

Nutritionals for REGULAR MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Margarita Chicken	Beef Brisket	Baked Ham	Sloppy Joe	Beef Stew
Calories 560	Calories 586	Calories 711	Calories 770	Calories 672
Carbohydrates 60	Carbohydrates 53	Carbohydrates 95	Carbohydrates 122	Carbohydrates 98
Protein 30	Protein 28	Protein 32	Protein 25	Protein 35
Fat 22	Fat 28	Fat 25	Fat 19	Fat 16
Sodium 363	Sodium 875	Sodium 1100	Sodium 1106	Sodium 593
10	11	12	13	14
BBQ Pulled Pork	Meatloaf	Pot Roast	Honey-Soy Glazed Salmon	Chicken Pot Pie
Calories 682	Calories 881	Calories 714	Calories 880	Calories 574
Carbohydrates 114	Carbohydrates 100	Carbohydrates 87	Carbohydrates 74	Carbohydrates 68
Protein 30	Protein 33	Protein 20	Protein 33	Protein 21
Fat 12	Fat 38	Fat 33	Fat 36	Fat 23
Sodium 732	Sodium 1328	Sodium 984	Sodium 875	Sodium 927
17	18	19	20	21
Chicken Fried Steak	Baked Ham	Sweet n Sour Chicken	Baked Cod	Shepherd's Pie
Calories 602	Calories 550	Calories 705	Calories 866	Calories 679
Carbohydrates 67	Carbohydrates 92	Carbohydrates 61	Carbohydrates 90	Carbohydrates 78
Protein 27	Protein 26	Protein 24	Protein 53	Protein 31
Fat 26	Fat 11	Fat 28	Fat 31	Fat 16
Sodium 1053	Sodium 1310	Sodium 980	Sodium 1116	Sodium 1041
24	25	26	27	28
Salisbury Steak	Lasagna	London Broil	Pot Roast	Lemon Pepper Tilapia
Calories 580	Calories 754	Calories 668	Calories 660	Calories 540
Carbohydrates 72	Carbohydrates 90	Carbohydrates 70	Carbohydrates 99	Carbohydrates 75
Protein 22	Protein 27	Protein 39	Protein 19	Protein 25
Fat 23	Fat 33	Fat 24	Fat 21	Fat 16
Sodium 1428	Sodium 1118	Sodium 550	Sodium 1600	Sodium 900
31				
Stuffed Peppers				
Calories 685				
Carbohydrates 96				
Protein 37				
Fat 17				
Sodium 928				

Nutritionals for OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	Coconut Tilapia	BBQ Chicken Breast
Calories 592	Calories 586	Calories 533	Calories 942	Calories 776
Carbohydrates 81	Carbohydrates 75	Carbohydrates 68	Carbohydrates 92	Carbohydrates 119
Protein 14	Protein 41	Protein 32	Protein 25	Protein 25
Fat 24	Fat 13	Fat 19	Fat 20	Fat 23
Sodium 893	Sodium 930	Sodium 1408	Sodium 618	Sodium 1008
10	11	12	13	14
Baked Chicken	BBQ Roasted Salmon	Turkey ala King	Spaghetti	Stuffed Peppers
Calories 653	Calories 618	Calories 745	Calories 964	Calories 626
Carbohydrates 102	Carbohydrates 86	Carbohydrates 74	Carbohydrates 104	Carbohydrates 57
Protein 35	Protein 38	Protein 45	Protein 30	Protein 30
Fat 11	Fat 14	Fat 31	Fat 33	Fat 29
Sodium 415	Sodium 589	Sodium 817	Sodium 1043	Sodium 975
17	18	19	20	21
Baked Turkey	Lasagna	Beef Brisket	Baked Chicken	Mac n Cheese
Calories 561	Calories 848	Calories 635	Calories 613	Calories 857
Carbohydrates 59	Carbohydrates 145	Carbohydrates 35	Carbohydrates 79	Carbohydrates 100
Protein 34	Protein 27	Protein 28	Protein 36	Protein 44
Fat 23	Fat 19	Fat 29	Fat 16	Fat 24
Sodium 1115	Sodium 1239	Sodium 1328	Sodium 802	Sodium 1191
24	25	26	27	28
Pasta Primavera w/ Chicken	Baked Cod	Garlic Rosemary Chicken	Turkey Tetrazzini	Hawaiian Chicken
Calories 739	Calories 552	Calories 633	Calories 700	Calories 530
Carbohydrates 105	Carbohydrates 68	Carbohydrates 70	Carbohydrates 98	Carbohydrates 66
Protein 45	Protein 28	Protein 30	Protein 21	Protein 28
Fat 15	Fat 19	Fat 25	Fat 25	Fat 17
Sodium 1361	Sodium 687	Sodium 952	Sodium 1500	Sodium 600
31				
Chicken Marsala				
Calories 620				
Carbohydrates 63				
Protein 49				
Fat 20				
Sodium 621				

Please note: Nutritional info may be higher based on the meal being 1/2 the daily recommendation according to the DASH diet.