



May 2019

...celebrating Moms everywhere...and a little Cinco de Mayo!

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

*Cilantro Lime Beef Tenderloin* \*Lighter (less olive oil), with California blend (Stovetop, oven, or grill)

Our fabulous beef tenderloin marinated in lime juice, steak seasonings, and cilantro!...with corn and rice

Diet Points: 7 (\*6) Gluten free with GF pasta or rice! Calories: 298(\*258), Total Fat: 20.1g(\*15.4), Sat. Fat: 4.7g(\*4.0), Trans Fat: 0.0g(\*0), Cholesterol 94mg(\*94), Sodium: 543mg(\*543), Total Carbohydrates: 0.3g(\*.8), Dietary Fiber: 0.0g(\*0), Sugars: 0.0g(\*.1), Protein: 29.6g(\*29.6)

*Sloppy Joe Crockpot Mac and Cheese* (Crockpot, Oven)

One great twist on an old favorite! Sloppy Joe spices, beef, onions, and tomatoes simmering with homemade macaroni and cheese...

Diet Points: 17 Calories: 526, Total Fat: 20.8g, Sat. Fat: 11.5g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 778mg, Potassium: 276mg Total Carbohydrates: 57g, Dietary Fiber: 3.8g, Sugars: 7.9g, Protein: 28.1g

*Spinach Beef Pasta Casserole* (Oven)

Beef, macaroni, bacon, and spinach with onion and tomatoes, topped with Parmesan...great casserole!

Diet Points: 9 Gluten free with rice! Calories: 304, Total Fat: 10.6g, Sat. Fat: 4.7g, Trans Fat: 0.0g, Cholesterol 18mg, Sodium: 880mg, Potassium: 740mg Total Carbohydrates: 32.1g, Dietary Fiber: 4.7g, Sugars: 5.2g, Protein: 21.8g

*Steak Diane* \*Lighter (less sauce), with green beans (Stovetop)

Tender beef medallions with a mushroom burgundy sauce...so tasty! ...with vegetable medley and penne

Diet Points: 12 (\*11) Gluten free! Calories: 389(\*379), Total Fat: 27.6g(\*27.6), Sat. Fat: 9.4g(\*9.4), Trans Fat: 0.0g(\*0.0), Cholesterol 114mg(\*114), Sodium: 521mg(\*381), Total Carbohydrates: 4.3g(\*3.2), Dietary Fiber: 0.7g(\*0.7), Sugars: 2.0g(\*1.2), Protein: 30.6g(\*30.6)

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

*Blueberry Dijon Chicken* \*Lighter (less jam), with California blend (Stovetop)

Chicken breast with a sauce of apricot jam, Dijon, and blueberries. ...with corn and penne

Diet Points: 9 (\*5) Gluten free! Calories: 291(\*212), Total Fat: 1.7g(\*1.6), Sat. Fat: 0g(\*0), Trans Fat: 0.0g(\*0), Cholesterol 82mg(\*82), Sodium: 620mg(\*370), Total Carbohydrates: 38.1g(\*19.2), Dietary Fiber: 0.7g(\*0.4), Sugars: 25.7g(\*12.9), Protein: 30.1g(\*29.8)

*Chicken in Lemon Basil Cream Sauce* \*Lighter (less sauce), with green beans (Stovetop)

Perhaps one of the best sauces ever! Creamy wine sauce with lemon and basil served on top of sauteed chicken breasts...with penne and vegetable medley

Diet Points: 10 (\*6) Gluten free! Calories: 349(\*265), Total Fat: 18.7g(\*12.1), Sat. Fat: 5.5g(\*3.9), Trans Fat: 0.0g(\*0), Cholesterol 114mg(\*107), Sodium: 693mg(\*654), Total Carbohydrates: 9.1g(\*4.6), Dietary Fiber: 0.3g(\*0.2), Sugars: 0.4g(\*.2), Protein: 34.7g(\*33.7)

*Chicken Monterrey Casserole* (Oven)

A great casserole of chicken, spinach, linguine, cream sauce, Parmesan, French fried onions, and Monterrey Jack.

Diet Points: 22 Gluten free with rice! Calories: 632, Total Fat: 37.3g, Sat. Fat: 23.2g, Trans Fat: 0.0g, Cholesterol 161mg, Sodium: 673g, Potassium: 357mg, Total Carbohydrates: 31.7g, Dietary Fiber: 0.1g, Sugars: 2.0g, Protein: 42.8g

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

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.

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)

*Lime Tequila Chicken Thighs* \*Lighter (less pineapple juice and honey), with California blend (Crock pot, oven)

A great crock pot recipe (or bake)! Skinless, boneless chicken thighs coated with spices, cooked in a pineapple juice, tequila, lime juice and honey blend to thicken for a glaze....with vegetable medley and egg noodles

Diet Points: 10 Gluten free! Calories: 380, Total Fat: 10.4g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 122mg, Sodium: 509mg, Total Carbohydrates: 18.8g, Dietary Fiber: 0.2g, Sugars: 15.9g, Protein: 40.0g

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 \$0.75/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.25/meal for 4-6 serving meals; \$3.00/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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### *Thai Fried Chicken* \*Lighter, with no rice (Stovetop)

Chicken breasts sprinkled coated in coconut milk and then flour with ginger, pepper, garlic powder! Lightly “fry” and drizzle with homemade peanut sauce....delicious! ...with California blend and rice

Diet Points: 10 Gluten free! Calories: 332 Total Fat: 8.9g, Sat. Fat: 4.8g, Trans Fat: 0.0g, Cholesterol 87mg, Sodium: 315mg, Potassium: 38mg Total Carbohydrates: 32g, Dietary Fiber: 1g, Sugars: 13g, Protein: 33.8g

### \*\*Pork\*\*

#### *Crockpot Luau Pork Roast* (Crockpot, InstantPot, Oven)

So good!! Pork roast with crushed pineapple, red onion, and a homemade barbecue sauce! ... with rice and peas

Diet Points: 9 Gluten free! Calories: 322, Total Fat: 8.2g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 100mg, Sodium: 861mg, Total Carbohydrates: 21.8g, Potassium: 37.8g, Dietary Fiber: 1.1g, Sugars: 15.5g, Protein: 37.8g

#### *Feta Spinach Orzo with Pork* (Stovetop)

Pork cubes mixed with orzo, spinach, feta, tomatoes, and basil.

Diet Points: 13 Gluten free with rice! Calories: 477, Total Fat: 19/1g, Sat. Fat: 7.2g, Trans Fat: 0.0g, Cholesterol 110mg, Sodium: 402mg, Total Carbohydrates: 33g, Potassium: 123g, Dietary Fiber: 2.8g, Sugars: 2.0g, Protein: 40.8g

#### *Mexican Lasagna* \*Lighter (no rice in lasagna) (Oven)

Layers of pork carnita, corn tortillas, refried beans, and rice...so good!! Can be vegetarian.

Diet Points: 18 (\*13) Gluten free! Calories: 575(\*426), Total Fat: 16.3g(\*16.3), Sat. Fat: 7.8g(\*7.1), Trans Fat: 0.0g(\*0.0), Cholesterol 51mg(47.9), Sodium: 661mg(\*661), Total Carbohydrates: 84.7g(\*47.9), Dietary Fiber: 12.1g(\*11.8), Sugars: 3.3g(\*3.1), Protein: 24.7g(\*24.9)

#### *Peach Barbecue Pork Chops* \*Lighter, with squash (Stovetop, grill, bake)

Simmer this homemade barbecue sauce, add the peaches and top the pork chops! ... with rice and vegetable medley

Diet Points: 12 Gluten free! Calories: 342, Total Fat: 9.0g, Sat. Fat: 1.9g, Trans Fat: 0.0g, Cholesterol 75mg, Sodium: 708mg, Total Carbohydrates: 41.0g, Dietary Fiber: 1.5g, Sugars: 32.1g, Protein: 26.8g

#### *Pork Tenderloin with Honey Dijon Mustard Sauce* \*Lighter (less sauce, no pasta), with carrots (Oven and skillet)

Pork tenderloin with onions, mushrooms, and a honey dijon sauce!, with rice and vegetable medley

Diet Points: 13 (\*7) includes pasta, Gluten free! Calories: 425 (\*253) Total Fat: 16.8g (\*11.4), Sat. Fat: 7.0g (\*4.5), Trans Fat: 0.0g, Cholesterol 112mg (\*78), Sodium: 1238mg (\*1039), Total Carbohydrates: 36.5g (\*10.8), Dietary Fiber: 1.9g (\*0.8), Sugars: 11.5g (\*6.1), Protein: 32.0g (\*26.5)

#### *Tarragon Cream Pork Roast with Mashed Potatoes* \*Lighter, no potatoes (Crockpot, InstantPot, Oven)

Pork roast cooks with garlic and served with cream sauce with tarragon, Dijon, cream, onions, and chicken broth ... with green beans

Diet Points: 25(includes mashed potatoes) Gluten free! Calories: 736, Total Fat: 35.1g, Sat. Fat: 18.2g, Trans Fat: 0.0g, Cholesterol 148.2mg, Sodium: 1461.9mg, Potassium: 1018.7mg, Total Carbohydrates: 37.2g, Dietary Fiber: 2.1g, Sugars: 3.6g, Protein: 33.6g

### \*\*Seafood\*\*

#### *Mediterranean Tilapia* \*Lighter, with carrots (Oven)

Light and full of flavor! Tilapia is topped with tomatoes, red onion, Kalamata olives, and feta and drizzled with white wine. ...with carrots and penne

Diet Points: 4 Gluten free! Calories: 162, Total Fat: 7.1g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 53mg, Sodium: 549mg, Total Carbohydrates: 4.0g, Dietary Fiber: 1.1g, Sugars: 1.4g, Protein: 18.2g

#### *Shrimp in Creamy Curry Sauce with Peanuts* \*Lighter (no rice)...with California blend (Stovetop)

A touch of curry in this creamy sauce spiced with ginger is delicious! Top with peanuts, coconut, cilantro, and jalapeno (opt)! ...with vegetable medley

Diet Points: 16(includes rice) (\*9) Gluten free! Calories: 538 (\*313), Total Fat: 16.1g (\*15.7), Sat. Fat: 6.9g (\*6.8), Trans Fat: 0.0g, Cholesterol 254mg (\*254), Sodium: 648mg (\*645), Total Carbohydrates: 62.6g (\*13.3), Dietary Fiber: 2.9g (\*2.1), Sugars: 6.1g (\*6.0), Protein: 34.8g (\*30)

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

#### *Lemon Barbecue Meatloaf* \*Lighter (less sauce), with California blend (Oven)...

Tastes like spring! Lemon flavors in the meatloaf and topped with a brown sugar barbecue sauce. with peas and rice

TURKEY Diet Points: 9 Gluten free! Calories: 349, Total Fat: 18.7g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 114mg, Sodium: 693mg, Total Carbohydrates: 9.1g, Dietary Fiber: 0.3g, Sugars: 0.4g, Protein: 34.7g

BEEF Diet Points: 9 Gluten free! Calories: 263, Total Fat: 5.2g, Sat. Fat: 4.5g, Trans Fat: 0.0g, Cholesterol 70mg, Potassium: 120mg, Sodium: 647mg, Total Carbohydrates: 22.3g, Dietary Fiber: 0.7g, Sugars: 15.4g, Protein: 27.2g

### \*\*Vegetarian\*\*

#### *Garbanzo Okra Couscous* (Stovetop)

Great Moroccan flavors with garbanzo beans, okra, tomatoes, red peppers, and onion on top of couscous.

Diet Points: 11 Gluten free with rice Calories: 386 Total Fat: 8.0g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 0mg, Sodium: 652mg, Total Carbohydrates: 63.5g, Dietary Fiber: 11.1g, Sugars: 7.1g, Protein: 16.3g

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