



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, tabbouleh 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 sauce

KALE SALAD	ASIAN SALAD	STUFFED PEPPER	BBQ PORK	SICILIAN MEATLOAF	POWER GREEN TURKEY SAUTÉ	TURKEY DINNER
309 calories	245 calories	437 calories	334 calories	380 calories	359 calories	437 calories
11.2g FAT	6.7 fat	7 fat	7 fat	10.9 fat	14.9 fat	20.1 fat
25.8 CARBS	36.8 carbs	17.3 FAT	40 carbs	36.8 carbs	20 carbs	30 carbs
29.90 PROTEIN	28 protein	34.3 carb	27 protein	28 protein	25.5 protein	32.9 protein
		28.3 protein				

