



August 2019

Celebrating the end of summer and back to school!!!

****Beef****

Italian Calzones (Oven)

Calzone dough stuffed full of beef, sausage, mushrooms, basil, ricotta, and cheddar...baked to a golden brown and served with marinara!

Diet Points: 13 Calories: 384, Total Fat: 16.8g, Sat. Fat: 8.8g, Trans Fat: 0.0g, Cholesterol 59mg, Sodium: 837mg, Total Carbohydrates: 35.2g, Dietary Fiber: 1.6g, Sugars: 5.8g, Protein: 23.1g

Mesquite Beef Tenderloin with Balsamic Green Bean Salad (Stovetop, grill)

Beef tenderloin rubbed with mesquite and liquid smoke. Serve with a flavorful green bean salad in a balsamic vinegar, lemon juice, red onion dressing and tossed with feta. with rice

Diet Points: 11 Gluten free! Calories: 421, Total Fat: 21.3g, Sat. Fat: 7.9g, Trans Fat: 0.0g, Cholesterol 150mg, Sodium: 425mg, Potassium: 714mg, Total Carbohydrates: 8.4g, Dietary Fiber: 2.8g, Sugars: 2.6g, Protein: 47.1g

*Beef Medallions with Rosemary Sour Cream *Lighter, with green beans (Grill, bake, or stovetop)*

Amazing beef medallions marinating in a mustard paprika (you add later!) and served sauce of sour cream, rosemary, mayonnaise, lemon juice, dry mustard, and white wine vinegar! Gluten free! with corn and penne

Diet Points: 7 Gluten free! Calories: 267 Total Fat: 14.3g, Sat. Fat: 4.4g, Trans Fat: 0.0g, Cholesterol 52.3mg, Sodium: 219mg, Total Carbohydrates: 3.2g, Dietary Fiber: 1.4g, Sugars: 1.7g, Protein: 33.2g

****Chicken****

Baked Cheddar Chicken Tenders (Oven)

Quick and easy...but so delicious! Dredge tenders in milk, cheddar cheese, and seasoned Ritz crackers...serve with our special cream sauce! ... with vegetable medley and penne

Diet Points: 20 Gluten free with gf panko! Calories: 573 Total Fat: 33.5g, Sat. Fat: 20.9g, Trans Fat: 0.0g, Cholesterol 56mg, Sodium: 925.5mg, Total Carbohydrates: 29.1g, Dietary Fiber: 0g, Sugars: 4.7g, Protein: 43g

*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

Chicken Swiss Club Casserole (Oven)

It tastes like a club sandwich! Chicken, macaroni, bacon, tomatoes, spinach, cream sauce, and a touch of light mayonnaise topped with Swiss cheese.

Diet Points: 11 Gluten free with rice! Calories: 397, Total Fat: 13.5, Sat. Fat: 8.1, Trans Fat: 0.0g, Cholesterol 76mg, Sodium: 703mg, Potassium: 241mg, Total Carbohydrates: 33.5g, Dietary Fiber: 1.7g, Sugars: 3.4g, Protein: 34.1g

*Lemony Chicken Roll Ups *Lighter, with green beans and no rice (Bake, stovetop)*

Chicken with cream cheese and tarragon, rolled, wrapped with bacon, and baked. Serve with wild rice cooked in chicken broth, lemon juice, and a touch of dill. ...with vegetable medley

Diet Points: 12 (includes rice) Gluten free! Calories: 466 Total Fat: 19.6g, Sat. Fat: 7.8g, Trans Fat: 0.0g, Cholesterol 118mg, Sodium: 1025mg, Total Carbohydrates: 15.1g, Dietary Fiber: 1.2g, Sugars: 1.9g, Protein: 45.1g

Mojo Chicken with Chili Lime Corn (Grill or Oven)

Citrus, garlic, cumin, and cilantro make this marinade just right. ...with chili lime corn

Diet Points: 9 Gluten free! Calories: 341, Total Fat: 16g, Sat. Fat: 2.7g, Trans Fat: 0.0g(*0.0), Cholesterol 71mg, Sodium: 410mg, Potassium: 362mg, Total Carbohydrates: 24.9g, Dietary Fiber: 3.7g, Sugars: 5.4g, Protein: 29.4g

*Smoky Barbecue Chicken with Cornmeal Cakes *Lighter (no cornmeal cakes) (Grill, oven, skillet)*

Slice and serve this chicken on cornmeal cakes topped with our smoky homemade barbecue sauce.

Diet Points: 13 (*9) Gluten free! Calories: 428 (*286), Total Fat: 6.7g (*3.1), Sat. Fat: 1.5g (*0.7), Trans Fat: 0.0g, Cholesterol 88mg (*86), Sodium: 1165mg (*796), Total Carbohydrates: 54.7g (*29.2), Dietary Fiber: 2.2g (*0.7), Sugars: 31.3g (*26.6), Protein: 38.3g (*35.0)

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Southwestern Chicken Thighs *Lighter...no pasta (Crockpot, stovetop, oven)

Chicken thighs, tomatillos, green chiles, onion, cumin, and a little jalapeno (*opt.) simmer in your crock pot all day...dinner is done! with egg noodles

Diet Points: 5 Gluten free! Calories: 223, Total Fat: 6.4g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 191mg, Total Carbohydrates: 14.7g, Dietary Fiber: 2.7g, Sugars: 6.3g, Protein: 27.1g

****Pork****

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

Pork tenderloin stuffed with bleu cheese and topped with a creamy barbecue sauce...fabulous! ...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)

Brined Pork Chops with Peach Blueberry Salsa *Lighter...no rice (Grill, stovetop)

Pork chops brined in Kosher salt, brown sugar, water, and lemon juice. Top with salsa made with peaches, blueberries, green onions, and Key West seasoning!...with rice

Diet Points: 9 Gluten free! Calories: 352, Total Fat: 17.0g, Sat. Fat: 5.2g, Trans Fat: 0.0g, Cholesterol 105mg, Sodium: 457mg, Potassium: 824mg; Total Carbohydrates: 10.3g, Dietary Fiber: 1.3g, Sugars: 8.0g, Protein: 38.5g

Smoky Pork with Spanish Rice (Stovetop)

Pork cubes simmer in a chipotle salsa sauce with black beans....serve over our homemade Spanish rice

Diet Points: 16 (includes rice) Gluten free! Calories: 631 Total Fat: 17.1g, Sat. Fat: 9.1g, Trans Fat: 0.0g, Cholesterol 79mg, Sodium: 1568mg, Potassium: 854mg, Total Carbohydrates: 78.6g, Dietary Fiber: 7.8g, Sugars: 3.7g, Protein: 40.2g

Sweet and Sour Pork *Lighter...no rice (Crockpot, oven)

Sweet and sour pork in the crockpot! Pork cubes with onion, green pepper, red pepper, and pineapple....with rice

Diet Points: 14 (includes rice) Gluten free! Calories: 535 Total Fat: 14.3g, Sat. Fat: 4.9, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 708mg, Potassium: 683mg, Total Carbohydrates: 58.8g, Dietary Fiber: 3.0g, Sugars: 2.7g, Protein: 39.7g

****Seafood****

Chili Tilapia and Asparagus (Stovetop)

Just pan fry this tilapia and asparagus...and it's not too spicy!...with penne

Diet Points: 5 Gluten Free! Calories: 208, Total Fat: 11.1g, Sat. Fat: 1.9g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 274mg, Total Carbohydrates: 7.2g, Dietary Fiber: 3.3g, Sugars: 2.4g, Protein: 23.7g

Cider Shrimp with Apple Salsa *Lighter (less apple cider, less salsa, no rice) (Stovetop)

This shrimp is so good! Cooked in apple cider and tossed with a salsa of apples, red onion, cilantro, and a touch of horseradish and spices! ...with rice

Diet Points: 14(*7) Gluten free! Calories: 440(*277), Total Fat: 2.2g(*1.9), Sat. Fat: 0.6g(*0.6), Trans Fat: 0.0g, Cholesterol 199mg(*199), Sodium: 1022mg(*826), Total Carbohydrates: 76.2g(*38.8), Dietary Fiber: 2.4g(*1.2), Sugars: 20.2g(*10.1), Protein: 26.3g(*23.9)

****Ground Turkey or Ground Beef****

Parmesan Meatloaf *Lighter ... with California blend (Oven)

Ground turkey or ground beef meatloaf with onions, parmesan, basil, thyme, oregano and topped with homemade marinara and mozzarella cheese!...with vegetable medley and rice.

TURKEY Diet Points: 15(*15) Can be gluten free! Calories: 428, Total Fat: 27.4g, Sat. Fat: 10.7g, Trans Fat: 0.0g(*0.0), Cholesterol 110mg, Sodium: 578mg, Total Carbohydrates: 5.2g, Dietary Fiber: 1.1g, Sugars: 1.6g, Protein: 38.7g

BEEF Diet Points: 8 Can be gluten free! Calories: 448, Total Fat: 29.9g, Sat. Fat: 13.1g, Trans Fat: 0.0g(*0.0), Cholesterol 111mg, Sodium: 578mg, Potassium: 167mg, Total Carbohydrates: 5.2g, Dietary Fiber: 1.1g, Sugars: 1.7g, Protein: 40.4g

****Vegetarian****

Ginger Sesame Soba Noodles with Edamame Vegetarian (Stovetop)

Edamame, carrots, and soba noodles tossed in a ginger sesame dressing and topped with sesame seeds.

Diet Points: 11 Gluten free with rice substituted for soba noodles! Calories: 372, Total Fat: 13.1, Sat. Fat: 1.4g, Trans Fat: 0.0g, Cholesterol 0mg, Sodium: 1039mg, Total Carbohydrates: 50.0g, Dietary Fiber: 5.2g, Sugars: 8.1g, Protein: 18.7g

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 \$0.50/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.50/meal for 4-6 serving meals; \$3.00/meal for 6-8 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
CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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