



December 2018

....Happy Holidays to all and Happy 6th Birthday to us!!

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

*Holiday Special!! Prime Rib Roast with Homemade Boursin Cheese*

Choose as one of your meals with an additional charge...\$32/3lb, \$64/6lb, \$96/9lb or as an additional meal for \$52/3lb, \$96/6lb, \$138/9lb  
Prime rib roast rubbed with spices and served with homemade boursin cheese...a mixture of cream cheese, butter, and spices...perfect complement to thinly sliced beef! ...with green beans and rice  
Diet Points: 18 Gluten free! Calories: 509, Total Fat: 41.2g, Sat. Fat: 18.9g, Trans Fat: 0.0g, Cholesterol 132mg, Sodium: 1907g, Total Carbohydrates: 3.2g, Dietary Fiber: 0.3g, Sugars: 0.0g, Protein: 29.6g

*Crockpot Lasagna*

This is crazy good! Lasagna in the crockpot....who would've thought?!! (Crockpot)  
Diet Points: 15 Calories: 484 Total Fat: 18.3g, Sat. Fat: 9.8g, Trans Fat: 0.0g(\*0), Cholesterol 70mg, Sodium: 842mg, Potassium 404mg, Total Carbohydrates: 47.0g, Dietary Fiber: 2.6g, Sugars: 4.8g, Protein: 35.9g

*Balsamic Steak with Mushrooms*

Tender steak medallions with balsamic mushroom sauce – this steak will melt in your mouth! (Stovetop) ...with California blend and egg noodles  
Diet Points: 6 Gluten free! Calories: 252, Total Fat: 14.1g, Sat. Fat: 3.4g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 598mg, Total Carbohydrates: 1.5g, Dietary Fiber: .3g, Sugars: .5g, Protein: 30.3g

*Herb Roasted Beef Tenderloin*

Our favorite cut of beef roasted with rosemary, thyme, parsley, and garlic. (Oven) ...with vegetable medley and rice  
Diet Points: 5 Gluten free with rice substituted for penne! Calories: 244, Total Fat: 14.1g, Sat. Fat: 3.4g, Trans Fat: 3.4g, Cholesterol 67mg, Sodium: 596mg, Total Carbohydrates: .8g, Dietary Fiber: 0.4g, Sugars: 0.0g, Protein: 29.6g

*Smoky Coffee Pot Roast*

One of our favorite pot roasts ever! Smoky coffee flavor with mushrooms, carrots, and potatoes! (Crock Pot, Stovetop)  
Diet Points: 8 (includes potatoes) (\*7) Gluten free! Calories: 368 (\*323), Total Fat: 11.2g (\*11.0), Sat. Fat: 3.7g (\*3.7), Trans Fat: 0.0g, Cholesterol 135mg (\*135), Sodium: 322mg (\*300), Total Carbohydrates: 16.7g (\*6.2), Dietary Fiber: 2.5g (\*0.5), Sugars: 2.3g (\*0.4), Protein: 47.6g (\*46.6)

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

*Asiago Chicken* \*Lighter (less cheese, no butter, no pasta), with broccoli

Chicken sauteed and simmered in a mushroom cream sauce with Asiago cheese! with egg noodles (Stovetop)  
Diet Points: 14 (includes pasta) (\*6 no pasta) Gluten free with GF flour and rice! Calories: 498(\*271), Total Fat: 21.2g (\*10.3), Sat. Fat: 9.1g(\*3.1), Trans Fat: 0.0g, Cholesterol 149mg(\*94), Sodium: 692g(\*591), Total Carbohydrates: 37.3g(\*10.4), Dietary Fiber: 1.9g(\*0.6), Sugars: 1.7g(\*1.2), Protein: 39.0g(\*33.3)

*Bourbon Cranberry Chicken*

Tastes like the holidays! Chicken cubes simmering in sauce of cranberry, bourbon, apple juice, onion, ginger. (Stovetop) with rice  
Diet Points: 6 Gluten free! Calories: 260 Total Fat: 1.6g, Sat. Fat: 0g, Trans Fat: 0.0g(\*0), Cholesterol 101mg, Sodium: 208mg, Potassium 97mg, Total Carbohydrates: 20.3g, Dietary Fiber: 0.5g, Sugars: 16.2g, Protein: 40.7g

*Broccoli Chicken Bake with Tortellini* \*Lighter (less cheese, tortellini, no cracker topping)

Perfect to just pop in the oven...with chicken, broccoli, tortellini, roasted red peppers...comfort food!!! (Oven)  
Diet Points: 19 (\*14) Gluten free with no tortellini and GF panko Calories: 561(\*347), Total Fat: 31.6g(\*20.4), Sat. Fat: 14.8g(\*11.1), Trans Fat: 0.0g, Cholesterol 117mg(\*104), Sodium: 1097mg(\*756), Total Carbohydrates: 39.4g(\*16.4), Dietary Fiber: 2.0g(\*2.0), Sugars: 4.2g(\*2.6), Protein: 30.7g(\*24.8)

*Brown Sugared Bacon Wrapped Chicken* \*Lighter, no penne

Wrap the chicken breasts in bacon, dredge in our special brown sugar and chili powder mix, and bake! Having a party? Just cut the chicken into cubes, wrap and bake, and you have a great appetizer! (Oven)...with California blend and penne  
Diet Points: 10(\*7) Gluten free! Calories: 388(\*278), Total Fat: 12.3g(\*2.4), Sat. Fat: 3.5g(\*2.0), Trans Fat: 0.0g(\*0), Cholesterol 129mg(\*115), Sodium: 717mg(\*298), Potassium 196mg (\*53) Total Carbohydrates: 24.7g(\*24.3), Dietary Fiber: 0.4g(\*0.4), Sugars: 23.5g(\*23.5), Protein: 50.0g(\*44.8)

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.

## *Cordon Bleu Casserole*

Great tastes of chicken, ham, and Swiss all wrapped up in a casserole! (Oven)

Diet Points: 30 Gluten free with gluten free panko! Calories: 821 Total Fat: 42.9g, Sat. Fat: 27.6g, Trans Fat: 0.0g(\*0), Cholesterol 116mg, Sodium: 2087mg, Potassium 5.5mg, Total Carbohydrates: 60.7g, Dietary Fiber: 0.7g, Sugars: 10.5g, Protein: 43.5g

## *Heavenly Encrusted Sour Cream Chicken with Angel Hair Pasta* \*Lighter (less crackers, Parmesan), with California blend

This one definitely tops our list! Chicken marinated in sour cream, rolled in a mixture of crackers, Parmesan, and tarragon, and baked to perfection! (Oven)... with vegetable medley

Diet Points: 17 (\*12) Gluten free with GF panko! Calories: 501(\*394), Total Fat: 28.6g(\*20.7), Sat. Fat: 16.0g(\*11.3), Trans Fat: 0.0g, Cholesterol 117mg(\*100), Sodium: 507g(\*347), Total Carbohydrates: 24.0g(\*18.2), Dietary Fiber: 1.3g(\*0.9), Sugars: 2.8g(\*2.1), Protein: 35.3g(\*31.5)

## *Toasted Coconut Cranberry Chicken Thighs*

Definitely one of the best yet! Chicken thighs simmer in coconut milk, brown sugar, cranberries, and a dash of cloves. Top with toasted coconut...so good! ...with penne and vegetable medley (Crockpot or Oven)

Diet Points: 14 Gluten Free! Calories: 362, Total Fat: 14.6g, Sat. Fat: 7.3g, Trans Fat: 0.0g, Cholesterol 127mg, Sodium: 106g, Potassium: 57mg; Total Carbohydrates: 37g, Dietary Fiber: 3.1g, Sugars: 28.7g, Protein: 28.5g

## \*\*Pork\*\*

### *Apple Cinnamon Pork Roast* \*Lighter, no rice

Pork roast with apples, cinnamon, honey, and a little red onion...tastes unbelievable and your house will smell so good! (Crockpot or Oven)...with rice

Diet Points: 8 Gluten free! Calories: 271, Total Fat: 4.2g, Sat. Fat: 1.4g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 489g, Total Carbohydrates: 27g, Dietary Fiber: 3g, Sugars: 22g, Protein: 30g

### *Chili Pork Tenderloin with Apricot Barbecue Sauce* \*Lighter, with green beans

Pork tenderloin with a chili powder rub and basted with apricot barbecue sauce. (Oven, Grill)...with rice and corn

Diet Points: 11 Gluten free! Calories: 323, Total Fat: 5.6g, Sat. Fat: 2.0g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 1248g, Total Carbohydrates: 44.9g, Dietary Fiber: 0.7g, Sugars: 28.3g, Protein: 24.7g

### *Pork Chops with Sweet Onion Gravy* \*Lighter (less panko), with squash

Pork chops lightly breaded with panko, sauteed to a golden brown, and served with homemade onion gravy. (Stovetop) ...with peas and egg noodles.

Diet Points: 8 (\*7) Gluten free with gluten free panko! Calories: 312(\*277), Total Fat: 8.7g (\*8.3), Sat. Fat: 3.0g (\*2.9), Trans Fat: 0.0g(\*0.0), Cholesterol 48mg(\*48), Sodium: 577mg(\*574), Total Carbohydrates: 29.3g(\*22.9), Dietary Fiber: 1.9g(\*1.5), Sugars: 5.4g(\*4.8), Protein: 27.7g(\*26.5)

### *Pork and Vegetable Fried Rice* \*Lighter (less rice), can be vegetarian

Pork, peas, carrots, and broccoli tossed with fried rice...fast and easy! (Stovetop)

Diet Points: 11 includes rice (\*7) Gluten free with GF soy sauce! Calories: 403(\*276), Total Fat: 4.0g(\*3.8), Sat. Fat: 1.4g(\*1.3), Trans Fat: 0.0g, Cholesterol 63mg(\*63), Sodium: 727g(\*296), Total Carbohydrates: 58.5g(\*32.4), Dietary Fiber: 3.3g(\*2.8), Sugars: 3.6g(\*3.1), Protein: 31.3g(\*27.0)

## \*\*Seafood\*\*

### *Best Ever Shrimp and Grits* \*Lighter (less grits, cheese, cream)

One of our favorites! Creamy white cheddar grits with shrimp and bacon on top.

Diet Points: 17 (includes grits) (\*13) Gluten free with gluten free flour! Calories: 541(\*425), Total Fat: 29.7g(\*21.4), Sat. Fat: 16.1g(\*11.9), Trans Fat: 0.0g, Cholesterol 319mg(\*294), Sodium: 1262mg(\*946), Total Carbohydrates: 22.9g(\*19.2), Dietary Fiber: 2.0g(\*1.7), Sugars: 2.9g(\*2.1), Protein: 43.6g(\*36.7)

### *Tilapia with Thai Peanut Sauce* \*Lighter (less rice and peanut sauce)

Tilapia glazed with Thai peanut sauce and baked over rice and snap peas. (Oven)

Diet Points: 11 (includes rice) (\*7) Gluten free!

Calories: 411 (\*275), Total Fat: 4.3g(\*2.8), Sat. Fat: 0.6g(\*0.5), Trans Fat: 0g(\*0), Cholesterol 55mg(\*55), Sodium: 328mg(\*186), Total Carbohydrates: 63.1g(\*35.8), Dietary Fiber: 3.8g(\*3.4), Sugars: 7.5g(\*5.5), Protein: 29.7g(\*26.9)

## \*\*Turkey/Beef\*\*

### *Green Chili Meatloaf* \*Lighter, no rice

Meatloaf with a green chilies and roasted red peppers! (Oven)...with California blend and rice

TURKEY Diet Points: 7 Gluten free with GF breadcrumbs! Calories: 254, Total Fat: 8.9, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 870g, Total Carbohydrates: 18g, Dietary Fiber: 2.1g, Sugars: 9.5g, Protein: 26.1g

BEEF Diet Points: 8 Gluten free with GF breadcrumbs! Calories: 304, Total Fat: 7.9, Sat. Fat: 2.8, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 859g, Total Carbohydrates: 18g, Dietary Fiber: 2.1g, Sugars: 9.6g, Protein: 38.3g

## \*\*Vegetarian\*\*

### *Southwestern Potato Chowder* Vegetarian

Really tasty potato chowder...cheesy with roasted red peppers and a hint of cumin...great for a cold winter's night! (Stovetop)

Diet Points: 16 Gluten free with GF flour! Calories: 423, Total Fat: 25.1g, Sat. Fat: 12.8g, Trans Fat: 0.0g, Cholesterol 60mg, Sodium: 758g, Total Carbohydrates: 35.9g, Dietary Fiber: 2.6g, Sugars: 7.1g, Protein: 14.2g