



October 2019

*Celebrating fall with a hint of Octoberfest!!*

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

*Flank Steak Rouladen* \*Lighter (less bacon and butter), with squash (Stovetop)

Flank steak rolled with brown mustard, bacon, onion, and pepperoncinis (opt.) inside, simmered in beef broth, with egg noodles and corn

Diet Points: 12 (\*10) Gluten free! Calories: 395 (\*360), Total Fat: 16.8g (\*14.8), Sat. Fat: 6.7g (\*6.4), Trans Fat: 0.0g, Cholesterol 152mg (\*147), Sodium: 1116mg (\*875), Total Carbohydrates: 2.3g (\*2.3), Dietary Fiber: 0.4g (\*0), Sugars: 1.2g (\*1.2), Protein: 53.3g (\*50.3)

*Meatball Florentine Casserole* (Oven)

This casserole is too good!! Meatballs surrounded in a Parmesan, mozzarella, spinach cream sauce with orecchiette pasta and topped with more Parmesan and mozzarella. So delicious!

Diet Points: 18 Gluten free with rice! Calories: 716, Total Fat: 37.2g, Sat. Fat: 23.7g, Trans Fat: 0, Cholesterol 55mg, Sodium: 1652mg, Total Carbohydrates: 61.5g, Dietary Fiber: 3.3g, Sugars: 6.7g, Protein: 26.9g

*Mongolian Beef* \*Lighter, less rice noodles (Stovetop)

Best Mongolian beef...ever! Flank steak, ginger, garlic, brown sugar, and our homemade soy sauce...on top of rice noodles. ...with California blend vegetables

Diet Points: 16 (includes rice noodles) Gluten free! Calories: 447, Total Fat: 11.1, Sat. Fat: 4.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 475mg, Potassium: 512mg, Total Carbohydrates: 45.8g, Dietary Fiber: 0.7g, Sugars: 23.7g, Protein: 38.1g

*Sauerbraten Pot Roast* (Crockpot, stovetop, or oven)

Celebrate Octoberfest with our pot roast, carrots, onions, and potatoes marinating in apple cider vinegar and spices!

Diet Points: 10 Gluten free! Calories: 329, Total Fat: 12.2g, Sat. Fat: 5.4g, Trans Fat: 0, Cholesterol 93mg, Sodium: 775mg, Total Carbohydrates: 25.9g, Dietary Fiber: 4.5g, Sugars: 11.6g, Protein: 27.4g

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

*Creamy Chicken Bacon Casserole* (Oven)

A creamy and delicious casserole with chicken, bacon, pasta, and Monterrey Jack!

Diet Points: 22 Gluten free with rice! Calories: 581 Total Fat: 28.1g, Sat. Fat: 16.7g, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 1109mg, Total Carbohydrates: 40.0g, Dietary Fiber: 1.5g, Sugars: 2.3g, Protein: 40.9g

*Chicken Wild Rice Casserole* (Oven)

Great all-in-one casserole...chicken, wild rice, onions, green beans, cheddar, and almonds.

Diet Points: 21 Gluten free! Calories: 670 Total Fat: 29.4g, Sat. Fat: 16.2g, Trans Fat: 0.0g, Cholesterol 102mg, Sodium: 778mg, Potassium: 494mg, Total Carbohydrates: 58.3g, Dietary Fiber: 5.8g, Sugars: 5.3g, Protein: 46.4g

*Crockpot Creamy Ranch Chicken and Vegetables* \*Lighter (no pasta) (Crockpot or stovetop)

Chicken thighs, green beans, and carrots simmering in our homemade ranch cream sauce... serve over pasta! You won't believe how good this is! with egg noodles

Diet Points: 11 Gluten free with rice! Calories: 437, Total Fat: 16.5g, Sat. Fat: 7.3g, Trans Fat: 0.0g, Cholesterol 138mg, Sodium: 737mg, Total Carbohydrates: 25.0g, Dietary Fiber: 3.8g, Sugars: 4.9g, Protein: 46.1g

*Honey Orange Almond Chicken* \*Lighter...with California blend (Stovetop)

Chicken breasts simmering in an orange sauce with a cinnamon stick...top with toasted almonds! with egg noodles and carrots

Diet Points: 12 Gluten free! Calories: 380, Total Fat: 13.4g, Sat. Fat: 1.8g, Trans Fat: 0, Cholesterol 71mg, Sodium: 640mg, Total Carbohydrates: 35.2g, Dietary Fiber: 2.3g, Sugars: 27.1g, Protein: 30.9g

*Mozzarella Chicken Rolls* \*Lighter (less cheese and breadcrumbs), with broccoli (Oven)

Top each pounded thin chicken breast with a mixture of ricotta, Parmesan, and spinach, roll it up, dip in breadcrumbs, and bake!

Topped with marinara and mozzarella, this is delicious!...with penne and corn

Diet Points: 7 (\*5) Gluten free with gluten free breadcrumbs! Calories: 311 (\*212) Total Fat: 9.7g (\*5.1), Sat. Fat: 4.1g (\*5.1), Trans Fat: 0.0g, Cholesterol 101mg (\*91), Sodium: 839mg (\*580), Total Carbohydrates: 14.4g (\*6.2), Dietary Fiber: 1.3g (\*0.6), Sugars: 3.0g (\*1.4), Protein: 42.1g (\*35.3)

## *Pineapple Salsa Verde Chicken* \*Lighter, with no egg noodles (Stovetop)

Chicken breasts simmer in our special pineapple salsa verde...chicken so tender... it hits the spot! ...with rice

Diet Points: 7 Gluten free! Calories: 258 Total Fat: 5.8g, Sat. Fat: 2.1, Trans Fat: 0.0g, Cholesterol 87mg, Sodium: 375mg, Potassium: 265mg, Total Carbohydrates: 15.7g, Dietary Fiber: 2.0g, Sugars: 13g, Protein: 34g

## \*\*Pork\*\*

### *Crockpot Bacon Wrapped Pork Loin* \*Lighter, with California blend (Crockpot or oven)

Pork loin rubbed with brown sugar, garlic, and rosemary, wrapped in and topped with an apple jelly, Dijon, and mustard glaze.

Wow! ...with vegetable medley and rice

Diet Points: 12 Gluten free! Calories: 445 Total Fat: 19.4g, Sat. Fat: 6.9g, Trans Fat: 0.0g, Cholesterol 133mg, Sodium: 635mg, Total Carbohydrates: 16.05g, Dietary Fiber: 0.5g, Sugars: 12.4g, Protein: 48.3 g

### *Octoberfest Pork Chops* \*Lighter (less cheese and Panko), with squash (Oven)

Pork loin chops marinating in beer and seasonings, dipped in egg and dredged in Panko and Parmesan! ... with rice and corn

Diet Points: 10 (\*7) Gluten free with gluten free breadcrumbs! Calories: 380 (\*279) Total Fat: 9.9g (\*6.9), Sat. Fat: 4.6g (\*3.0), Trans Fat: 0.0g, Cholesterol 58mg (\*52), Sodium: 1494mg (\*1276), Total Carbohydrates: 32.9g (\*19.6), Dietary Fiber: 1.7g (\*0.9), Sugars: 3.3g (\*2.1), Protein: 34.3g (\*28.9)

### *Pork Chops Florentine* \*Lighter (less cheese, no pasta) (Stovetop)

Top pork loin chops with spinach, sliced onions, marinara, garlic, and mozzarella.... fast and delicious!... with penne pasta

Diet Points: 8 (\*6) Gluten free! Calories: 312(\*255), Total Fat: 13.6g(\*9.8), Sat. Fat: 6.3g(\*3.9), Trans Fat: 0.0g, Cholesterol 96mg(\*85), Sodium: 622g(\*523), Total Carbohydrates: 10.3g(\*9.6), Dietary Fiber: 1.9g(\*1.9), Sugars: 5.0g(\*4.9), Protein: 35.4g(\*30.5)

### *Pretzel Pork Tenderloin with Mustard Cream Sauce* (Oven)

Crushed pretzels on pork tenderloin coated with rosemary garlic seasoning and Dijon mustard. Serve with Dijon, honey, and cream sauce. ... with penne and vegetable medley.

Diet Points: 11 Gluten free with gluten free Panko! Calories: 363, Total Fat: 15.0g, Sat. Fat: 7.6g, Trans Fat: 0, Cholesterol 91mg, Sodium: 1295mg, Total Carbohydrates: 78g, Dietary Fiber: 1.0g, Sugars: 7.0g, Protein: 26.9g

### *Taste of Morocco Pork with Couscous* \*Lighter (no couscous) (Stovetop)

Pork coated with turmeric, paprika, coriander, cumin, ginger, and lemon sauted and added to tomatoes, chick peas, carrots, onion, chicken broth, and a dash of cinnamon and allspice! ....with couscous

Diet Points: 10 (includes couscous) (\*6) Gluten free with rice substituted for couscous!

Calories: 381 (\*249), Total Fat: 8.3g (\*7.9), Sat. Fat: 2.4g (\*2.4), Trans Fat: 0g (\*0), Cholesterol 54mg (\*54), Sodium: 1217mg (\*1156), Total Carbohydrates: 44.2g(\*17.4), Dietary Fiber: 6.1g (\*3.8), Sugars: 4.6g (\*4.6), Protein: 32.7g (\*28)

## \*\*Seafood\*\*

### *Crispy Shrimp with Pineapple Rum Salsa* (Stovetop)

Pan fry our shrimp in a potato flake crust...serve with pineapple, jalapeno (opt.), red onion, rum salsa! ...with vegetable medley and rice

Diet Points: 9 Gluten free! Calories: 356, Total Fat: 18.7g, Sat. Fat: 1.3g, Trans Fat: 0.0g, Cholesterol 239mg, Sodium: 286mg, Total Carbohydrates: 16.7g, Dietary Fiber: 1.1g, Sugars: 7.4g, Protein: 26.8g

### *Crunchy Baked Tilapia with Parmesan Polenta* (Oven, stovetop)

Panko crusted tilapia baked in the oven and served with parmesan polenta! , with California blend

Diet Points: 12 includes polenta Gluten free! Calories: 472, Total Fat: 7.2g, Sat. Fat: 3.5g, Trans Fat: 0.0g, Cholesterol 69mg, Sodium: 781mg, Total Carbohydrates: 64.0g, Dietary Fiber: 3.0g, Sugars: 2.4g, Protein: 37.2g

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

### *Muffin Pan Meatloaves* \*Lighter (less breadcrumbs and olive oil), with carrots (Oven)

A muffin pan full of individual meatloaves (ground beef or ground turkey) ready to pop in the oven! We add spinach, breadcrumbs, and spices to ground turkey or beef and top with a ketchup and Worcestershire glaze. ...with rice and corn

TURKEY Diet Points: 10 Gluten free with gluten free breadcrumbs! Calories: 358, Total Fat: 16.6g, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 95mg, Sodium: 786mg, Total Carbohydrates: 19.0g, Dietary Fiber: 1.2g, Sugars: 5.2g, Protein: 34.2g

BEEF Diet Points: 10 Gluten free with gluten free breadcrumbs! Calories: 406, Total Fat: 15.6g, Sat. Fat: 6.3g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 759mg, Total Carbohydrates: 19.1g, Dietary Fiber: 1.2g, Sugars: 5.1g, Protein: 46.1g

## \*\*Vegetarian\*\*

### *Green Chile and Cheese Casserole* (Oven)

Corn tortillas, green chilies, and onion with Monterrey Jack cheese strata...perfect for a no meat dinner!

Diet Points: 12 Gluten free! Calories: 345, Total Fat: 15.6g, Sat. Fat: 9.4g, Trans Fat: 0, Cholesterol 40mg, Sodium: 602mg, Total Carbohydrates: 33.9g, Dietary Fiber: 0g, Sugars: 5.3g, Protein: 18.5g

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 \$1.75/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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