



KALE SALAD

Chopped Kale, quinoa, cranberries, sunflower seeds, chopped chicken and citrus dressing on side.

STUFFED PEPPER

lean ground turkey, veggies, quinoa, zucchini, tomato & diced sweet potato ragu.

CHOPPED ASIAN SALAD

napa cabbage, carrots, Kale, brown rice, teriyaki chicken breast, shaved almonds, sesame ginger dressing on side.

BBQ PORK

BBQ pulled pork tenderloin, sweet potato and zucchini

TURKEY DINNER

sliced turkey breast, herb citrus gravy, sautéed kale, tabouleh with veggies.

POWER GREEN SAUTE

lean ground turkey, tomatoes, kale, collard greens, chicken broth, brown rice.

HOMESTYLE BREAD-LESS SICILIAN MEATLOAF

broccoli, San Marzano tomato ragu.

KALE SALAD 309 calories 11.2g FAT 25.8 CARBS 29.90 PROTEIN	34.3 carb 28.3 protein	334 calories 7 fat 40 carbs 27 protein	32.9 protein
STUFFED PEPPER 437 calories 17.3 FAT	ASIAN SALAD 245 calories 6.7 fat 22.6 carbs 28.2 protein	TURKEY DINNER 437 calories 20.1 fat 30 carbs	POWER GREEN TURKEY SAUTÉ 359 calories 14.9 fat 20 carbs 25.5 protein
	BBQ PORK		

SICILIAN MEATLOAF
380 calories

10.9 fat
36.8 carbs

28 protein