

Month: June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork Marsala Calories 679 Protein 45 Carbs 79 Fiber 10 Fat 22 Sodium 458	Herb Baked Chicken Calories 835 Protein 46 Carbs 94 Fiber 11 Fat 32 Sodium 715	Sausage w/ Grilled Onions and Peppers Calories 727 Protein 30 Carbs 86 Fiber 10.6 Fat 31.4 Sodium 1185	Baked Tilapia Calories 689 Protein 40 Carbs 76 Fiber 11 Fat 26 Sodium 809	Chicken Salad Calories 664 Protein 44 Carbs 79 Fiber 10 Fat 21 Sodium 570
10	11	12	13	14
Spaghetti w/ Meatballs Calories 857 Protein 58 Carbs 107 Fiber 15 Fat 22 Sodium 862	Grilled Cilantro Lime Chicken Calories 732 Protein 46 Carbs 71 Fiber 9.9 Fat 30 Sodium 292	Battered Fried Fish Calories 818 Protein 45 Carbs 86 Fiber 8.3 Fat 32 Sodium 1005	Chicken Cordon Bleu Calories 850 Protein 53 Carbs 86 Fiber 12.7 Fat 34 Sodium 880	Pork Piccata Calories 736 Protein 46 Carbs 89 Fiber 10.1 Fat 22 Sodium 520
17	18	19	20	21
Breaded Chicken Breast Calories 725 Protein 55 Carbs 87.5 Fiber 13 Fat 18 Sodium 439	Breaded Pork Chop Calories 867 Protein 62 Carbs 92 Fiber 12 Fat 29 Sodium 925	Hamburger Calories 951 Protein 60 Carbs 117 Fiber 18 Fat 30 Sodium 950	Citrus Fish Calories 724 Protein 43 Carbs 103 Fiber 12.8 Fat 18 Sodium 536	French Dip Calories 936 Protein 58 Carbs 103 Fiber 13.2 Fat 36 Sodium 1111
24	25	26	27	28
Meatloaf Calories 859 Protein 43 Carbs 126 Fiber 11.6 Fat 22 Sodium 842	Pork Loin Calories 871 Protein 56 Carbs 87 Fiber 9.9 Fat 35 Sodium 701	Beef Stuffed Peppers Calories 702 Protein 35 Carbs 107 Fiber 12.6 Fat 16 Sodium 695	Stuffed Chicken Calories 940 Protein 66 Carbs 97 Fiber 9.8 Fat 31 Sodium 1107	Baked Tilapia Calories 733 Protein 41 Carbs 82 Fiber 10.4 Fat 29 Sodium 696

*All analyses include 8 oz. of 1% milk