

Nutritionals for REGULAR MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Honey-Soy Glazed Salmon	Chicken Pot Pie
			Calories 880	Calories 574
			Carbohydrates 74	Carbohydrates 68
			Protein 33	Protein 21
			Fat 36	Fat 23
			Sodium 875	Sodium 927
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Chicken Fried Steak	Baked Ham	Sweet N Sour Chicken	Shepherd's Pie	Baked Cod
Calories 602	Calories 550	Calories 705	Calories 679	Calories 866
Carbohydrates 67	Carbohydrates 92	Carbohydrates 61	Carbohydrates 78	Carbohydrates 90
Protein 27	Protein 26	Protein 24	Protein 31	Protein 53
Fat 26	Fat 11	Fat 28	Fat 16	Fat 31
Sodium 1053	Sodium 1310	Sodium 980	Sodium 1041	Sodium 1116
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Stuffed Peppers	Baked Turkey	Chicken Fried Steak	Chicken Pot Pie	Sweet n Sour Chicken
Calories 685	Calories 619	Calories 1003	Calories 1044	Calories 740
Carbohydrates 96	Carbohydrates 63	Carbohydrates 65	Carbohydrates 137	Carbohydrates 27
Protein 37	Protein 26	Protein 60	Protein 24	Protein 25
Fat 17	Fat 28	Fat 33	Fat 45	Fat 30
Sodium 928	Sodium 1505	Sodium 1404	Sodium 1208	Sodium 1125
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Margarita Chicken	Beef Brisket	Baked Ham	Beef Stew	Sloppy Joe
Calories 560	Calories 586	Calories 711	Calories 672	Calories 770
Carbohydrates.60	Carbohydrates 53	Carbohydrates 95	Carbohydrates 98	Carbohydrates 122
Protein 30	Protein 28	Protein 32	Protein 35	Protein 25
Fat 22	Fat 28	Fat 25	Fat 16	Fat 19
Sodium 363	Sodium 875	Sodium 1100	Sodium 593	Sodium 1106

Nutritionals for OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
				Spaghetti
				Stuffed Peppers
				Calories 964
				Calories 626
				Carbohydrates 104
				Carbohydrates 57
				Protein 30
				Protein 30
				Fat 33
				Fat 29
				Sodium 1043
				Sodium 975
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Baked Turkey	Lasagna	Beef Brisket	Mac N Cheese	Baked Chicken
Calories 561	Calories 848	Calories 635	Calories 857	Calories 613
Carbohydrates 59	Carbohydrates 145	Carbohydrates 35	Carbohydrates 100	Carbohydrates 79
Protein 34	Protein 27	Protein 28	Protein.44	Protein 36
Fat 23	Fat 19	Fat 29	Fat.24	Fat 16
Sodium 1115	Sodium 1239	Sodium 1328	Sodium.1191	Sodium 802
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Pasta Primavera with Chicken	Baked Cod	Garlic Rosemary Chicken	Turkey Tetrzzini	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
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Chicken Marsala	Italian Sausage Pasta	Breaded Cod	Beef Brisket	Mac n Cheese
Calories 620	Calories 609	Calories 939	Calories 820	Calories 851
Carbohydrates 63	Carbohydrates 78	Carbohydrates 74	Carbohydrates 102	Carbohydrates 81
Protein 49	Protein 13	Protein 33	Protein 36	Protein 29
Fat 20	Fat 2	Fat 35	Fat 30	Fat 28
Sodium 621	Sodium 1470	Sodium 1158	Sodium 822	Sodium 1594
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken	Coconut Tilapia
Calories 592	Calories 586	Calories 533	Calories 776	Calories 642
Carbohydrates 81	Carbohydrates 75	Carbohydrates 68	Carbohydrates 119	Carbohydrates 92
Protein 14	Protein 41	Protein 32	Protein 25	Protein 25
Fat 24	Fat 13	Fat 19	Fat 23	Fat 20
Sodium 893	Sodium 930	Sodium 1408	Sodium 1008	Sodium 618

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