Herbs – Another version of meatloaf. This one loaded with vegetables, lean beef and spices. *Per Serving: 268 Calories, 12g Total Fat, 5g Saturated Fat, 114mg Cholesterol, 266mg Sodium, 16g Total Carbohydrate, 3g Fiber, 24g Protein, 42mg Calcium, P6*
6. ◆ Beef and Bean Chili – Loaded with lots of veggies, lean ground beef, pinto beans and spices, this chili will satisfy without weighing you down. *Per Serving – 402 Calories, 12g Total Fat, 4g Saturated Fat, 44mg Cholesterol, 700mg Sodium, 49g Total Carbohydrate, 15g Fiber, 27g Protein, 171mg Calcium, P8*
7. ◆ Sloppy Joes – Traditional Sloppy Joes made with extra lean beef. Includes the buns. *Per Serving: 419, 16g Total Fat, 6g Saturated Fat, 66mg Cholesterol, 957mg Sodium, 41g Total Carbohydrate, 3g Fiber, 28g Protein, 132mg Calcium, P9*
8. ◆ Beef and Pasta Casserole – A retro baked casserole made with macaroni, beef, tomatoes and parmesan cheese. *Per Serving: 401 Calories, 12g Total Fat, 5g Saturated Fat, 46mg Cholesterol, 575mg Sodium, 44g Total Carbohydrate, 6g Fiber, 23g Protein, 204mg Calcium, P8*
9. △ Beef Stuffed Peppers – Made with extra lean beef, rice and lots of seasonings. *Per serving: 284 Calories, 10g Total Fat, 5g Saturated Fat, 52mg Cholesterol, 471mg Sodium, 28g Total Carbohydrate, 6g Fiber, 23g Protein, 188mg Calcium, P6*
10. △ Beef Kabobs with Moroccan Spices – Beef tenderloin (4oz per person) marinated with traditional Moroccan spices and served on skewers with mushrooms, onions and bell peppers. *Per serving: 256 Calories, 12g Total Fat, 3g Saturated Fat, 67mg Cholesterol, 57mg Sodium, 11g Total Carbohydrate, 3g Fiber, 25g Protein, 39mg Calcium, P6*
11. ◆ Spicy Beef and Broccoli Stir Fry – Stir tenderloin fried beef with broccoli and dark soy sauce served with white rice. *Per Serving: 267 Calories, 11g Total Fat, 3g Saturated Fat, 44mg Cholesterol, 573mg Sodium, 28g Total Carbohydrate, 3g Fiber, 18g Protein, 57mg Calcium, P5*
12. ● Asian Beef Skewers – Beef loin marinated in soy, ginger, sesame oil and garlic and ready for you to skewer and grill. *Per Serving – 141 Calories, 6g Total Fat, 2g Saturated Fat, 50mg Cholesterol, 338mg Sodium, 1g total Carbohydrate, 0g Fiber, 18g Protein, 11mg Calcium, P3*

◆ Counts as a complete meal including protein, starch and veggie. ☞ - Special Order Item 7
◆ Counts as a protein and starch. △ Counts as a protein and veggie. ■ Counts as a veggie only.
● Counts as a starch and veggie. □ Counts as a starch only ● Counts as a protein only

13. ●📄 Balsamic Glazed Veal Chops – We supply the chops and glaze, you cook them you your liking. *Per Serving – 121 Calories, 4g Total Fat, 1g Saturated Fat, 60mg Cholesterol, 433mg Sodium, 5g Total Carbohydrate, 0g Fiver, 15g Protein, 16mg Calcium, P3*
14. ● Greek Meatballs (Keftedes) – Meatballs made with pork and beef flavored with Greek spices and served in a tomato glaze. *Per Serving – 161 Calories, 6g Total Fat, 2g Saturated Fat, 95mg Cholesterol, 147mg Sodium, 10g Total Carbohydrate, 2g Fiver, 17g Protein, 50mg Calcium, P3*
15. ◆ Chinese Pepper Steak Wraps – Thinly sliced marinated beef stir-fried with bell peppers and onions and served wrapped in flour tortillas. *Per Serving – 211 Calories, 7g Total Fat, 2g Saturated Fat, 34mg Cholesterol, 318mg Sodium, 20g Total Carbohydrate, 7g Fiber, 16g Protein, 34mg Calcium, P4*

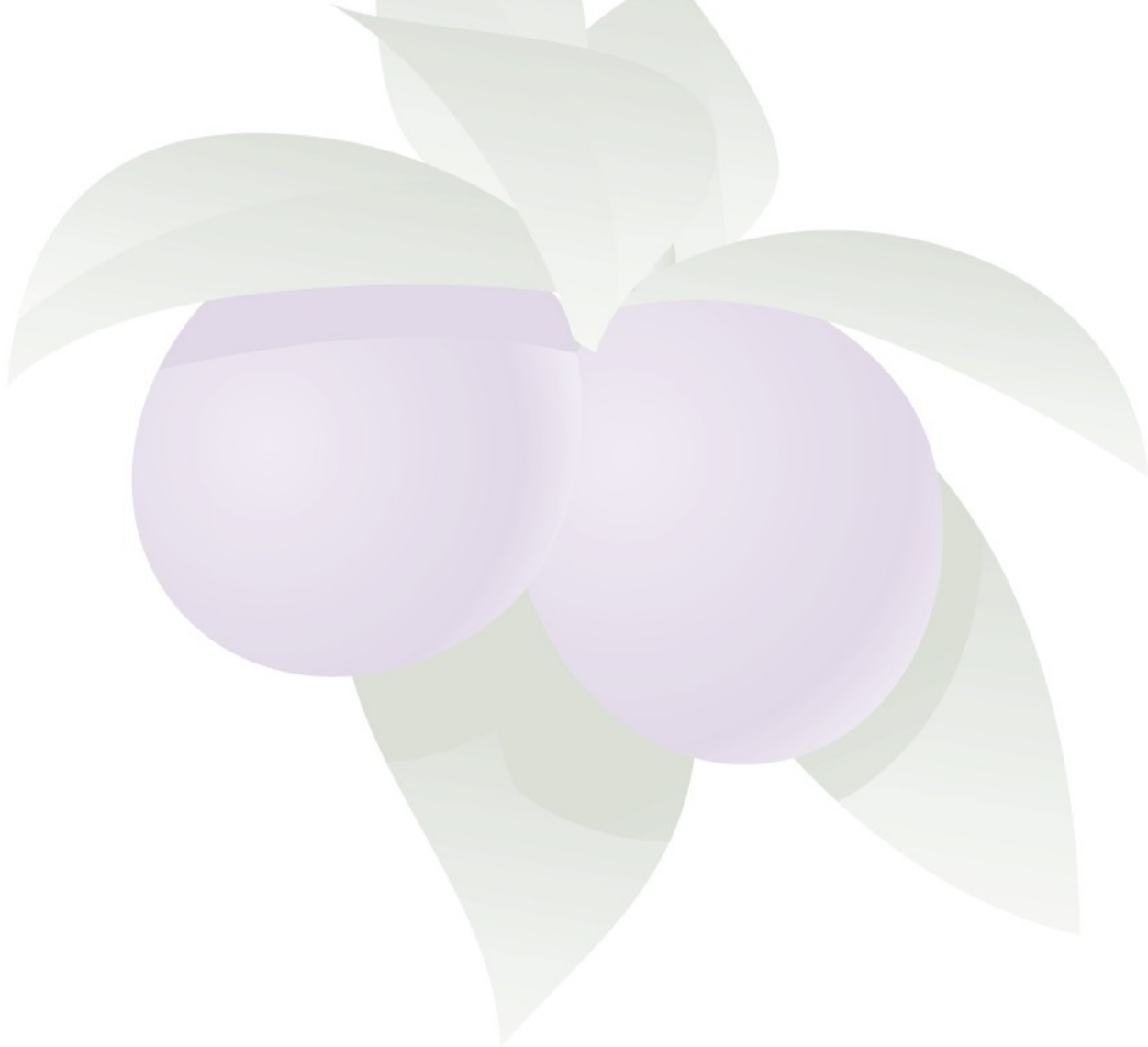


Pork and Lamb

1. ● Moroccan-Style Leg of Lamb – Leg of lamb marinated with mint, lemon, garlic, and cumin then roasted till tender. Can be served cold in a sandwich or briefly reheated. *Per Serving: 137 Calories, 7g Total Fat, 2g Saturated Fat, 53mg Cholesterol, 187mg Sodium, 1g Total Carbohydrate, 0g Fiber, 17g Protein, 9mg Calcium, P3*
2. ● Lamb Chops with Yogurt-Mint Sauce – Lamb chops (about 5-ounces) cooked as you like it and served with a mint-cucumber-yogurt sauce. *Per Serving – 232 Calories, 11g Total Fat, 4g Saturated Fat, 78mg Cholesterol, 399mg Sodium, 5g Total Carbohydrate, 1g Fiber, 26g Protein, 113mg Calcium, P5*
3. ◆ Savory Lamb Stew – Hearty lamb stew made with lots of herbs, lean lamb, potatoes and green beans. *Per Serving: 342 Calories, 12g Total Fat, 3g Saturated, 73mg Cholesterol, 518mg Sodium, 27g Total Carbohydrate, 5g Fiber, 27g Protein, 92mg Calcium, P7*
4. △ Lamb and Pepper Stir-Fry – An Greek and Asian fusion of lamb stir-fried with bell peppers, ginger, soy, honey and a little mint. Unique! *Per Serving: 251 Calories, 12g Total Fat, 3g Saturated Fat, 73mg Cholesterol, 449mg Sodium, 11g Total Carbohydrate, 3g Fiber, 25g Protein, 31mg Calcium, P5*
5. △ Shish Kebobs – Marinated lamb skewers with onion, red bell pepper and mushrooms. You grill or broil them to your liking. *Per Serving: 183 Calories, 8g Total Fat, 3g Saturated Fat, 73mg Cholesterol, 59mg Sodium, 6g Total Carbohydrate, 2g Fiber, 24g Protein, 20mg Calcium, P4*
6. ● Honey Mustard Pork Chops – Pork chops marinated in sweet and tangy honey mustard ready for you to broil or grill. *Per Serving: 178 Calories, 7g Total Fat, 3g Saturated Fat, 10mg Cholesterol, 124mg Sodium, 2g Total Carbohydrate, 0g Fiber, 26g Protein, 27mg Calcium, P4*
7. ● Tuscan-Style Pork Roast – Pork loin roast with pockets full of garlic and rosemary roasted till tender. *Per Serving: 197 Calories, 11g Total Fat, 3g Saturated Fat, 45mg Cholesterol, 195mg Sodium, 1g Total Carbohydrate, 0g Fiber, 21g Protein, 24mg Calcium, P5*
8. ● Pork Chops with Pineapple Chutney – Pork chops cooked “as you like it” and served with a sweet-and-spicy chutney made with pineapple, raisins, red onion, bell pepper, orange marmalade, jalapeno and lots of spices. *Per Serving: 384 Calories, 12g Total Fat, 3g Saturated Fat, 70mg Cholesterol, 349mg Sodium, 45g Total Carbohydrate, 4g Fiber, 28g Protein, 59mg Calcium, P8*
9. △ Spicy Pork Stir-fry – Pork tenderloin stir fried with red bell pepper, green onions, pineapple, jalapeno and Asian spices and seasonings. *Per Serving: 278 Calories, 9g Total Fat, 2g Saturated Fat, 61mg Cholesterol, 394mg Sodium, 27g Total Carbohydrate, 3g Fiber, 24g Protein, 49mg Calcium, P6*
10. △ Pork and Black Beans – Marinated pork tenderloin sliced and tossed with black beans, lime juice, tomatoes, red onions and cilantro. *Per Serving: 190 Calories, 3g Total Fat, 1g Saturated Fat, 23mg Cholesterol, 163mg Sodium, 26g Total Carbohydrate, 3g Fiber, 16g Protein, 30mg Calcium, P3*
11. ● Orange Glazed Ham – Ham steaks glazed with pineapple, orange juice and orange marmalade with a little clove and cinnamon. Serving size is four ounces. *Per Serving: 196 Calories, 4g Total Fat, 1g Saturated Fat, 40mg Cholesterol, 1,224 mg Sodium. 23g Total Carbohydrate, 1g Fiber, 17g Protein, 25mg Calcium, P4*

- ◆ Counts as a complete meal including protein, starch and veggie. 📄 - Special Order Item 9
◆ Counts as a protein and starch. △ Counts as a protein and veggie. ■ Counts as a veggie only.
● Counts as a starch and veggie. □ Counts as a starch only ● Counts as a protein only









12. **◆** Red Beans and Rice – Our lighter version of this classic includes kidney beans, smoked ham, plum tomatoes white rice and a little hot pepper sauce. *Per Serving: 442 Calories, 6g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 563mg Sodium, 78g Total Carbohydrate, 2g Fiber, 19g Protein, 126mg Calcium, P9*
13. **△** **📄** Lamb Shanks with Lentils – Tender marinated Lamb Shanks served in a rich sauce made with lentils. *Per Serving – 536 Calories, 12g total Fat, 4g Saturated Fat, 124 mg Cholesterol, 148mg Sodium, 22g Total Carbohydrate, 11g Fiver, 60g Protein, 88mg Calcium, P9*
14. **●** Roast Pork Puertoricano –Pork tenderloin marinated with orange, jalapeno, garlic and cumin. *Per Serving – 194 Calories, 9g Total Fat, 2g Saturated Fat, 65mg Cholesterol, 340mg Sodium, 4gTotal Carbohydrate, 1g Fiber, 24g Protein, 23mg Calcium, P4*



Fish and Seafood

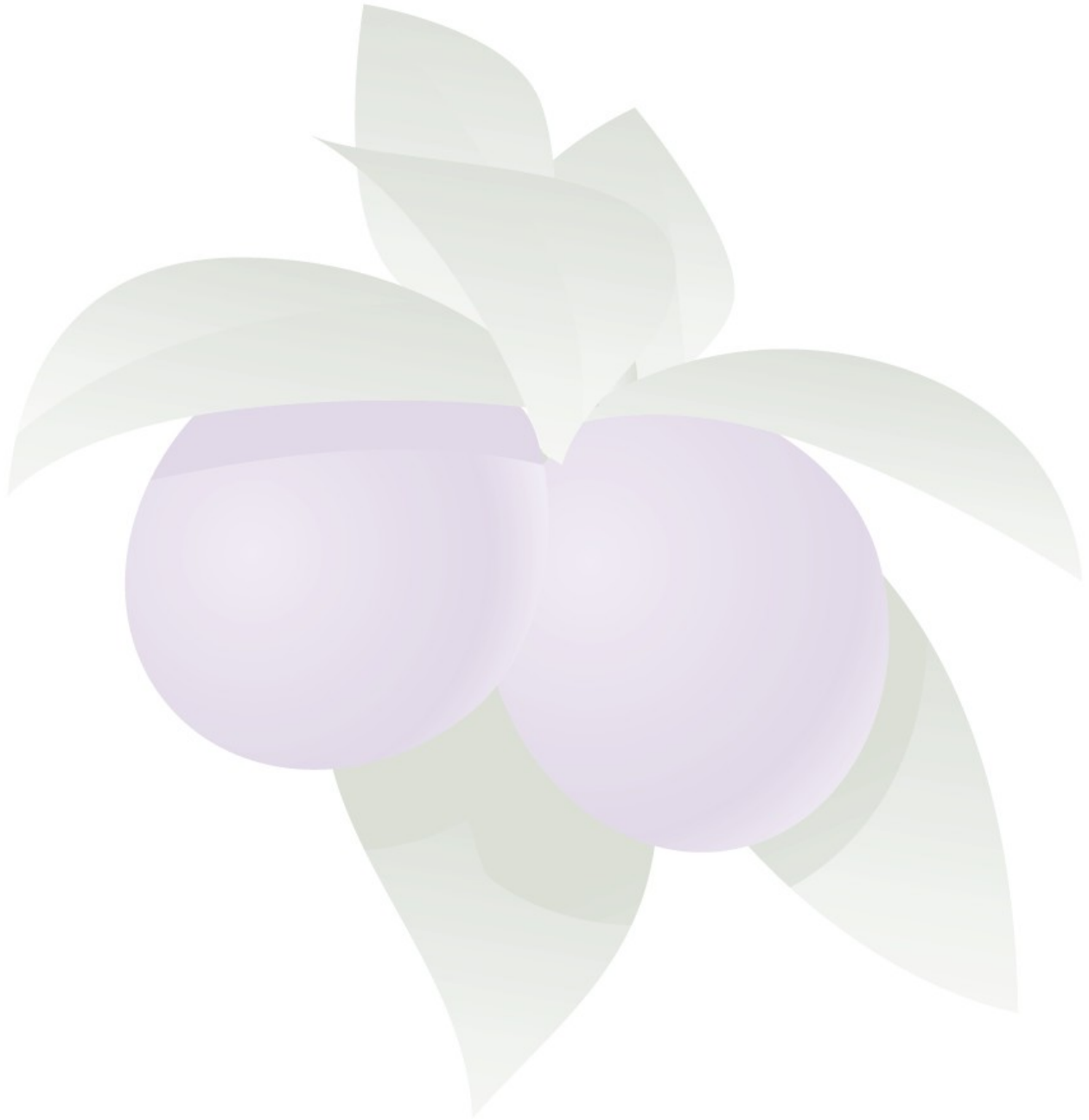
Please note that several of our seafood dishes require you to cook them. This is to insure that the seafood is as fresh as possible.

1.  Cod Stew with Potatoes – A classic Spanish dish. Made with chunks of salt cod (bacalao), mixed veggies and chunks of potatoes. *Per Serving: 281 Calories, 1g Total Fat, 0g Saturated Fat, 61mg Cholesterol, 399mg Sodium, 38g Total Carbohydrate, 5g Fiber, 30g Protein, 90mg Calcium, P5*
2.  “Fried” White Fish with Tartar Sauce – Lightly bread baked white fish served with guilt-free tartar sauce. *Per Serving: 355 Calories, 12g Total Fat, 2g Saturated Fat, 75mg Cholesterol, 998mg Sodium, 27g Total Carbohydrate, 2g Fiber, 35g Protein, 200mg Calcium, P8*
3.  Chicken and Shrimp Paella – A lighter version of the classic made with chicken, shrimp and chickpeas. Contains no sausage. *Per Serving: 413 Calories, 10g Total Fat, 2g Saturated Fat, 143mg cholesterol, 626mg Sodium, 47g Total Carbohydrate, 4g Fiber, 32g Protein, 87mg Calcium, P8*
4.  Caribbean Roughy – Baked Orange Roughy topped with a Caribbean inspired sauce containing banana, coconut, mango and pineapple juice. Served with white rice. *Per Serving: 437 Calories, 6g Total Fat, 4g Saturated Fat, 104mg Cholesterol, 721mg Sodium, 63g Total Carbohydrate, 2g Fiber, 32g Protein, 34mg Calcium, P9*
5.  Cajun Red Snapper – Red Snapper crusted with Cajun spices that you can either grill or bake. *Per Serving: 175 Calories, 4g Total Fat, 1g Saturated Fat, 52mg Cholesterol, 400mg Sodium 4g Total Carbohydrate, 1g Fiber, 30g Protein, 65mg Calcium, P4*
6.  Louisiana Stuffed Red Snapper – Creole-style red snapper stuffed with onions, garlic, mushrooms and tomatoes and braised in wine with parsley, thyme, allspice, clove and bay leaf. *Per Serving: 175 Calories, 4g Total Fat, 1g Saturated Fat, 52mg Cholesterol, 400mg Sodium, 4g Total Carbohydrate, 1g Fiber, 30g Protein, 65mg Calcium, P4*
7.  Grilled Salmon with Herbs – Salmon fillets seasoned with garlic and lemon that you grill. Includes some sprigs of rosemary and thyme you can throw onto your grill to give a little extra flavor. *Per Serving: 110 Calories, 5g Total Fat, 1g Saturated Fat, 38mg Cholesterol, 310mg Sodium, 1g Total Carbohydrate, 0g Fiber, 14g Protein, 13mg Calcium, P3*
8.  Salmon with Fennel – 4oz Salmon filets pan fried and topped with a sauce made from fennel bulb, leeks, shallots, white wine and Dijon mustard. *Per Serving: 221 Calories, 9g Total Fat, 2g Saturated Fat, 48mg Cholesterol, 256mg Sodium, 16g Total Carbohydrate, 2g Fiber, 19g Protein, 95mg Calcium, P5*
9.  Asian Cod – Cod filets baked in a foil pouch with ginger, soy sauce, sesame oil and scallions. Served with white rice. *Per Serving: 144 Calories, 5g Total Fat, 1g Saturated Fat, 47mg Cholesterol, 384mg Sodium, 2g Total Carbohydrate, 1g Fiber, 22g Protein, 34mg Calcium, P4*
10.  Swordfish Mexicana – Swordfish steamed in a foil pouch with mixed veggies, corn, cilantro, jalapeno and lime juice. *Per Serving: 276 Calories, 10g Total Fat, 2g Saturated Fat, 56mg Cholesterol, 887mg Sodium, 14g Total Carbohydrate, 4g Fiber, 31g Protein, 46mg Calcium. P6*

-  Counts as a complete meal including protein, starch and veggie.  - Special Order Item 11
-  Counts as a protein and starch.  Counts as a protein and veggie.  Counts as a veggie only.
-  Counts as a starch and veggie.  Counts as a starch only  Counts as a protein only

11. ● Jamaican Jerked Grilled Swordfish – Swordfish filets marinated with authentic jerk spices. You grill the fish. *Per Serving: 184 Calories, 6g Total Fat, 2g Saturated Fat, 56mg Cholesterol, 716mg Sodium, 3g Total Carbohydrate, 1g Fiber, Protein 21mg Calcium, P4*
12. ● Trout Florentine – Trout filets stuffed with ricotta and spinach and cooked in a creamy sauce. *Per Serving: 311 Calories, 7g Total Fat, 2g Saturated Fat, 89mg Cholesterol, 844mg Sodium, 21g Total Carbohydrate, 4g Fiber, 40g Protein, 470mg Calcium, P6*
13. ● Broiled Tuna with Corn Relish – Marinated tuna steaks served with spicy corn relish. *Per Serving: 285 Calories, 7g Total Fat, 2g Saturated Fat, 43mg Cholesterol, 236mg Sodium, 27g Total Carbohydrate, 5g Fiber, 32g Protein, 95mg Calcium, P5*
14. ◆ “Fried” Shrimp and Vegetable Rice – Tasty marinated shrimp, carrots, snow peas and celery mixed with white rice and flavored with soy sauce and sesame oil. *Per Serving: 284 Calories, 4g Total Fat, 1g Saturated Fat, 108mg Cholesterol, 627mg Sodium, 40g Total Carbohydrate, 3g Fiber, 20g Protein, 82mg Calcium, P5*
15. ◆ Jambalaya – A light version of Jambalaya made with shrimp and diced lean ham plus lots and lots of garlic. *Per Serving: 405 Calories, 7g Total Fat, 2g Saturated Fat, 172mg Cholesterol, 705mg Sodium, 56g Total Carbohydrate, 4g Fiber, 28g Protein, 108mg Calcium, P8*
16. △ Seafood-Vegetable Kebobs – Shrimp, sea scallops and swordfish on skewers with cherry tomatoes, broccoli florets, mushrooms and zucchini. Grill or broil as you like it. *Per Serving: 210 Calories, 5g Total Fat, 1g Saturated Fat, 81mg Cholesterol, 529mg Sodium, 16g Total Carbohydrate, 4g Fiber, 23g Protein, 75mg Calcium, P4*
17. ◆ Shrimp Creole – Similar to gumbo, but without the sausage. Includes okra and cooked white rice. *Per Serving – 268 Calories, 6g Total Fat, 1g Saturated Fat, 49mg Cholesterol, 381mg Sodium, 45g Total Carbohydrate, 8g Fiber, 12g Protein, 135mg Calcium, P5*
18. ● Shrimp Étouffée – Shrimp “smothered” in a thick gravy made from sautéed vegetables, garlic, lemon juice and cayenne. *Per Serving: 251 Calories, 10g Total Fat, 2g Saturated Fat, 164mg Cholesterol, 822mg Sodium, 14g Total Carbohydrate, 2g Fiber, 24g Protein, 99mg Calcium, P5*
19. ● Shrimp Scampi – A very tasty version of scampi without all that fat. *Per serving: 184 Calories, 6g Total Fat, 1g Saturated, 219mg Cholesterol, 404mg Sodium, 3g total Carbohydrate, 0g Fiber, 24g Protein, 58mg Calcium, P4*
20. ◆ Grilled Shrimp Teriyaki – Skewers with marinated shrimp, bell peppers and pineapple chunks served with white rice. *Per Serving – 409 Calories, 2g Total Fat, 0g Saturated Fat, 219mg Cholesterol, 969mg Sodium, 67g Total Carbohydrate, 4g Fiber, 30g Protein, 88mg Calcium, P8*
21. ● Snapper with Corn Chutney – Broiled or grilled snapper served with a sweet-and-sour chutney made with corn, pineapple, raisins and spices. *Per Serving – 322 Calories, 3g Total Fat, 1g Saturated Fat, 52mg Cholesterol, 110mg Sodium, 45g Total Carbohydrate, 4g Fiber, 33g Protein, 77m Calcium, P6*
22. ● Spicy Shrimp with Papaya-Lime Salsa – You’ll love the spicy flavors of the shrimp and the beautiful colors of the papaya salsa. *Per Serving: 150 Calories, 1g Total Fat, 0g Saturated Fat, 221 mg Cholesterol, 531mg Sodium, 10g Total Carbohydrate, 1g Dietary Fiber, 25g Protein, 79mg Calcium, P3*
23. △ Spicy Shrimp with Black Bean Salsa – Another spicy shrimp dish, this one with a Mexican flair. *Per Serving – 273 Calories, 7g Total Fat, 1g Saturated Fat, 129mg Cholesterol, 282mg Sodium, 27g Total Carbohydrate, 3g Fiber, 26g Protein, 89mg Calcium, P5*

- ◆ Counts as a complete meal including protein, starch and veggie. 📄 - Special Order Item 12
- ◆ Counts as a protein and starch. △ Counts as a protein and veggie. 📄 Counts as a veggie only.
- Counts as a starch and veggie. 📄 Counts as a starch only ● Counts as a protein only



◆ Counts as a complete meal including protein, starch and veggie. 📄 - Special Order Item 13
✦ Counts as a protein and starch. △ Counts as a protein and veggie. 🍆 Counts as a veggie only.
◎ Counts as a starch and veggie. 🍌 Counts as a starch only ● Counts as a protein only

Vegetarian

1. ♦ Mini Spinach and Cheese Quiche – A tasty but light quiche even a man will love. Does not freeze. *Per Serving: 129 Calories, 5g Total Fat, 2g Saturated Fat, 40mg Cholesterol, 359mg Sodium, 14g Total Carbohydrate, 1g Fiber, 9g Protein, 188mg Calcium, P3*
2. ● Curried Lentil Salad – Lentils and green peas tossed with ginger-orange curry dressing. *Per Serving: 228 Calories, 5g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 144mg Sodium, 33 g Total Carbohydrate, 5g Fiber, 14g Protein, 51mg Calcium, P4*
3. ◆ Crunchy Lentil Salad – A protein rich salad made with lentils, carrots, celery, and walnuts in a creamy yogurt dressing. Served over mixed greens. *Per Serving: 408 Calories, 10g Total Fat, 1g Saturated Fat, 1mg Cholesterol, 464mg Sodium, 59g Total Carbohydrates, 27g Fiber, 410mg Calcium, P8*
4. △ Lentil and Bell Pepper Salad – Tender lentils, zucchini, peppers and red onions in a tangy vinaigrette flavored with sage. *Per Serving: 159 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 281mg Sodium, 23g Total Carbohydrate, 5g Fiber, 10g Protein, 39 mg Calcium, P3*
5. ♦ Rice and Lentil Pilaf - This curry flavored dish is rich with spices, lentils and basmati rice. *Per Serving: 274 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 33mg Sodium, 50g Total Carbohydrate, 4g Fiber, 11g Protein, 47mg Calcium, P5*
6. △ Spinach with Lentils – This sweet-and-sour vegetable dish is reminiscent of the spinach salad often served with hot bacon vinaigrette. The lentils add texture – and lots of protein. *Per Serving: 151 Calories, 3g Total Fat, 1g Saturated Fat, 1mg Cholesterol, 419mg Sodium, 22g Total Carbohydrate, 10g Fiber, 10g Protein, 95mg Calcium, P2*
7. ◆ Wheat Berry and Chickpea Stew – A vegetarian stew packed with whole wheat berries, chickpeas and lots of veggies. *Per Serving: 402 Calories, 5g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 261mg Sodium, 74g Total Carbohydrate, 13g Fiber, 18g Protein, 111mg Calcium, P8*
8. ◆ Spicy Chickpea Stew – A spicy stew made with eggplant, raisins, diced tomatoes, chickpeas, green peas and seasoned with cumin and a little cinnamon. *Per Serving: 343 Calories, 7g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 468mg Sodium, 58g Total Carbohydrate, 13g Fiber, 14g Protein, 109mg Calcium, P7*
9. △ Vegetarian Bean Chili – A full-flavored chili made with pinto beans and lentils. *Per Serving: 222 Calories, 6g Total Fat, 1g Saturated Fat, 0g Cholesterol, 706mg Sodium, 35g Total Carbohydrate, 10g Fiber, 11g Protein, 134mg Calcium, P3*
10. △ Turkish Bean Salad – Small white beans mixed with assorted veggies, Greek Olives and a lemon flavored vinaigrette. Served with romaine lettuce. *Per Serving: 190 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 409mg Sodium, 30g Total Carbohydrate, 7g Fiber, 10g Protein, 147mg Calcium, P3*
11. △ Egyptian Kidney Bean Salad – Kidney beans, tomatoes and cucumber salad tossed with a dressing containing tahini (sesame paste), lemon juice and mint. *Per Serving: 285 Calories, 10g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 310mg Sodium, 35g Total Carbohydrate, 2g Fiber, 16g Protein, 124mg Calcium, P6*
12. △ Southwestern Black Bean Salad – Black beans, roasted red bell peppers, red onion, cilantro and jalapeno in a lime vinaigrette. Tasty! *Per Serving: 182 Calories, 6g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 356mg Sodium, 26g Total Carbohydrate, 8g Fiber, 8g Protein, 52mg Calcium, P3*

◆ Counts as a complete meal including protein, starch and veggie. 📄 - Special Order Item 14
♦ Counts as a protein and starch. △ Counts as a protein and veggie. ■ Counts as a veggie only.
● Counts as a starch and veggie. □ Counts as a starch only ● Counts as a protein only

13. ◆ Black Beans and Rice – A vegetarian version of black beans and rice that makes a very satisfying dinner when you serve it with a simple salad. *Per Serving : 457 Calories, 6g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 532mg Sodium, 82g Total Carbohydrate, 13g Fiber, 17g Protein, 97mg Calcium, P9*
14. △ Broccoli and Bulgur in Spicy Peanut Sauce – A Thai influenced dish consisting broccoli florets and bulgur wheat in a rich and spicy peanut sauce. *Per Serving: 174 Calories, 5g Total Fat, 1g Saturated fat, 0mg Cholesterol, 460mg Sodium, 29g Total Carbohydrate, 8g Fiber, 8g Protein, 44mg Calcium, P3*
15. △ Marinated Tofu-Vegetable Kabobs – Skewers made with spicy marinated tofu cubes, zucchini, red bell peppers, onions, mushrooms and cherry tomatoes. Cannot be frozen. Must be eaten within two days. *Per Serving: 263 Calories, 15g Total Fat, 2g Saturated Fat, 0mg Cholesterol, 329mg Sodium, 17g Total Carbohydrate, 6g Fiber, 21g Protein, 265mg Calcium, P6*
16. △ Tofu Stir-Fry – Asian flavors spark the tofu to create a spicy, satisfying stir fry made with broccoli, shitake mushrooms, carrots, bell peppers and snow peas. Cannot be frozen. Must be eaten within two days. *Per Serving: 283 Calories, 15g Total Fat, 2g Saturated Fat, 0mg Cholesterol, 437mg Sodium, 20g Total Carbohydrate, 8g Fiber, 23g Protein, 303mg Calcium, P6*
17. ◆ No-Meat Loaf – If you've been trying to eat with a vegetarian bent, this is a great place to start. Made with long-grain rice, cauliflower, mushrooms, broccoli, garlic, onions and lots of herbs and spices. *Per Serving: 160 Calories, 4g Total Fat, 1g Saturated Fat, 1mg Cholesterol, 328mg Sodium, 26g Total Carbohydrate, 4g Fiber, 7g Protein, 121mg Calcium, P3*
18. △ Eggplant Rollatini – Eggplant rolled around a filling made with nonfat ricotta, celery, onions and a little nutmeg then topped with tomato sauce and fontina cheese and baked. *Per Serving: 234 Calories, 6g Total Fat, 2g Saturated Fat, 18mg Cholesterol, 207mg Sodium, 32g Total Carbohydrate, 6g Fiber, 18g Protein, 5*

Soups

You may use a soup marked with or as a substitute for your vegetable or starch side dish.

1. or Navy Bean Soup – Fresh lemon, rosemary and lots of parsley add plenty of spirit and flavor to this nourishing soup. *Per Serving: 202 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 335mg Sodium, 33g Total Carbohydrate, 5g Fiber, 12g Protein, 108mg Calcium, P4*
2. or Pistou – A classic, hearty French vegetable soup similar to Minestrone that uses a variation on pesto (minus the pine nuts) to create a rich flavor. *Per Serving: 257 Calories, 7g Total Fat, 2g Saturated Fat, 4mg Cholesterol, 617mg Sodium, 41g total Carbohydrate, 6g Fiber, 9g Protein, 145mg Calcium, P5*
3. ♦ Chicken Soup with Matzo Balls – A hot bowl of this savory broth will lift your spirits even if it does not cure your cold! *Per Serving: 162 Calories, 6g Total Fat, 2g Saturated Fat, 60mg Cholesterol, 101mg Sodium, 3g Total Carbohydrate, 1g Fiber, 24g Protein, 27mg Calcium, P4*
4. ♦ Chicken-Tomato Chowder – Thick with vegetables, potatoes and beans, this chowder is great as a midweek supper for the whole family. *Per Serving 227 Calories, 7g Total Fat, 1g Saturated Fat, 41mg Cholesterol, 314mg Sodium, 32g Total Carbohydrate, 5g Fiber, 24g Protein, 98mg Calcium, P5*
5. or Corn Chowder – Uses turkey bacon and substitutes light cream for heavy cream to make this corn chowder light, but tasty. *Per Serving: 209 Calories, 8g Total Fat, 4g Saturated Fat, 22mg Cholesterol, 175mg Sodium, 30g Total Carbohydrate, 4g Fiber, 6g Protein, 28mg Calcium, P4*
6. △ Mulligatawny – This East Indian curry soup is loaded with chicken, spices, and a little apple to add some sweetness. *Per Serving: 187, 7g Total Fat, 2g Saturated Fat, 38mg Cholesterol, 278mg Sodium, 17g Total Carbohydrate, 3g Fiber, 15g Protein, 38mg Calcium, P4*
7. ♦ Tortellini in Chicken Broth – Cheese tortellini served in a light chicken broth with a little watercress. *Per Serving: 211 Calories, 7g Total Fat, 3g Saturated Fat, 36mg Cholesterol, 308mg Sodium, 26g Total Carbohydrate, 2g Fiber, 12g Protein, 172mg Calcium, P4*
8. ♦ Faux Gumbo – Our version of the Creole classic showcases shrimp, chicken and turkey kielbasa, vegetables and okra in a savory broth. Includes rice. *Per Serving: 255, 9g Total Fat, 3g Saturated Fat, 58mg Cholesterol, 297mg Sodium, 28g Total Carbohydrate, 4g Fiber, 17g Protein, 101mg Calcium, P5*
9. ♦ Creamy Clam Chowder – A lightened version of New England Clam Chowder that has much of the richness of the original with much less fat. *Per Serving: 250 Calories, 3g Total Fat, 1g Saturated Fat, 41mg Cholesterol, 30mg Sodium, 31g Total Carbohydrate, 3g Fiber, 23g Protein, 332mg Calcium, P5*
10. or Borscht – Made with beets, red cabbage and seasoned with dill and lemon, borscht is know for its unmatched ruby color and depth of flavor. *Per Serving: 72 Calories, 2g Total Fat, 1g Saturated Fat, 5mg Cholesterol, 219mg Sodium, 10g Total Carbohydrate, 2g Fiber, 3g Protein, 51mg Calcium, P1*
11. or Cabbage and Apple Soup – Rich and flavorful, serve this Eastern European soup hot or cold. *Per Serving: 85 Calories, 1g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 197mg Sodium, 16g Total Carbohydrate, 3g Fiber, 3g Protein, 32mg Calcium, P1*

- ♦ Counts as a complete meal including protein, starch and veggie. - Special Order Item 16
♦ Counts as a protein and starch. △ Counts as a protein and veggie. Counts as a veggie only.
○ Counts as a starch and veggie. Counts as a starch only Counts as a protein only

12. or Indian Carrot Soup – Smooth pureed soup made with carrots and yogurt gets its kick from authentic Indian spices. *Per Serving: 133 Calories, 5g Total Fat, 1g Saturated Fat, 1mg Cholesterol, 144mg Sodium, 20g Total Carbohydrate, 3g Fiber, 4g Protein, 92mg Calcium, P2*
13. or Cream of Asparagus Soup (seasonal) – A lusciously rich soup that's perfect to serve even at your most elegant dinner party. *Per Serving: 137 Calories, 3g Total Fat, 1g Saturated Fat, 3mg cholesterol, 181mg Sodium, 21g Total Carbohydrate, 3g Fiber, 10g Protein, 224mg Calcium, P2*
14. or Cream of Broccoflower Soup – With its creamy combination of broccoli and cauliflower flavors, this dish is both delicious and healthy. *Per Serving: 116 Calories, 4g Total Fat, 1g Saturated Fat, 2mg Cholesterol, 302mg Sodium, 13g Total Carbohydrate, 1g Fiber, 7g Protein, 216mg Calcium, P2*
15. or Cream of Mushroom Soup – Gets some extra flavor by using a mixture of different kinds of mushrooms plus herbs such as thyme and marjoram. *Per Serving: 157 Calories, 4g Total Fat, 1g Saturated Fat, 3mg Cholesterol, 190mg Sodium, 25g Total Carbohydrate, 4g Fiber, 11g Protein, 234mg Calcium, P3*
16. or Herbed Split Pea Soup – Exactly like the classic split peas soup, but we use turkey ham to impart that smoky flavor without a lot of fat. *Per Serving: 199 Calories, 3g Total Fat, 1g Saturated Fat, 10mg Cholesterol, 579mg Sodium, 30g Total Carbohydrate, 12g Fiber, 14g Protein, 38mg Calcium, P3*
17. or Lentil and Swiss Chard Soup – A hearty soup loaded with lentils and Swiss chard, but with a southwest flavor including cilantro and cumin. Made with beef broth. *Per Serving: 196 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 288mg Sodium, 28g Total Carbohydrate, 14g Fiber, 14g Protein, 54mg Calcium, P3*
18. or Herbed Cucumber and Yogurt Soup – This chilled soup is made with cucumbers, yogurt plus herbs like dill, mint and chives. A little lemon juice gives it some tang. *Per Serving: 121 Calories, 3g Total Fat, 2g Saturated Fat, 10mg Cholesterol, 255mg Sodium, 15g Total Carbohydrate, 1g Fiber, 10g Protein, 328mg Calcium, P2*
19. or Gazpacho with Garlicky Croutons – This classic cold soup is so loaded with vegetables it's been called a liquid salad! Served with low fat garlic croutons. *Per Serving: 113 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 803mg Sodium, 17g Total Carbohydrate, 3g Fiber, 3g Protein, 49mg Calcium, P3*
20. or Turnip Bisque with Crispy Shallots – Thick and creamy with a hint of nutmeg, turnips make a surprisingly satisfying soup. Great on a cold winter's night. *Per Serving: 154 Calories, 4g Fat, 1g Saturated Fat, 0mg Cholesterol, 171mg Sodium 28g Total Carbohydrate, 3g Fiber, 6g Protein, 66mg Calcium, P3*
21. or Vichyssoise – The classic French creamy potato-leek soup. Served chilled, it's perfect when the weather gets warm. Served hot, it's perfect for a chilly night! *Per Serving: 190 Calories, 6g Total Fat, 3g Saturated Fat, 12mg Cholesterol, 285mg Sodium, 26g Total Carbohydrate, 2g Fiber, 9g Protein, 228mg Calcium, P4*
22. or Spanish Pepper Soup – This uniquely Spanish dish is made with roasted red bell peppers, smoked paprika, saffron, brown rice and green beans. *Per Serving: 113 Calories, 1g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 327mg Sodium, 24g Total Carbohydrate, 3g Fiber, 5g Protein, 58mg Calcium, P2*
23. or Sweet and Sour Cabbage Soup - A taste of Eastern Europe, this soup's sweet-and-sour flavor is accented by raisins and a hint of caraway. *Per Serving: 167 Calories, 5g Total Fat, 1g*

Counts as a complete meal including protein, starch and veggie. - Special Order Item 17
 Counts as a protein and starch. Counts as a protein and veggie. Counts as a veggie only.
 Counts as a starch and veggie. Counts as a starch only Counts as a protein only

Saturated Fat, 0mg Cholesterol, 747mg Sodium, 28g Total Carbohydrate, 5g Fiber, 5g Protein, 103mg Calcium, P3

24. or Summer Squash Soup – A chilled soup made with zucchini, yellow squash, basil, garlic and sour cream. *Per Serving: 63 Calories, 3g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 174mg Sodium, 6g Total Carbohydrate, 2g Fiber, 4g Protein, 52mg Calcium, P1*
25. or Pumpkin Soup with Cinnamon Toast Croutons - A creamy soup that perfect for those cool fall evenings. This is soup is savory, not sweet. *Per Serving – 144 Calories, 3g Total Fat, 1g Saturated Fat, 2mg Cholesterol, 382mg Sodium, 23g total Carbohydrate, 4g Dietary Fiber, 8g Protein, 231mg Calcium, P2*
26. or Butternut Squash Soup - A soup from Mantua Italy, near Venice, uses butternut squash, ham and a touch of sage. *Per Serving – 185 Calories, 7g Total Fat, 1g Saturated Fat, 4mg Cholesterol, 196mg Sodium, 31g Total Carbohydrate, 5g Fiber, 7g Protein, 135mg Calcium, P3*
27. or Chickpea Soup – A taste of India, this fragrant soup is flavored with cumin, ginger and a touch of heat. *Per Serving – 278 Calories, 9g Total Fat, 1 g Saturated Fat, 0mg Cholesterol, 326mg Sodium, 38g Total Carbohydrate, 12 g Fiber, 13 g Protein, 83mg Calcium, P6*
28. Vietnamese Ginger Chicken Soup – A light chicken soup made flavored with ginger, cilantro and mint. *Per Serving – 167 Calories, 4g Total Fat, 1g Saturated Fat, 22mg Cholesterol, 293mg Sodium, 22g Total Carbohydrate, 1g Fiber, 12g Protein, 51mg Calcium, P3*
29. Chicken Avgolemono Soup – Creamy, lemon-and-egg based avgolemono sauce is one of the masterpieces of Greek cuisine. Here, it’s reinterpreted into a light chicken soup without a lot of the fat. *Per Serving – 261 Calories, 7g Fat, 2g Saturated Fat, 140mg Cholesterol, 163mg Sodium, 28g Total Carbohydrate, 2g Fiber, 22g Protein, 141mg Calcium, p5*
30. or Senegalese Peanut Soup – A soup rich with chickpeas, peanuts, ginger, curry spices and tomatoes. Unique! *Per Serving – 215 Calories, 11g Total Fat, 2g Saturate Fat, 0mg Cholesterol, 217mg Sodium, 20g Total Carbohydrate, 6g Fiver, 10g protein, 61mg Calcium, P4*
31. or Creamy Potato Soup with Roasted Garlic – A hearty soup made with lean ham, russet potatoes, green beans and lots of roasted garlic. *Per Serving – 210 Calories, 8g Total Fat, 2g Saturated Fat, 14mg Cholesterol, 373mg Sodium, 24g Total Carbohydrate, 4g Fiber, 11g Protein, 208mg Calcium, P4*

Pasta

Note: For some of our pasta dishes, we provide the sauce and the uncooked pasta. You must cook the pasta, heat the sauce and toss them together. If we precooked the pasta for you, we would have to toss it with oil and that would add extra calories.

1. Capellini with Fresh Tomato Sauce – Angle Hair pasta tossed in a fresh tomato-basil sauce. *Per Serving: 159 Calories, 7g Total Fat, 2g Saturated Fat, 3mg Cholesterol, 155mg Sodium, 21g Carbohydrate, 3g Fiber, 6g Protein, 79mg Calcium, P3*
2. Orzo with Garlic-Ginger Vegetables – A mixture of orzo pasta, sliced baby carrots, zucchini and mixed bell peppers tossed with garlic and fresh ginger. Can be served hot or cold. *Per Serving: 134 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 177mg Sodium, 24g Total Carbohydrate, 2g Fiber, 4g Protein, 26mg Calcium, P3*
3. Rosemary-Zucchini Pasta – Rotele (wagon wheel) pasta toss with a sauce made with crushed tomatoes, zucchini, orange and fresh rosemary. *Per Serving: 159 Calories, 3g Total Fat, 0g Saturated Fat, 1mg Cholesterol, 393mg Sodium, 29g Total Carbohydrate, 3g Fiber, 5g Protein, 49mg Calcium, P3*
4. Spaghetti with Pesto and Tomatoes – The traditional pesto ingredients of basil and Parmesan cheese are combined with arugula and fresh tomatoes to make this flavorful pasta dish. *Per Serving: 249 Calories, 6g Total Fat, 1g Saturated Fat, 1mg Cholesterol, 186mg Sodium, 42g Total Carbohydrate, 3g Fiber, 8g Protein, 157mg Calcium, P5*
5. Vegetable Lasagna – Lasagna made with ricotta, spinach, zucchini, mushrooms, carrots, onions, parmesan, tomato sauce and mozzarella. *Per Serving: 363 Calories, 8g Total Fat, 3g Saturated Fat, 86mg Cholesterol, 600mg Sodium, 55g Total Carbohydrate, 7g Fiber, 20g Protein, 330mg Calcium, P7*
6. Cheese-Stuffed Manicotti – Nothing skimpy here – real ricotta, mozzarella, parmesan cheese and fresh tomato sauce. *Per Serving: 409 Calories, 14g Total Fat, 8g Saturated Fat, 75mg Cholesterol, 610mg Sodium, 46g Total Carbohydrate, 3g Fiber, 24g Protein, 460mg Calcium, P9*
7. Four-Cheese Macaroni – Got a mac-and-cheese craving? This will satisfy it! *Per Serving: 299 Calories, 9g Total Fat, 5g Saturated Fat, 30mg Cholesterol, 353mg Sodium, 35g Total Carbohydrate, 1g Fiber, 18g Protein, 402mg Calcium, P7*
8. Pasta Primavera with Smoked Cheeses – Penne pasta with assorted vegetables in a chunky tomato sauce finished with smoked cheese and parmesan. *Per Serving: 255 Calories, 5g Total Fat, 3g Saturated Fat, 11mg Cholesterol, 280mg Sodium, 41g Total Carbohydrate, 4g Fiber, 11g Protein, 150mg Calcium, P5*
9. Penne with Italian Sausage and Peppers – Handmade Italian sausage fried with mixed bell peppers, fennel, tomatoes and lots of garlic. Served with penne pasta. *Per Serving: 438 Calories, 20g Total Fat, 6g Saturated Fat, 44mg Cholesterol, 972mg Sodium, 50g Total Carbohydrate, 6g Fiber, 16g Protein, 89mg Calcium, P10*
10. Linguine Alfredo – A mélange of vegetables and pasta enveloped in a creamy, rich sauce. *Per Serving: 276 Calories, 5g Total Fat, 3g Saturated Fat, 10mg Cholesterol, 250mg Sodium, 42g Total Carbohydrate, 3g Fiber, 13g Protein, 223mg Calcium, P5*

Counts as a complete meal including protein, starch and veggie. - Special Order Item 19
 Counts as a protein and starch. Counts as a protein and veggie. Counts as a veggie only.
 Counts as a starch and veggie. Counts as a starch only Counts as a protein only

11. ◎ Chickpeas with Pasta – Chickpeas, also called garbanzo beans, and pasta are a classic Italian combination. These are combined with a sauce made with diced tomatoes, garlic and rosemary. *Per Serving: 361 Calories, 11g Total Fat, 3g Saturated Fat, 8mg Cholesterol, 471mg Sodium, 51g Total Carbohydrate, 10g Fiber, 17g Protein, 227mg Calcium, P7*
12. ◎ Pasta e Fagioli – This soupy stew-like dish is a homey classic made with Great Northern beans, plum tomatoes, veggies and small pasta shells (which you add). *Per Serving: 264 Calories, 4g Total Fat, 1g Saturated Fat, 2mg Cholesterol, 322mg Sodium, 46g Total Carbohydrate, 14g Fiber, 12g Protein, 149mg Calcium, P5*
13. ◆ Red Pepper Chicken with Noodles – Chicken and red kidney beans in a roasted red bell pepper sauce served over noodles. *Per Serving: 323 Calories, 6g Fat, 2g Saturated Fat, 74mg Cholesterol, 242mg Sodium, 38g Total Carbohydrate, 5g Fiber, 28g Protein, 134mg Calcium, P6*
14. ◆ Fettuccini with Chicken and Broccoli Rabe – Boneless chicken breasts served over spinach fettuccine tossed with broccoli rabe and radicchio. *Per Serving: 339 Calories, 8g Total Fat, 2g Saturated Fat, 92mg Cholesterol, 156mg Sodium, 37g Total Carbohydrate, 6g Fiber, 29g Protein, 147mg Calcium, P7*
15. ◆ Penne with Sausage and Prosciutto – A complete meal made with penne pasta, turkey sausage, assorted peppers, mushrooms and prosciutto. *Per Serving: 368 Calories, 13g Total Fat, 1g Saturated Fat, 57mg Cholesterol, 572mg Sodium, 44g Total Carbohydrate, 5g Fiber, 21g Protein, 97mg Calcium, P6*
16. ◆ Fettuccine with Smoked Salmon – Fettuccini tossed with smoked salmon in a creamed tomato-clam sauce. *Per Serving: 344 Calories, 6g Total Fat, 2g Saturated Fat, 21mg Cholesterol, 921mg Sodium, 48g Total Carbohydrate, 3g Fiber, 19g Protein, 61mg Calcium, P7*
17. ◆ Chicken Couscous – A feast fit for a special-occasion. Couscous topped with spiced chicken, chickpeas, zucchini and eggplant served with authentic Harissa pepper sauce. Delicious! *Per Serving – 428 Calories, 8g Total, 2g Saturated Fat, 42mg Cholesterol, 163mg Sodium, 63g Total Carbohydrate, 10g Fiber, 26g Protein, 83mg Calcium, P8*
18. ◎ Farfalle with Cauliflower and Hot Pepper – A southern Italian specialty made with bow-tie pasta, cauliflower, anchovies, olive oil and a pinch of red pepper flakes. *Per Serving – 406 Calories, 8g Fat, 1g Saturated Fat, 7mg Cholesterol, 341mg Sodium, 68g Total Carbohydrate, 8g Fiber, 17g Protein, 75mg Calcium, P8*
19. ◆ Spinach Fettuccine with Walnut Sauce – A creamy walnut sauce with ricotta and gorgonzola cheese served on top of spinach fettuccine. Bon Appetito! *Per Serving – 271 Calories, 10g Total Fat, 3g Saturated Fat, 55mg Cholesterol, 129mg Sodium, 33g Total Carbohydrate, 2g Fiber, 12g Protein, 136mg Calcium, P6*
20. ◆ Pastitsio – A Greek-style pasta casserole made with ziti pasta, ground beef, spinach, tomatoes and feta cheese. *Per Serving – 235 Calories, 7g Total Fat, 3g Saturated Fat, 103mg Cholesterol, 273mg Sodium, 24g Total Carbohydrate, 3g Fiber, 20g Protein, 316mg Calcium, P5*
21. ◎ “Salad Bar” Pad Thai – Stir-Fried veggies tossed with rice noodles and a Pad Thai sauce. Topped with chopped peanuts. *Per Serving – 242 Calories, 6g Fat, 1g Saturated Fat, 75mg Cholesterol, 742mg Sodium, 41 g Total Carbohydrate, 4g Fiber, 6g Protein, 140mg Calcium, P4*
22. ◆ Sicilian Fusilli Pasta with Spinach, Ricotta and Raisins – A casserole dish even your Sicilian grandma would love! *Per Serving – 302 Calories, 10g Total Fat, 3g Saturated Fat, 13mg Cholesterol, 408mg Sodium, 40g Total Carbohydrate, 3g Fiber, 14g Protein, 280mg Calcium, P6*

◆ Counts as a complete meal including protein, starch and veggie. 📄 - Special Order Item 20
 ◆ Counts as a protein and starch. △ Counts as a protein and veggie. ■ Counts as a veggie only.
 ◎ Counts as a starch and veggie. □ Counts as a starch only ● Counts as a protein only

Vegetable Side Dishes

1. 🍆 Herb-Braised Artichokes (seasonal) – Artichokes braised with chicken stock, herbs, diced tomatoes and lemon. *Per Serving: 137 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 583mg Sodium, 33g Total Carbohydrate, 5g Fiber, 8g Protein, 134mg Calcium, P3*
2. 🍆 Celeriac Milanese – One of the great underused vegetables, Celeriac or Celery Root tastes like a cross between celery and potato. This casserole is made with celeriac, mushrooms, tomato sauce, a pinch of cayenne and Parmesan cheese. Yummy! *Per Serving: 135 Calories, 3g Total Fat, 1g Saturated Fat, 4mg Cholesterol, 256mg Sodium, 23g Total Carbohydrate, 4g Fiber, 7g Protein, 126mg Calcium, P2*
3. 🍆 Braised Endive with Lemon (seasonal) – Endive braised with lemon, chicken stock and fresh pepper. *Per Serving: 20 Calories, 0g Total Fat, 0g Saturated Fat, 0g Cholesterol, 266mg Sodium, 4g Total Carbohydrate, 2g Fiber, 1g Protein, 4mg Calcium, P0*
4. 🍆 Oven-Roasted Beets with Garlic – Roasting beets in the oven give them an intense, sweet flavor especially when combined with roasted garlic. *Per Serving: 65 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 43mg Sodium, 10g Total Carbohydrate, 2g Fiber, 1g Protein, 26mg Calcium, P1*
5. 🍆 Fennel and Pears – Sautéed fennel and pear served over a bed of fresh watercress. Cannot be frozen. *Per Serving: 166 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 180mg Sodium, 36g Total Carbohydrate, 5g Fiber, 2g Protein, 56mg Calcium, P3*
6. 🍆 Red Cabbage with Ginger – Red cabbage braised with onion, chicken broth and fresh ginger root. *Per Serving: 53 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 174mg Sodium, 7g Total Carbohydrate, 2g Fiber, 2g Protein, 42mg Calcium, P1*
7. 🍆 Cauliflower with Tomato-Curry Sauce – Bite sized pieces of cauliflower tossed in a zesty tomato sauce seasoned with curry spices. *Per Serving: 73 Calories, 2g Fat, 0g Saturated Fat, 0mg Cholesterol, 266mg Sodium, 14g Total Carbohydrate, 5g Fiber, 3g Protein, 51mg Calcium, P1*
8. 🍆 Lemon-Sautéed Green Beans with Herbs – Haricots verts green beans sautéed with lemon-pepper and herbs. *Per Serving: 37 Calories, 1g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 6mg Sodium, 6g Total Carbohydrate, 2g Fiber, 2g Protein, 33mg Calcium, P0*
9. 🍆 Broiled Eggplant – Broiled eggplant topped with a fresh tomato-basil sauce. *Per Serving: 33 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 143mg Sodium, 7g Total Carbohydrate, 3g Fiber, 1g Protein, 46mg Calcium, P0*
10. 🍆 Creole-Style Okra – A okra stew made with tomatoes, onions, celery, bacon and Filé powder. *Per Serving: 67 Calories, 3g Total Fat, 1g Saturated Fat, 2mg Cholesterol, 177mg Sodium, 9g Total Fat, 3g Fiber, 3g Protein, 69mg Calcium, P1*
11. 🍆 Mushroom and Bell Pepper Sauté – Mushrooms sautéed with bell peppers and sun-dried tomatoes. *Per Serving: 44 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 5mg Sodium, 6g Total Carbohydrate, 2g Fiber, 2g Protein, 10mg Calcium, P1*
12. 🍆 Oven-Roasted Corn on the Cob (seasonal) – Whole roasted corn on the cob with lime butter. You roast these in your oven or on the grill. *Per Serving: 208 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 44mg Sodium, 46g Total Carbohydrate, 6g Fiber, 6g Protein, 9mg Calcium, P4*

- ◆ Counts as a complete meal including protein, starch and veggie. 🍷 - Special Order Item 21
✦ Counts as a protein and starch. △ Counts as a protein and veggie. 🍆 Counts as a veggie only.
🍷 Counts as a starch and veggie. 🍷 Counts as a starch only ● Counts as a protein only

13. **■** Sautéed Summer Squash – A simple sauté of zucchini, lemon and thyme. *Per Serving: 40 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 71mg Sodium, 4g Total Carbohydrate, 1g Fiber, 1g Protein, 23mg Calcium, P1*
14. **■** Ratatouille Casserole – Bake eggplant, yellow squash, zucchini, bell pepper, onion and tomato with lots of herbs and spices. *Per Serving: 80 Calories, 4g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 184mg Sodium, 12g Total Carbohydrate, 3g fiber, 2g Protein, 58mg Calcium, P1*
15. **■** “Creamed” Spinach – A much lighter, but still tasty, version of the classic. *Per Serving: 71 Calories, 1g Total Fat, 1g Saturated Fat, 3mg Cholesterol, 432mg Sodium, 7g Total Carbohydrate, 4g Fiber, 10g Protein, 201mg Calcium, P1*
16. **■** Swiss Chard au Gratin – A casserole made with Swiss chard and Swiss and parmesan cheeses. *Per Serving: 50 Calories, 2g Total Fat, 1g Saturated Fat, 7mg Cholesterol, 736mg Sodium 3g Total Carbohydrate, 0g Fiber, 5g Protein, 53mg Calcium, P1*
17. **■** Stir-Fried Chinese Vegetables - A true Buddha’s Feast is a nutrient powerhouse with peppers, bok choy, snow peas, carrots, bamboo shoots and water chestnuts. *Per Serving: 65 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 243mg Sodium, 9g Total Carbohydrate, 2g Fiber, 3g Protein, 63mg Calcium, P1*
18. **■** Radicchio, Cabbage and Jicama Slaw – Shredded green cabbage, radicchio and julienne jicama in a traditional slaw dressing. *Per Serving: 42 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 118mg Sodium, 10g Total Carbohydrate, 4g Fiber, 2g Protein, 45mg Calcium, P0*
19. **■** Cabbage Slaw – The surprises in this slaw are vanilla yogurt and fennel – together they add a slightly sweet, cream and crunchy tangy. If you prefer, we can use plain, nonfat yogurt. *Per Serving: 79 Calories, 3g Total Fat, 0g Saturated Fat, 1mg Cholesterol, 220mg Sodium, 10g Total Carbohydrate, 3g Fiber, 2g Protein, 78mg Calcium, P1*
20. **■** Marinated Three-Bean Salad – Green, wax and kidney beans in a sweet and sour dressing. *Per Serving: 65 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 5mg Sodium, 13g Total Carbohydrate, 2g Fiber, 4g Protein, 44mg Calcium, P1*
21. **■** Yucatan Salad – Jicama and orange section is a sweet and spicy dressing. *Per Serving: 75 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 289mg Sodium, 17g Total Carbohydrate, 3g Fiber, 2g Protein, 59mg Calcium, P1*
22. **■** Baked Beans – Classic baked beans were a colonial staple. Our updated version keeps the nutrition and the taste, minus the salt pork and without a lot of extra sweetening. *Per Serving 211 Calories, 1g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 385mg Sodium, 42g Total Carbohydrate, 4g Fiber, 10g Protein, 102mg Calcium, P4*
23. **■** Mexican Baked Beans – A mix of pinto beans, molasses, Mexican beer and lots of spices gives this dish a south-of-the-board kick. *Per Serving: 126 Calories, 1g Total Fat, 0g Saturate Fat, 0mg Cholesterol, 211mg Sodium, 25g Total Carbohydrate, 3g Fiber, 5g Protein, 59mg Calcium, P2*
24. **■** Succotash – This dish comes from the Narragansett native Americans. The dish originally included meat as well as vegetables, but our version is a hearty vegetarian one made with zucchini, tomato, lima beans and corn. *Per Serving: 154 Calories, 5g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 327mg Sodium, 24g Total Carbohydrate, 6g Fiber, 6g Protein, 32mg Calcium, P3*
25. **■** Spanish-Style Hominy – Whole hominy baked in a casserole with mushrooms, Monterey Jack and cheddar cheese. *Per Serving: 196 Calories, 6g Total Fat, 3g Saturated Fat, 20mg Cholesterol, 789mg Sodium, 24g Total Carbohydrate, 5g Fiber, 11g Protein, 285mg Calcium, P4*

- ◆** Counts as a complete meal including protein, starch and veggie. **☞** - Special Order Item 22
✦ Counts as a protein and starch. **△** Counts as a protein and veggie. **■** Counts as a veggie only.
◎ Counts as a starch and veggie. **▣** Counts as a starch only **●** Counts as a protein only

Starch Side Dishes

1. German Potato Salad – A sweet and sour style potato salad with bacon. *Per Serving: 163 Calories, 3g Total Fat, 1g Saturated Fat, 4mg Cholesterol, 370mg Sodium, 32g Total Carbohydrate, 3g Fiber, 4g Protein, 26mg Calcium, P3*
2. Stuffed Swiss Chard – The sweetness of raisins and figs in the rice filling of this dish makes a nice contrast with the slightly bitter chard wrapper. Serve hot, cold or at room temperature. *Per Serving: 223 Calories, 5g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 282mg Sodium, 69g Total Carbohydrate, 3g Fiber, 5g Protein, 67mg Calcium, P4*
3. Potato and Bean Salad with Walnut Vinaigrette – Potato, green bean and kidney beans tossed in a Dijon mustard vinaigrette with walnuts. *Per Serving: 186 Calories, 5g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 177mg Sodium, 34g Total Carbohydrate, 5g Fiber, 4g Protein, 66mg Calcium, P3*
4. Colcannon – A traditional Irish dish made with potatoes, green cabbage and leeks. *Per Serving: 95 Calories, 1g Total Fat, 0g Saturated Fat, 1mg Cholesterol, 320mg Sodium, 19g Total Carbohydrate, 2g Dietary Fiber, 3g Protein, 87mg Calcium, P2*
5. Garlic Mashed Potatoes – Made with buttermilk to give it a buttery, creamy flavor without all that fat. *Per Serving: 153 Calories, 2g Total Fat, 1g Saturated Fat, 15mg Cholesterol, 311mg Sodium, 31g Total Carbohydrate, 3g Fiber, 3g Protein, 36mg Calcium, P2*
6. Herbed Mashed Potatoes – Made with nonfat yogurt, parsley and rosemary. *Per Serving: 132 Calories, 0g Total Fat, 0g Saturated Fat, 1g Cholesterol, 307mg Sodium, 29g Total Carbohydrate, 3g Fiber, 4g Protein, 79mg Calcium, P2*
7. Mexican-Style Baked Potatoes – This potato is laced with Monterey Pepperjack making it a deliciously spicy potato. *Per Serving – 294 Calories, 8g Total Fat, 5g Saturated Fat, 25mg Cholesterol, 371mg Sodium, 43g Total Carbohydrate, 4g Fiber, 15g Protein, 215mg Calcium, P6*
8. Stuffed Potatoes – Potatoes stuffed with broccoli, nonfat cottage cheese and parmesan cheese. *Per serving 196 Calories, 3g Total Fat, 1g Saturated Fat, 4mg Cholesterol, 311mg Sodium, 34mg Total Carbohydrate, 5g Fiber, 9g Protein, 103mg Calcium, P3*
9. Twice-Baked Potatoes – Stuffed with extra-sharp cheddar, light sour cream and little broccoli to kick up the nutrition. *Per Serving: 354 Calories, 16g Total Fat, 8g Saturated Fat, 35mg Cholesterol, 676mg Sodium, 42g Total Carbohydrate, 5g Fiber, 14g Protein, 291mg Calcium P8*
10. Lyonnaise Potatoes – Sacre bleu! Could this classic French dish be made without tons of butter? Absolutely! *Per Serving: 182 Calories, 5g Total Fat, 1g Saturated Fat, 1mg Cholesterol, 360mg Sodium, 33g Total Carbohydrate, 3g Fiber, 3g Protein, 19mg Calcium, P3*
11. Roasted Sweet Potatoes – Chunks of sweet potatoes cooked with olive oil, garlic, rosemary and a little chicken broth. *Per Serving: 163 Calories, 5g Total Fat, 1g Saturated Fat, 1mg Cholesterol, 364mg Sodium, 29g Total Carbohydrate, 3g Fiber, 2g Protein, 39mg Calcium, P3*
12. Sweet Potato Casserole – Rescued from under a marshmallow topping, this version of sweet potato casserole is made with apples, candied ginger, brown sugar, cinnamon and a pinch of clove. *Per Serving: 220 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 322mg Sodium 50g Total Carbohydrate, 4g Fiber, 2g Protein, 48mg Calcium, P4*

- Counts as a complete meal including protein, starch and veggie. - Special Order Item 23
 Counts as a protein and starch. Counts as a protein and veggie. Counts as a veggie only.
 Counts as a starch and veggie. Counts as a starch only Counts as a protein only

13. Sweet Potato with Fruit Topping – Cooked with dried fruit and orange juice. *Per Serving: 203 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 15mg Sodium, 50g Total Carbohydrate, 3g Fiber, 3g Protein, 44mg Calcium, P3*
14. Mashed Sweet Potatoes – Mashed sweet potatoes spiced with ginger, cardamom and nutmeg. *Per Serving: 137 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 451mg Sodium, 28g Total Carbohydrate, 3g Fiber, 2g Protein, 25mg Calcium, P2*
15. Root Vegetable Bake – This dish will convince even the pickiest that there is nothing to fear in root vegetables! This dish is a puree made from butternut squash, celery root, potato and rutabaga then topped with caramelized onions and baked until golden. *Per Serving: 155 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 258mg Sodium, 32g Total Carbohydrate, 5g Fiber, 4g Protein, 115mg Calcium, P3*
16. Cornbread – Made with real cornmeal and buttermilk. *Per Serving: 124 Calories, 3g Total Fat, 1g Saturated Fat, 23mg Cholesterol, 298mg Sodium, 20g Total Carbohydrate, 1g Fiber, 5g Protein, 139mg Calcium, P3*
17. Parsnip-Potato Puree – Similar to our standard menu’s “Mashed Potatoes with Parsnips”, but with much less fat and calories. *Per Serving: 89 Calories, 1g Total Fat, 1g Saturated Fat, 3mg Cholesterol, 342mg Sodium, 18g Total Carbohydrate, 3g Fiber, 2g Protein, 37mg Calcium, P1*
18. Corn Pudding – A light version of our popular Corn Pudding. *Per Serving: 191 Calories, 6g Total Fat, 3g Saturated Fat, 14mg Cholesterol, 149mg Sodium, 24g Total Carbohydrate, 3g Fiber, 12g Protein, 226mg Calcium, P4*
19. Wheat Berry, Orange and Mint Salad – Whole wheat berries are tossed with orange sections, red onion, mint, olive oil and a squeeze of lemon juice. *Per Serving: 212 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 142mg Sodium, 43g Total Carbohydrate, 9g Fiber, 6g Protein, 62mg Calcium, P4*
20. Couscous with Lime-Ginger Sauce – Couscous, bell peppers and scallions tossed with a lime-ginger dressing. *Per Serving: 138 Calories, 1g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 103mg Sodium, 28g Total Carbohydrate, 1g Fiber, 4g Protein, 31mg Calcium, P3*
21. Curried Basmati Rice – Extra-long grain Basmati rice cooked with bell peppers, onions, mushrooms and curry spices. *Per Serving: 117 Calories, 1g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 104mg Sodium, 26g Total Carbohydrate, 1g Fiber, 4g Protein, 10mg Calcium, P2*
22. Moroccan Rice Salad – Brown rice, carrots, peas and bell peppers tossed with a dressing made with cilantro, lemon juice, paprika and cumin. *Per Serving: 272 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 153mg Sodium, 52g Total Carbohydrate, 5g Fiber, 7g Protein, 44mg Calcium, P5*
23. Vegetable Fried Rice – Fried rice made with carrots, scallions, mushrooms, bean sprouts, eggs and long grain rice. *Per Serving: 172 Calories, 3g Total Fat, 0g Saturated Fat, 1mg Cholesterol, 311mg Sodium, 32g Total Carbohydrate, 3g Fiber, 7g Protein, 55mg Calcium, P2*
24. Rice, Black Bean and Roasted Corn Salad – Roasted corn adds a wonderful flavor to this colorful salad made with brown rice, bell peppers, black beans, and jalapeno tossed with a lime-olive oil based dressing. *Per Serving: 119 Calories, 4g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 197mg Sodium, 19g Total Carbohydrate, 3g Fiber, 3g Protein, 21mg Calcium, P2*
25. Wild Rice-Asparagus Salad (seasonal) – A blend of wild and long-grain rice tossed with lots of veggies, asparagus spears and a light vinaigrette. *Per Serving: 172 Calories, 3g Total Fat, 0g Saturated Fat, 1mg Cholesterol, 311mg Sodium, 32g total Carbohydrate, 3g Fiber, 7g Protein, 55mg Calcium, P2*

Counts as a complete meal including protein, starch and veggie. - Special Order Item 24
 Counts as a protein and starch. Counts as a protein and veggie. Counts as a veggie only.
 Counts as a starch and veggie. Counts as a starch only Counts as a protein only

26. ◎ Wild Rice and Mushroom Stuffing - Great with pork, this stuffing contains wild rice, shitake mushrooms, red wine, spinach and herbs. *Per Serving: 174 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 216mg Sodium, 30g Total Carbohydrate, 3g Fiber, 7g Protein, 46mg Calcium, P3*
27. ▣ Cornbread and Cranberry Dressing – Great with turkey or chicken. Made with homemade cornbread, dried apricots, dried cranberries and lots of flavor! *Per Serving: 137 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 188mg Sodium, 24g Total Carbohydrate, 2g Fiber, 4g Protein, 41mg Calcium, P3*
28. ▣ Sausage and Rice Stuffing – A combination of turkey sausage, celery, fennel, brown rice, sage and lemon makes this stuffing anything but routine. *Per Serving: 260 Calories, 8g Fat, 1g Saturated Fat, 25mg Cholesterol, 335mg Sodium, 38g Total Carbohydrate, 3g Fiber, 11g Protein, 47mg Calcium, P5*
29. ◎ Lemon-Dilled Pasta Salad – A cool pasta salad for summer made with broccoli, cauliflower and pasta shells in a lemony yogurt and dill dressing. *Per Serving: 137 Calories, 1g Total Fat, 0g Saturated Fat, 1mg Cholesterol, 47mg Sodium, 27g Total Carbohydrate, 4g Fiber, 8g Protein, 117mg Calcium, P3*
30. ◎ Pasta Salad Primavera – This chilled, low-fat yet rich-tasting pasta salad is studded with vibrant vegetables and tossed with a yogurt based dressing. *Per Serving: 158 Calories, 3g Total Fat, 1g Saturated Fat, 2mg Cholesterol, 77mg Sodium, 22g Total Carbohydrate, 3g Fiber, 7g Protein, 128mg Calcium, P3*
31. ◎ Orzo with Zucchini and Feta – A Greek version of pasta salad made with orzo pasta, zucchini, crumbled feta, oregano and olive oil. *Per Serving – 283 Calories, 11g Total Fat, 5g Saturated Fat, 25mg Cholesterol, 318mg Sodium, 35g Total Carbohydrate, 2g Fiber, 10g Protein, 165mg Calcium, P3*
32. ◎ Soba Noodles with Miso-Glazed Vegetables – A Japanese pasta salad made with authentic buckwheat noodles, tossed with asparagus, broccoli and carrot glazed with a Miso and Dijon dressing. *Per Serving -220 Calories, 6g Total Fat, 1g Saturated Fat, 0mg Cholesterol, 530mg Sodium, 38g Total Carbohydrate, 2g Fiber, 8g Protein, 46mg Calcium, P5*

Build Your Own Salad

A salad can be used to replace a vegetable or starch side dish. If you select a protein for your salad, it will count as a complete meal.

Step 1 - Choose One Green (2 cups/serving, 20 Calories, P0)

- Romaine
- Iceberg
- Spring Mix
- Spinach

Step 2 – Choose up to Three Vegetables (+P1)

- Artichoke Hearts (1/4 cup, 20 Calories)
- Beets (1/4 cup, 15 Calories)
- Bell Peppers, diced (1/4 cup, 15 Calories)
- Broccoli (1/4 cup, 6 Calories)
- Carrots (1/4 cup, 15 Calories)
- Cauliflowers (1/4 cup, 6 Calories)
- Celery (1/4 cup, 15 Calories)
- Cucumber (1/4 cup, 4 Calories)
- Green Peas (2 tablespoons, 30 Calories)
- Mushrooms, raw (1/4 cup, 5 Calories)
- Onions, raw (1 tablespoon, 8 Calories)
- Radishes (1/4 cup, 10 Calories)
- Tomatoes, Cherry (4 each, 20 Calories)

Step 3 – Choose One Protein (optional)

- Lean Ham, chopped (2oz, 75 calories, 2g Fat, +1P)
- Grilled Chicken (2oz, 70 calories, 2g Fat, +1P)
- Small Poached Shrimp (2oz, 60 calories, 1g Fat, +1P)
- Turkey Strips (2oz, 70 calories, 1g Fat, +1P)
- Tuna in Spring Water (2oz, 70 Calories, 1g Fat, +1P)
- Surimi (Imitation Crab, 2oz, 60 Calories, 1g Fat, +1P)

Step 4 – Choose Up to Two Extras

- Cheddar Cheese (2 tablespoons, 55 Calories, 5g Fat, +1P)
- Cottage Cheese, low-fat (1/4 cup, 40 Calories, <1g Fat, +1P)
- Parmesan Cheese (2 tablespoons, 45 Calories, 3g Fat, +1P)
- Hard Cooked Egg, chopped (1 egg, 74 Calories, 5g Fat, +2p)
- Mandarin Oranges (1/4 cup, 25 Calories, +1P)
- Black Olives (2 tablespoons, 30 calories, 4g Fat, +1P)
- Raisins (2 tablespoons, 60 calories, +1P)
- Bacon Bits (2 tablespoons, 50 calories, 3g Fat, +2P)
- Croutons (1/4 cup, 83 Calories, 1g Fat, +2P)

Step 5 – Choose a Dressing

- Creamy Garlic and Chive Dressing (62 Calories, 2g Fat, +P1)
- Honey-Mustard Dressing (44 Calories, 0g Fat, +P1)
- Italian Dressing (24 Calories, 2g Fat, +P1)
- Pesto Dressing (69 Calories, 3g Fat, +P2)
- Russian Dressing (49 Calories, 3g Fat, +P1)

- ◆ Counts as a complete meal including protein, starch and veggie. 🍷 - Special Order Item 26
✦ Counts as a protein and starch. △ Counts as a protein and veggie. 🍱 Counts as a veggie only.
◎ Counts as a starch and veggie. 🍲 Counts as a starch only. ● Counts as a protein only

- Fat Free Ranch (24 Calories, 0g Fat,+ P1)

