



November 2018  
Celebrating a time of Thanksgiving!!

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

*Chipotle Pot Roast* \*Lighter (no potatoes)

Our fabulous pot roast seared with chipotle powder and cooked with green chilies, potatoes, and tomatoes for a smoky, delicious flavor! (Crockpot or oven)

Diet Points: 11 (\*10) includes potatoes! Calories: 318(\*283), Total Fat: 12.3g(\*12.2), Sat. Fat: 5.4g(\*5.4), Trans Fat: 0.0g, Cholesterol 93mg(\*93), Sodium: 541mg(\*538), Total Carbohydrates: 24.8g (\*16.9), Dietary Fiber: 5.2g(\*4.0), Sugars: 5.5g(\*4.9), Protein: 28.2g (\*27.3)

*Skillet Stroganoff* \*Lighter (less sour cream, no pasta), with squash

Sauteed flank strips with mushrooms, onions, and a pinch of horseradish! Stir in sour cream and serve over noodles. (Stovetop), with corn

Diet Points: 15 (\*8) Gluten free with rice! Calories: 441(\*310), Total Fat: 19.1g (\*15.5), Sat. Fat: 9.2g (\*7.6), Trans Fat: 0.0g(\*0.0), Cholesterol 104mg(\*77), Sodium: 309mg(\*300), Total Carbohydrates: 28.2g(\*7.6), Dietary Fiber: 1.9g(\*1.0), Sugars: 1.9g(\*1.6), Protein: 37.7g(\*33.8)

*Rosemary Dijon Flank Steak with Onions* \*Lighter, with green beans

Thick sliced onion marinating with flank steak in balsamic vinegar, Dijon, and rosemary! Grill or broil the steak and the onions...so good!! (Grill or broil) ...with corn and penne.

Diet Points: 8 Gluten free! Calories: 331 Total Fat: 14.2g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 83mg, Sodium: 553mg, Total Carbohydrates: 3.9g, Dietary Fiber: 0.9g, Sugars: 1.6g, Protein: 42.5g

*Tex Mex Casserole*

A great mix of ground beef, corn, black beans, cream sauce, tomatoes, chili powder, cumin...sort of an enchilada unrolled! (Oven)

Diet Points: 24 Gluten free with corn tortillas Calories: 681, Total Fat: 33.1g, Sat. Fat: 20.4g, Trans Fat: 0.0g, Cholesterol 91mg, Sodium: 932mg, Total Carbohydrates: 59.1g, Dietary Fiber: 7.9g, Sugars: 9.5g, Protein: 38.3g

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

*Buffalo Chicken Macaroni and Cheese*

A couple of hours in the crockpot and you'll have the best macaroni and cheese ever! You can cook it in the oven, too! (Crockpot or Oven), with California blend

Diet Points: 25 Calories: 754, Total Fat: 38.3g, Sat. Fat: 21.8g, Trans Fat: 0.0g, Cholesterol 157mg, Sodium: 932mg, Total Carbohydrates: 49.3g, Dietary Fiber: 1.6g, Sugars: 9.5g, Protein: 54.2g

*Chicken Alfredo* \*Lighter (less cheese and bread crumbs), with squash

Best homemade Alfredo sauce you've ever tasted! Sauté the breaded chicken, then bake with cheese and sauce on top. (Stovetop, oven) ...with penne and vegetable medley.

Diet Points: 20 (\*13) Gluten free with GF bread crumbs! Calories: 586(\*389), Total Fat: 30.9g(\*17.7), Sat. Fat: 15.7g(\*7.5), Trans Fat: 0.0g(\*0), Cholesterol 150mg(\*115), Sodium: 1051mg(\*750), Total Carbohydrates: 25.0g(\*13.6), Dietary Fiber: 1.2g(\*0.6), Sugars: 2.1g(\*1.5), Protein: 52.9g(\*44.1)

*Chicken Florentine Casserole* \*Lighter (less cream and cheese) Can be vegetarian

Chicken, spinach, bacon, mushrooms, and cheese! (Oven) ...with egg noodles

Diet Points: 16 (\*12) Gluten free! Calories: 444 (\*344), Total Fat: 25.3g (\*18.4), Sat. Fat: 13.0g (\*8.5), Trans Fat: 0.0g, Cholesterol 107mg (\*86), Sodium: 1324mg (\*1131), Total Carbohydrates: 10.2g (\*8.5), Dietary Fiber: 0.3g (\*0.3), Sugars: 2.2g (\*1.7), Protein: 44.9g (\*36.8)

*Chicken Piccata with Asparagus* \*Lighter, with no egg noodles

Chicken breasts sprinkled with paprika in a lemon wine sauce and topped with asparagus and capers! (Stovetop) ...with egg noodles

Diet Points: 4 Gluten free! Calories: 238 Total Fat: 5.8g, Sat. Fat: 2.6, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 526mg, Potassium: 290mg Total Carbohydrates: 6.2g, Dietary Fiber: 2.9g, Sugars: 2.7g, Protein: 43.7g

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; \$5.25/meal for 2-3 serving meals; \$8.50/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals  
Nutritional information calculated on CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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## *Chicken Stew and Hot Water Bread* \*Lighter (less bacon, no potatoes or hot water bread) Can be vegetarian

Chicken stew with green beans, carrots, potatoes, bacon, and onion and hot water bread (a treat if you've never had it...lightly fried white cornmeal cakes...a family favorite!) (Stovetop)

Diet Points: 12 (\*7) Gluten free! Calories: 487(\*282), Total Fat: 12.9g(\*10), Sat. Fat: 2.9g(\*2.4), Trans Fat: 0.0g, Cholesterol 84mg(\*81), Sodium: 1873mg(\*1696), Total Carbohydrates: 56.3g (\*17.2), Dietary Fiber: 7.0g(\*2.9), Sugars: 4.6g(\*3.7), Protein: 36.9g (\*30.8)

## *Chicken Tikka Masala*

Chicken in a creamy sauce full of flavor packed with spices...ginger, turmeric, garam masala, coriander, cumin...yogurt, tomatoes, cardamom and onion, dried ancho chiles. (Oven and stovetop) ...with jasmine rice.

Diet Points: 18 Gluten free! Calories: 652 Total Fat: 15.8g, Sat. Fat: 6.3g, Trans Fat: 0.0g, Cholesterol 137mg, Sodium: 1230mg, Potassium: 768mg, Total Carbohydrates: 72.5g, Dietary Fiber: 6.4g, Sugars: 15.6g, Protein: 51.0g

## *Greek Chicken with Orzo*

Greek flavors of lemon and oregano on chicken thighs, carrots, and orzo...top with black olives and feta! (Crockpot or Oven)

Diet Points: 10 Gluten Free with rice sub for orzo! Calories: 357, Total Fat: 16.7g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 867g, Potassium: 125mg; Total Carbohydrates: 25.0g, Dietary Fiber: 1.9g, Sugars: 3.3g, Protein: 27.9g

## \*\*Pork\*\*

### *Apple Gorgonzola Stuffed Pork Chops* \*Lighter (less gorgonzola), with green beans

Butterflied pork chops sauteed and stuffed with warmed apples and creamy gorgonzola. (Stovetop), with egg noodles and green beans.

Diet Points: 15 (\*9) Gluten free! Calories: 412 (\*280) Total Fat: 28.3g (\*16.7), Sat. Fat: 17.4g (\*9.7), Trans Fat: 0.0g, Cholesterol 118mg (\*82), Sodium: 1317mg (\*960), Total Carbohydrates: 10.3g (\*8.2), Dietary Fiber: 2.6g (\*1.8), Sugars: 4.4g (\*4.1), Protein: 32.2g (\*25.6)

### *Crockpot Pork Roast in Creamy Wine Sauce* \*Lighter, with California blend

Mushrooms and onions in a creamy Dijon and wine sauce simmer with pork roast all day to make a creamy sauce you will love! (Crockpot or oven)...with vegetable medley and egg noodles

Diet Points: 11 Gluten free! Calories: 370, Total Fat: 19.2g, Sat. Fat: 8.9g, Trans Fat: 0g, Cholesterol 109mg, Sodium: 463mg, Potassium: 94mg, Total Carbohydrates: 11.6g, Dietary Fiber: 0.7g, Sugars: 1.4g, Protein: 33.7g

### *Pork Tenderloin with Coconut Milk Curry Sauce and Peanut Cilantro Salsa* \*Lighter, with squash

Pork tenderloin marinated in coconut milk, lime juice, ginger, and curry powder. Serve with sauce and top with peanut cilantro salsa. (Oven, grill)...with peas and rice

Diet Points: 5 Gluten free! Calories: 254 Total Fat: 13.2g, Sat. Fat: 6.7g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 860mg, Total Carbohydrates: 7.9g, Dietary Fiber: 1.5g, Sugars: 1.3g, Protein: 26.5g

### *Sweet and Sour Stir Fry with Cashews* \*Lighter (no rice, less cashews) Can be vegetarian

Pork stir fry with sugar snap peas, rice, and cashews. (Stovetop)

Diet Points: 15 (\*9) includes rice, Gluten free! Calories: 477 (\*290), Total Fat: 14.3g (\*6.8), Sat. Fat: 3.0g (\*2.1), Trans Fat: 0.0g(\*0.0), Cholesterol 75mg(\*75), Sodium: 830mg(\*828), Total Carbohydrates: 55.7g(\*29.2), Dietary Fiber: 1.8g(\*1.2), Sugars: 22.1g(\*21.8), Protein: 31.1g(\*28.0)

## \*\*Seafood\*\*

### *Baked Balsamic Tilapia with Bleu Cheese* \*Lighter, with California blend

Tilapia topped with roasted red peppers, green onions, and balsamic vinegar and baked! (Oven)...with corn and rice

Diet Points: 3 Gluten free! Calories: 155, Total Fat: 5.3g, Sat. Fat: 2.4g, Trans Fat: 0.0g, Cholesterol 64mg, Sodium: 243g, Total Carbohydrates: 3.2g, Dietary Fiber: 0.8g, Sugars: 1.8g, Protein: 23.7g

### *Creole Shrimp and Ham Pasta*\*Lighter (less pasta, cream, cheese), with California blend

Perfect spices...not hot or spicy...just right! Shrimp and ham in a creamy Creole sauce over bowtie pasta, tossed with Parmesan cheese!! (Stovetop) with corn

Diet Points: 11 (\*10) (includes pasta) Gluten Free with rice substituted for pasta!

Calories: 453 (\*377), Total Fat: 15.8g (\*13.1), Sat. Fat: 8.2g (\*6.8), Trans Fat: 0.0g, Cholesterol 249mg (\*242), Sodium: 1012mg (\*941), Total Carbohydrates: 45.2g (\*33.4), Dietary Fiber: 2.4g (\*1.8), Sugars: 2.1g (\*1.5), Protein: 33.4g (\*32.8)

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

### *Tastes Like Thanksgiving Meatloaf* \*Lighter (less breadcrumbs and sauce), with squash

Your favorite Thanksgiving flavors all mixed in our ground turkey or ground beef meatloaf! (Oven) with rice and corn.

TURKEY Diet Points: 10 (\*8) Gluten free with gf breadcrumbs Calories: 384 (\*332), Total Fat: 16.5g (\*15.8), Sat. Fat: 4.4g (\*4.1), Trans Fat: 0g (\*0), Cholesterol 117mg (\*117), Sodium: 704mg (\*522), Potassium 477mg (\*412) Total Carbohydrates: 22.1g(\*12.1), Dietary Fiber: 2.0g (\*1.4), Sugars: 7.6g (\*4.2), Protein: 35.7g (\*33.9)

BEEF Diet Points: 10 (\*9) Gluten free with gf breadcrumbs Calories: 402 (\*348), Total Fat: 19.1g (\*18.3), Sat. Fat: 7.2g (\*6.9), Trans Fat: 1.2g (\*1.2), Cholesterol 104mg (\*103), Sodium: 665mg (\*482), Potassium 532(\*462)Total Carbohydrates: 22.1g(\*11.8), Dietary Fiber: 2.0g (\*1.2), Sugars: 7.7g (\*4.2), Protein: 34.0g (\*32.3)

## \*\*Vegetarian\*\*

### *Spinach Artichoke Enchiladas* Vegetarian

Flour tortillas stuffed with spinach, artichokes (opt.), mushrooms, Monterrey Jack, ricotta, and sour cream and topped with a tomato cream sauce and more cheese! (Oven)

Diet Points: 4 Gluten free with corn tortillas! Calories: 205 Total Fat: 7.1g, Sat. Fat: 2.7, Trans Fat: 0.0g, Cholesterol 94mg, Sodium: 399mg, Total Carbohydrates: 1.9g, Dietary Fiber: 0.5g, Sugars: 0.6g, Protein: 34.0g