



June 2019

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)

Crockpot Quinoa Burrito Bowl (Crockpot)

How fun! All in one crockpot meal with chicken thighs, quinoa (or choose rice!), tomatoes, black beans, onion, spices, and cheese!

Diet Points: 22 (includes quinoa) Gluten free! Calories: 718, Total Fat: 31.7g, Sat. Fat: 14.8g, Trans Fat: 0.0g, Cholesterol 170mg, Sodium: 944mg, Potassium: 516mg, Total Carbohydrates: 60.9g, Dietary Fiber: 9.9g, Sugars: 7.6g, Protein: 46.9g

*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

Greek Pasta Salad (Stovetop)

So easy.... just boil the rotini pasta and add the diced chicken, Kalamata olives, tomatoes, feta cheese, olive oil, red wine vinegar, garlic, oregano, artichokes, Kosher salt, pepper, sugar, balsamic vinegar.

Diet Points: 15 Calories: 489, Total Fat: 21.7g, Sat. Fat: 5.7g, Trans Fat: 0.0g, Cholesterol 39mg, Sodium: 647mg, Total Carbohydrates: 53.9g, Dietary Fiber: 6.0g, Sugars: 6.3g, Protein: 22.9g

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

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.

The Dinner Shoppe 404-748-1502
1248 Clairmont Road, Decatur 30030

www.thedinnershoppe.com
carol@thedinnershoppe.com

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

Balsamic Brown Sugar Pork Roast (Crockpot or Oven) *Lighter with California blend

Pork roast rubbed with sage, garlic, salt, and pepper simmers in the crockpot all day. Heat up the delicious balsamic brown sugar glaze to top the roast... great on a salad, too! ...with corn and rice

Diet Points: 10 Gluten free! Calories: 300, Total Fat: 10.7g, Sat. Fat: 4.3g, Trans Fat: 0.0g, Cholesterol 73.2mg, Sodium: 745mg, Potassium: 533mg, Total Carbohydrates: 28.5g, Dietary Fiber: 0.1g, Sugars: 17.9g, Protein: 28.5g

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

Creole Pork (Stovetop)

Sauteed pork with creole seasoning (not too hot... add the amount you want!), tomatoes, corn, okra, bell peppers, green onions, jalapeno, onion, garlic, paprika, thyme, and low sodium chicken broth. Served on rice... it's got just a hint of creole flavor!

Diet Points: 13(includes rice) Gluten free! Calories: 463, Total Fat: 12.1g, Sat. Fat: 4.5g, Trans Fat: 0.0g, Cholesterol 73.2mg, Sodium: 1408.1mg, Total Carbohydrates: 56.4g, Dietary Fiber: 7.2g, Sugars: 9.4g, Protein: 37.2g

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

Spiced Orange Marmalade Pork Roast (Crockpot or Oven) *Lighter with green beans

Our special orange marmalade spiced with thyme, sage, cumin, cinnamon, and garlic powder top lean pork roast... with vegetable medley and penne

Diet Points: 9 Gluten free! Calories: 284, Total Fat: 10.8g, Sat. Fat: 4.3g, Trans Fat: 0.0g, Cholesterol 73.2mg, Sodium: 664.9mg, Potassium: 478.6mg, Total Carbohydrates: 19.3g, Dietary Fiber: 0.5g, Sugars: 16.1g, Protein: 28.5g

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

Shrimp Po' Boy (Stovetop)

It's so easy! Just dredge the shrimp in our cornmeal, flour, and Cajun seasoning (not too much!) and lightly fry on the stovetop.

Serve with our homemade remoulade ... creole mustard, mayonnaise, garlic, horseradish, paprika, and Cajun seasoning.

Diet Points: 23 (includes bun) Gluten free! Calories: 842, Total Fat: 33.4g, Sat. Fat: 5.2g, Trans Fat: 0.0g, Cholesterol 293.5mg, Sodium: 2703.7mg, Potassium: 164.6mg, Total Carbohydrates: 83.9g, Dietary Fiber: 5.7g, Sugars: 8.7g, Protein: 52g

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)