



June 2018

*Celebrating dads everywhere....and grilling season is finally here!!*

**\*\*Beef\*\***

*Bacon Cheeseburger Pie*

Just like a bacon cheeseburger as a casserole! (Oven)

Diet Points: 18 Gluten free with gf flour! Calories: 545.2, Total Fat: 30.2g, Sat. Fat: 17.4g, Trans Fat: 0.0g, Cholesterol 99mg, Sodium: 2349mg, Potassium: 751.5mg, Total Carbohydrates: 29.4g, Dietary Fiber: 5.0g, Sugars: 5.6g, Protein: 40.0g

*Brown Sugared Flank Steak \*Lighter (less marinade)...with green beans*

This flank steak is in a marinade of brown sugar, homemade soy sauce, red wine, honey, and ginger....so good!!! (Oven, broil, or grill)...with corn and egg noodles

Diet Points: 13 (10\*) Gluten free! Calories: 438 (\*376), Total Fat: 19.6g(\*17.3), Sat. Fat: 6.2g(\*5.9), Trans Fat: 0.0g, Cholesterol 83mg(\*83), Sodium: 111mg(\*98mg), Potassium: 594mg(\*553) Total Carbohydrates: 21.5g(\*10.7), Dietary Fiber: 0.6g(\*0.5), Sugars: 18.7g(\*9.4), Protein: 42.6g(\*42.4)

*Gyro Pitas*

Strips of lean flank steak with spinach, tomatoes, red onions, and black olives in a pita. Top with feta and tzatziki sauce! (Stovetop)

Diet Points: 10 (includes pita) Gluten free with rice sub for pita Calories: 362, Total Fat: 14.4g, Sat. Fat: 6.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 468mg, Total Carbohydrates: 19.7g, Dietary Fiber: 1.8g, Sugars: 2.0g, Protein: 36.5g

**\*\*Chicken\*\***

*Best Grilled Chicken with Mushroom Pilaf \*Lighter (less olive oil, no mushroom pilaf), with squash*

Great marinade for grilled chicken (or broiled or baked)! Stir up some homemade mushroom, rice, and orzo pilaf topped with pine nuts. (Grill, bake, stovetop) ...with corn

Diet Points: 11 (includes pilaf)(\*4), Gluten free with rice sub! Calories: 449(\*255), Total Fat: 23.1g(\*11.3), Sat. Fat: 6.6g(\*1.4), Trans Fat: 0.0g(\*0), Cholesterol 125mg(\*105), Sodium: 266mg(\*182), Potassium: 137 mg(\*33); Total Carbohydrates: 22.1g(\*2.0), Fiber: 1.3g(\*0.2), Sugars: 2.7g(\*1.4), Protein: 46.0g (\*42.2)

*Chicken Couscous Salad \*Lighter...with broccoli*

This is a fabulous summer dish....serve warm or cold! Chicken with white wine vinaigrette flavored with cumin, green onions, and white wine vinegar makes it...topped with pine nuts(optional)! Perfect for a dinner at the pool!(Stovetop) ...with peas

Diet Points: 10 (includes couscous) Gluten free with rice or quinoa sub for couscous! Calories: 385, Total Fat: 10.2g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 25mg, Sodium: 557mg, Potassium: 292mg, Total Carbohydrates: 47.7g, Dietary Fiber: 3.7g, Sugars: 1.0g, Protein: 25.2g

*Chicken Tacos with Pineapple Salsa \*Lighter (less flour, corn tortillas)*

Chicken strips coated with flour and a touch of pineapple jerk seasoning, browned in the skillet to crisp them up, and topped with pineapple, red pepper, red onion, lime juice salsa. (Stovetop)

Diet Points: 9 (\*8) Gluten free! Calories: 365 (\*327), Total Fat: 4.9g (\*4.8), Sat. Fat: 0.9g (\*0.9), Trans Fat: 0.0g, Cholesterol 143mg (\*143), Sodium: 637mg (\*637), Potassium: 219mg (\*208), Total Carbohydrates: 49.2g (\*41.3), Dietary Fiber: 4.5g (\*4.2), Sugars: 10.3g (\*10.2), Protein: 32.3g (\*31.2)

*Dijon & Tarragon Chicken \*Lighter ...with California blend*

Dijon, tarragon, wine, and a little honey make these chicken breasts wonderful! (Oven or grill) ...with peas and rice

Diet Points: 6 Gluten Free with rice sub for pasta! Calories: 245, Total Fat: 8.2g, Sat. Fat: 1.3g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 340g, Potassium: 74mg, Total Carbohydrates: 7.5g, Dietary Fiber: .4g, Sugars: 6.0 g, Protein: 28.9g

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3) or 6 meals (4-6), \$6.00/12 meals (4-6)  
GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3) or 6 meals (4-6), \$12.00/12 meals (4-6)  
SPRINGER MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.25/meal for 2-3 serving meals; \$2.00/meal for 4-6 serving meals  
SALMON SUBSTITUTE - ADD \$1.85/meal for 1 serving meals; \$5.50/meal for 2-3 serving meals; \$8.25/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals  
CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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## *Lemon Curry Chicken and Asparagus Casserole*

A slight curry flavor with lemon and ginger make this chicken and asparagus casserole taste like summer!

Diet Points: 9 Gluten Free! Calories: 320, Total Fat: 16.4g, Sat. Fat: 4.1g, Trans Fat: 0.0g, Cholesterol 41mg, Sodium: 678g, Potassium: 322mg, Total Carbohydrates: 22.1g, Dietary Fiber: 3.7g, Sugars: 5.1g, Protein: 24.0g

## *Mediterranean Chicken Thighs* \*Lighter...with carrots

Simmering all day in tomatoes and wine, with capers and Kalamata olives, these chicken thighs are tender and delicious! (Crockpot, oven, or stovetop)...with carrots and egg noodles

Diet Points: 6 Gluten free! Calories: 220 Total Fat: 11.0g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 110mg, Sodium: 554mg, Potassium: 307mg, Total Carbohydrates: 6.4g, Dietary Fiber: 1.7g, Sugars: 3.3g, Protein: 23.5g

## \*\*Pork\*\*

### *Bourbon Pork Tenderloin* \*Lighter, with green beans

Pork tenderloin in a marinade of bourbon, Worcestershire, soy sauce, brown sugar, and spices. (Oven), with peas and rice.

Diet Points: 8 Gluten free with gluten free soy sauce!

Calories: 341, Total Fat: 10.1g, Sat. Fat: 2.2g, Trans Fat: 0.1g, Cholesterol 110mg, Sodium: 862mg, Potassium: 714mg, 5.8 41Total Carbohydrates: 9.0g, Dietary Fiber: 0.8g, Sugars: 5.8g, Protein: 41.0g

### *Broccoli, Cauliflower, Pork Stir Fry* \*Lighter (no rice)

A great stir fry for Spring! Broccoli, cauliflower, carrots, and pork in a lighter stir fry sauce flavored with orange juice. (Stovetop)

Diet Points: 13(includes rice)(\*7) Gluten free! Calories: 491(\*266), Total Fat: 10.6g(\*10.2), Sat. Fat: 3.1g(\*3.0), Trans Fat: 0.0g(\*0), Cholesterol 60mg(\*60), Sodium: 598mg(\*595), Total Carbohydrates: 61.0g(\*11.7), Dietary Fiber: 2.5g(\*1.7), Sugars: 4.4g(\*4.3), Protein: 30.9g(\*26.5)

### *Homemade Balsamic Honey Barbecue Pork Sliders* \*Lighter (less sauce), no buns

Lean pork loin in a homemade barbecue sauce with balsamic vinegar, honey, brown sugar, Dijon, Worcestershire, onions, and spices! Serve on included slider buns. (Crockpot or oven)...with sweet potato fries

Diet Points: 16(includes buns) (\*8) GF, no buns! Calories: 454(\*256), Total Fat: 8.8g(\*6.7), Sat. Fat: 2.7g(\*2.7), Trans Fat: 0.0g(\*0), Cholesterol 60mg(\*60), Sodium: 1182mg(\*823), Potassium: 191mg (\*136), Total Carbohydrates: 60.8g(\*20.8), Dietary Fiber: 2.7g(\*0.6), Sugars: 34.8g(\*17.4), Protein: 30.3g(\*26.1)

### *Provolone Pork Chops with Tarragon Vinaigrette* \*Lighter (less cheese), no penne

Pork chops stuffed with provolone, brushed with tarragon and olive oil, grilled or broiled, and served with white balsamic vinegar tarragon vinaigrette and tomatoes! (Grill, Broil, Stovetop)...with penne and green beans

Diet Points: 29 Gluten free! Calories: 614, Total Fat: 7.8g, Sat. Fat: 48.8g, Trans Fat: 0.0g, Cholesterol 99.3mg, Sodium: 1143g, Potassium: 529.1mg, Total Carbohydrates: 7.8g, Dietary Fiber: 0.8g, Sugars: 4.3g, Protein: 38.5g

## \*\*Seafood\*\*

### *Citrus Cumin Tilapia* \*Lighter ...with California blend

A great citrus marinade for tilapia combined with the smoky flavor of cumin. (Oven)...with vegetable medley and rice

Diet Points: 6 Gluten free! Calories: 192, Total Fat: 6.2, Sat. Fat: 1.3, Trans Fat: 0.0g, Cholesterol 69mg, Sodium: 248mg, Potassium: 110mg, Total Carbohydrates: 8.2g, Dietary Fiber: 0.3g, Sugars: 6.5g, Protein: 26.8g

### *Crockpot Jambalaya*

Great mix of shrimp, ham, and chicken simmer with onion, celery, green pepper, spices and rice....and it's jambalaya! (Crockpot or Stovetop)

Diet Points: 9 Gluten free! Calories: 468, Total Fat: 3.7g, Sat. Fat: 0.2g, Trans Fat: 0.0g, Cholesterol 95mg, Sodium: 871mg, Potassium: 258mg, Total Carbohydrates: 26.849.8g, Dietary Fiber: 2.2g, Sugars: 1.4g, Protein: 53.8g

## \*\*Turkey or Beef\*\*

### *Jalapeno Popper Meatloaf*

Burgers stuffed with cream cheese, bacon, and a little jalapeno(\*optional)! (Oven, broil, grill) ...with sweet potato fries

TURKEY - Diet Points: 12 Gluten free! Calories: 419, Total Fat: 22.8g, Sat. Fat: 7.2g, Trans Fat: 0.0g, Cholesterol 150mg, Sodium: 753mg, Potassium: 439mg, Total Carbohydrates: 19.5g, Dietary Fiber: 2.9g, Sugars: 3.1g, Protein: 39.7g

BEEF - Diet Points: 11 Gluten free! Calories: 408, Total Fat: 17.4g, Sat. Fat: 7.8g, Trans Fat: 0.0g, Cholesterol 135mg, Sodium: 706mg, Potassium: 589mg, Total Carbohydrates: 19.5g, Dietary Fiber: 2.9g, Sugars: 3.1g, Protein: 43.1g

## \*\*Vegetarian\*\*

### *Vegetable and Pesto Lasagna* \*Lighter (half the ricotta, pesto, and cheese)

Layers of squash, zucchini, tomatoes, noodles, and mozzarella with a ricotta, spinach, and pesto filling!

Diet Points: 18 (\*11) Calories: 527(\*336), Total Fat: 28.0g (\*14.2), Sat. Fat: 13.8g (\*6.9), Trans Fat: 0.0g(\*0.0), Cholesterol 71mg(\*32.2), Sodium: 1443mg(\*1079), Potassium: (347mg(8289), Total Carbohydrates: 35.4g(\*32.2), Dietary Fiber: 7.0g(\*6.8), Sugars: 13.1g(\*12.3), Protein: 36.2g(\*21.8)