



July 2018

*Celebrating picnics and patriotism with a little red, white, and blue!!*

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

*Fabulous Grilled Flank Steak \*Lighter (less olive oil)...with broccoli*

This really is a fabulous marinade! (Grill, broil, oven, crockpot)...with corn cobbettes

Diet Points: 12 (\*8) Gluten free! Calories: 475(\*358), Total Fat: 30.8g (\*17.3), Sat. Fat: 6.6g (\*5.6), Trans Fat: 0.1g(\*0.0), Cholesterol 83mg(\*83), Sodium: 890mg(\*890), Total Carbohydrates: 3.4g(\*3.4), Dietary Fiber: 0.3g(\*0.3), Sugars: 1.5g(\*1.5), Protein: 43.3g(\*43.3)

*Stir Fry Flank Steak \*Lighter (\*no rice)*

Stir fry flank steak and broccoli in lime juice, ginger, soy sauce, and a little mint!! (Stovetop)

Diet Points: 12 (includes rice) (\*9) Gluten free! Calories: 450 (\*326), Total Fat: 7.3g (\*7.0), Sat. Fat: 2.9g (\*2.8), Trans Fat: 0.0g, Cholesterol 42mg (\*42), Sodium: 602mg (\*594), Potassium: 846mg(700\*), Total Carbohydrates: 65.0g (\*37.8), Dietary Fiber: 5.4g (\*3.9), Sugars: 5.9g (\*5.2), Protein: 30.8g (\*27.7)

*Taco Pasta Casserole*

Taco taste in this fast and easy casserole with pasta, onions, tomatoes, green chilies, chili powder, ! (Oven)

Diet Points: 12 Calories: 372, Total Fat: 14.4g, Sat. Fat: 8.3 g, Trans Fat: 0.0g, Cholesterol 61mg, Sodium: 775g, Potassium: 244mg; Total Carbohydrates: 42.7g, Dietary Fiber: 1.7g, Sugars: 6.1g, Protein: 19.9g

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

*Baked Buffalo Chicken Tenders \*Lighter (less panko, less bleu cheese), with California blend*

Crunchy chicken tenders with a hint of buffalo sauce baked right in...try on a salad!!(Oven)... with vegetable medley & egg noodles

Diet Points: 5 (\*5) Gluten free with gluten free panko! Calories: 272 (\*233) Total Fat: 6.9g (\*5.2), Sat. Fat: 2.4g (\*1.7), Trans Fat: 0.0g, Cholesterol 90mg (\*88), Sodium: 993mg (\*916), Total Carbohydrates: 16.5g (\*12.1), Dietary Fiber: 0.9g (\*0.6), Sugars: 4.3g (\*3.9), Protein: 35.6g (\*34.3)

*Blueberry Bourbon Barbecue Chicken \*Lighter ...with squash*

A fabulous blend of blueberries, red onion, bourbon, brown sugar, ketchup, and spices simmered and served over chicken...so good!!! (Grill, stovetop, oven) ...with corn and penne

Diet Points: 4 Gluten free! Calories: 234 Total Fat: 1.7g, Sat. Fat: 0g, Trans Fat: 0.0g, Cholesterol 105mg, Sodium: 235mg, Potassium: 143mg, Total Carbohydrates: 12.5g, Dietary Fiber: 0.9g, Sugars: 9.0g, Protein: 42.5g

*Cajun Citrus Chicken \*Lighter ...with California blend*

Citrus with a kick of cajun seasoning makes this chicken a refreshing change for dinner! (Grill, oven, stovetop)...with corn and rice

Diet Points: 6 Gluten free! Calories: 283 Total Fat: 6.7g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 100mg, Sodium: 115mg, Potassium: 516mg, Total Carbohydrates: 14.7g, Dietary Fiber: 0.5g, Sugars: 11.7g, Protein: 39.4g

*Caribbean Chicken with Rice \*Lighter ...with California blend instead of rice and beans*

Chicken marinating in spices, lime juice, orange juice, and honey...and a touch of jalapeno (opt.). (Grill, skillet) Heat rice and black beans in the skillet with the marinade while the chicken is grilling!

Diet Points: 10(includes rice and beans)(\*5) Gluten free with GF soy sauce! Calories: 395(\*204), Total Fat: 4.8g(\*4.0), Sat. Fat: 0.4g(\*0.2), Trans Fat: 0.0g(\*0), Cholesterol 82mg(\*82), Sodium: 1069mg(\*809), Total Carbohydrates: 50.2g(\*12.5), Dietary Fiber: 6.2g(\*0.5), Sugars: 12.0g(\*10.4), Protein: 39.3g(\*30.2)

*Crunchy Baked Chicken \*Lighter (less olive oil) ...with broccoli*

Marinated in yogurt with a hint of chipotle, these chicken breasts are then coated with crunchy French fried onions...great take on baked chicken! (Oven) ...with vegetable medley and rice

Diet Points: 7 Can be gluten free with gluten free bread crumbs instead of French fried onions! Calories: 311, Total Fat: 10.3g, Sat. Fat: 4.1g, Trans Fat: 0.0g, Cholesterol 117mg, Sodium: 213g, Total Carbohydrates: 7.7g, Dietary Fiber: 0.0g, Sugars: 3.6g, Protein: 44.9g

*Florentine Chicken Artichoke Casserole Can be vegetarian!*

Great summer casserole with bowtie pasta, chicken, spinach, and artichokes. (Oven)

Diet Points: 13 Calories: 422 Total Fat: 14.7g, Sat. Fat: 8.0g, Trans Fat: 0.0g, Cholesterol 75mg, Sodium: 573mg, Potassium: 208mg, Total Carbohydrates: 42.7g, Dietary Fiber: 4.3g, Sugars: 4.8g, Protein: 29.8g

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 \$.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 \$1.75/meal for 1 serving meals; \$3.50/meal for 2-3 serving meals; \$5.25/meal for 4-6 serving meals; \$7.00/meal for 6-8 serving meals  
 CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

## *Red, White, and Brew Chicken Thighs* \*Lighter...with carrots

Chicken thighs rubbed in our special spice blend (to give them a kick!) simmering all day in beer, tomatoes, onions, brown sugar, and balsamic vinegar! (Crockpot, oven, or stovetop)...with carrots and egg noodles

Diet Points: 7 Gluten free! Calories: 242 Total Fat: 9.6g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 120mg, Sodium: 436mg, Potassium: 228mg, Total Carbohydrates: 14g, Dietary Fiber: 1.3g, Sugars: 8.8g, Protein: 25.1g

## \*\*Pork\*\*

### *Barbecue Bleu Cheese Pork Tenderloin* \*Lighter (less sauce, less cheese)...with green beans

Pork tenderloin stuffed with bleu cheese and topped with a creamy barbecue sauce...fabulous! (Grill, oven) ...with corn and rice

Diet Points: 13(\*9) Gluten free! Calories: 448(\*360), Total Fat: 21g(\*14.5), Sat. Fat: 11.5g(\*7.5), Trans Fat: 0.1g(\*0.1), Cholesterol 155mg(\*136), Sodium: 1045mg(\*707), Total Carbohydrates: 12g(\*8.8), Dietary Fiber: 0.2g(\*0.2), Sugars: 8.3g(\*6.1), Protein: 50g(\*45.9)

### *Crockpot Herbed Pork Roast*

All the tastiest herbs and spices, a little honey, and some Dijon simmering all day! (Crockpot, oven) ...with peas and egg noodles

Diet Points: 10 Gluten free! Calories: 393 Total Fat: 18.6g, Sat. Fat: 5.8g, Trans Fat: 0.0g, Cholesterol 119mg, Sodium: 92mg, Potassium: 628mg, Total Carbohydrates: 10.4g, Dietary Fiber: 0.6g, Sugars: 6.3g, Protein: 43.8g

### *Five Spice Pork Kabobs with Rice Pilaf* \*Lighter ... no pilaf, with California blend

Chinese five spice powder and brown sugar make a great glaze for these pork kabobs...serve over rice pilaf and top with peanuts! (Grill, stovetop) ...with peas

Diet Points: 8 Gluten free! Calories: 305 Total Fat: 12.2g, Sat. Fat: 3.3g, Trans Fat: 0.0g, Cholesterol 54mg, Sodium: 1235mg, Potassium: 106mg, Total Carbohydrates: 19.4g, Dietary Fiber: 1.4g, Sugars: 3.3g, Protein: 28.3g

### *Molasses Coffee Pork Chops* \*Lighter...with squash

Our pork chops marinating in spiced molasses and coffee...good to the last bite! (Grill, oven, stovetop) ...with vegetable medley and penne

Diet Points: 5 Gluten free! Calories: 202 Total Fat: 6.2g, Sat. Fat: 2.5g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 764mg, Potassium: 217mg, Total Carbohydrates: 12.2g, Dietary Fiber: 0.2g, Sugars: 7.7g, Protein: 23.2g

## \*\*Seafood\*\*

### *Grilled Shrimp...or sautéed!* \*Lighter (less olive oil) ...with California blend

Possibly the best grilled shrimp ever! Marinate then skewer and grill... or sauté! (Grill, skillet)...with penne and vegetable medley

Diet Points: 7 (\*5) Gluten free! Calories: 268(\*196), Total Fat: 18.7g (\*10.3), Sat. Fat: 3.1g (\*1.9), Trans Fat: 0.0g(\*0.0), Cholesterol 199mg(\*199), Sodium: 753mg(\*753), Total Carbohydrates: 3.4g(\*3.4), Dietary Fiber: 0.6g(\*0.6), Sugars: 0.9g(\*0.9), Protein: 22.0g(\*22.0)

### *Red, White, and Blue Tilapia* \*Lighter ...with carrots

Tilapia grilled or baked and topped with blueberry, red onion, red pepper, mint, and jalapeno salsa! (Grill, oven, stovetop) ...with carrots and rice

Diet Points: 2 Gluten free! Calories: 118 Total Fat: 1.2g, Sat. Fat: 0.5g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 333mg, Total Carbohydrates: 5.6g, Dietary Fiber: 1.2g, Sugars: 3.6g, Protein: 21.6g

## \*\*Turkey\*\*

### *Red Wine and Bleu Meatloaf* \*Lighter ... with California blend

Our meatloaf has bleu cheese in it and is topped with caramelized red onion. (Oven & stovetop) ...with green beans and rice.

TURKEY - Diet Points: 11 Calories: 444 Total Fat: 15.9g, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 92mg, Sodium: 615mg, Potassium: 606mg, Total Carbohydrates: 41.9g, Dietary Fiber: 3.3g, Sugars: 9.9g, Protein: 33.4g

BEEF - Diet Points: 11 Calories: 492, Total Fat: 14.9g, Sat. Fat: 6.2g, Trans Fat: 0.0g, Cholesterol 113mg, Sodium: 605mg, Potassium: 688mg, Total Carbohydrates: 41.9g, Dietary Fiber: 3.3g, Sugars: 9.8g, Protein: 45.6g

## \*\*Vegetarian\*\*

### *Black Eyed Pea and Orzo Salad* Vegetarian

Summer salad perfect for the pool, picnic, or dinner at home! Black eyed peas, orzo, tomatoes, red onion, Kalamata olives, feta, and a dressing with lots of Mediterranean flavor. (Stovetop)

Diet Points: 19 (\*14) Gluten free with rice! Calories: 687(\*498), Total Fat: 16.9g (\*14.8), Sat. Fat: 5.3g (\*4.1), Trans Fat: 0.0g(\*0.0), Cholesterol 22mg(\*15), Sodium: 472mg(\*360), Total Carbohydrates: 126.2g(\*85.9), Dietary Fiber: 41.5g(\*28.2), Sugars: 9.5g(\*7.2), Protein: 44.2g(\*29.7)

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