



Sample Light Menu

Poultry

- Honey-Mustard Glazed Chicken: Cal 358, Fat 13.7, Pro 45.9, Carb 10.8, Fiber .2
- Sausages Braised with Guinness, Onions and Peppers: Cal 161, Fat 7.9, Pro 15.3, Carb 10.7, Fiber 1.7
- Baked Mediterranean-Style Chicken: Cal 168, Fat 5, Pro 18, Carb 1, Fiber 0
- Baked Chicken Provencal: Cal 217, Fat 5, Pro 30, Carb 12, Fiber 4
- Lemon Chicken with Artichokes: Cal 365, Fat 10, Pro 36, Carb 32, Fiber 5
- Orange Chicken: Cal 204, Fat 3.8, Pro 27.4, Carb 14, Fiber .4
- Mushroom Marsala Chicken: Cal 247, Fat 5.6, Pro 32.6, Carb 17.9, Fiber 2
- Kalamata Feta Chicken with Orzo & Garlic Butter Spinach: Cal 392, Fat 10, Pro 35.9, Carb 39.4, Fiber 3.1
- Garlic Turkey-Broccoli Stir Fry with Rice: Cal 262, Fat 11, Pro 27.6, Carb 13.1, Fiber 3.7
- Chicken with Orange-Chipotle Sauce: Cal 291, Fat 2.5, Pro 40.7, Carb 26.7, Fiber 3.4
- Greek Isle Chicken: Cal 323, Fat 14.7, Pro 40.2, Carb 8.5, Fiber 1.5
- Mediterranean Chicken Salad (made with Bulgur, similar to brown rice but a little more hearty and nutty): Cal 249, Fat 5, Pro 22, Carb 33, Fiber 8
- Chicken Fried Rice: Cal 353, Fat 11.4, Pro 20.9, Carb 40.8, Fiber 3.4
- Peanut Crusted Chicken with Pineapple Salsa: Cal 219, Fat 7.4, Pro 28.9, Carb 9.1, Fiber 1.3



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- Yogurt Marinated Chicken Kabobs with Israeli Couscous: Cal 569, Fat 8.6, Pro 55, Carb 64, Fiber 3.4
- Chicken Cacciatore: Cal 383, Fat 5, Pro 35, Carb 50, Fiber 5
- Mediterranean Chicken Kabobs with Couscous or Rice: Cal 300, Fat 5, Pro 31, Carb 32, Fiber 4
- Portugese Chicken with Peppers and Olives: Cal 217, Fat 8, Pro 27, Carb 11, Fiber 3
- Feta, Herb and Sundried Tomato Stuffed Chicken with Orzo: Cal 311, Fat 10.1, Pro 43, Carb 8.2, Fiber 2.5
- Sweet & Sour Chicken: Cal 388, Fat 11.6, Pro 41.5, Carb 28.9, Fiber 2.1
- Spicy Honey-Brushed Chicken Thighs: Cal 321, Fat 11, Pro 28, Carb 27.9, Fiber 6
- Parmesan Chicken Paillards with Cherry Tomato Sauce: Cal 264, Fat 5.9, Pro 42.6, Carb 7.4, Fiber 1.3
- Greek Bulgur Salad with Chicken: Cal 305, Fat 11.1, Pro 16.7, Carb 37.6, Fiber 8.8
- Chicken and Andouille Sausage Jambalaya: Cal 484, Fat 13.7, Pro 30.5, Carb 63.3, Fiber 5.7
- Sesame Chicken Edamame Bowl: Cal 277, Fat 6.5, Pro 25.5, Carb 27.1, Fiber 5.4
- Chicken Adobo with Rice: Cal 251, Fat 9.9, Pro 34, Carb 5.7, Fiber .2
- Spring Veggie & Chicken Ragout: Cal 347, Fat 14, Pro 39, Carb 17, Fiber 7.1
- Skillet Roasted Chicken with Artichokes, Olives and Rice: Cal 393, Fat 11.7, Pro 32.1, Carb 41.7, Fiber 9.8
- Citrus Glazed Chicken Thighs: Cal 189, Fat 4.7, Pro 23, Carb 12.1, Fiber .2
- Creole Chicken & Veggies: Cal 199, Fat 4.4, Pro 28.3, Carb 11, Fiber 3.2

Beef & Pork

- Thai - Style Ground Beef with Rice: Cal 353, Fat 6.4, Pro 23.1, Carb 51.5, Fiber 2.8



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- Pork & Stir Fried Veggies with Spicy Asian Sauce: Cal 244, Fat 8.5, Pro 25.6, Carb 15.6, Fiber 1.7
- Broiled Flank Steak with Salsa Verde: Cal 279, Fat 14.3, Pro 32, Carb 3.9, Fiber .3
- Pepper Beef Stir Fry with Rice: Cal 349, Fat 7.9, Pro 24.9, Carb 44.6, Fiber 3.8
- Penne with Broccoli & Sausage: Cal 208, Fat 13, Pro 6, Carb 26, Fiber 4
- Pork Fried Rice: Cal 302, Fat 6.9, Pro 17.9, Carb 41.1, Fiber 3.1
- Stir Fried Szechuan Steak on Rice: Cal 363, Fat 11.8, Pro 29.8, Carb 31, Fiber 2.1
- Spiced Pork Tenderloin with Maple-Chipotle Sauce: Cal 201, Fat 5.1, Pro 23.9, Carb 13.1, Fiber .3
- Sausage with Bean Ragu with Pasta: Cal 410, Fat 10.7, Pro 23.4, Carb 58.9, Fiber 8.9

Seafood

- Spicy Orange Glazed Salmon: Cal 287, Fat 14, Pro 36.4, Carb 1.6, Fiber .2
- Shrimp Puttanesca: Cal 343, Fat 7, Pro 26, Carb 43, Fiber 5
- Shrimp Fried Rice: Cal 274, Fat 5.6, Pro 16.2, Carb 38, Fiber 2.9
- Greek Style Shrimp Scampi: Cal 379, Fat 8.5, Pro 31.7, Carb 43.3, Fiber 2.6
- Blackened Shrimp with Tropical Pico de Gallo Salad: Cal 319, Fat 8.3, Pro 36.1, Carb 26, Fiber 3.8

Vegetarian

- Tex-Mex Rice Salad: Cal 196, Fat 3.3, Pro 5.6, Carb 35.9, Fiber 4.9
- Greek Grain Salad: Cal 246, Fat 8.6, Pro 11.8, Carb 36.5, Fiber 8.9
- Spicy Black Bean Cakes with Pineapple Rice: Cal 230, Fat 6, Pro 11, Carbs 35, Fiber 4
- Santa Fe Salad (brown rice, corn, black beans, onion, etc): Cal 373, Fat 9, Pro 12, Carb 64, Fiber 8



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- Italian Primavera Lunch Box Express (brown rice, veggies, tomato sauce): Cal 197, Fat 2, Pro 5, Carb 39, Fiber 5
- Veggie Fried Rice: Cal 262, Fat 5.7, Pro 8.2, Carb 45.1, Fiber 4.4
- Mixed Grain Tabbouleh: Cal 238, Fat 8, Pro 6, Carb 37, Fiber 4
- Mango & Black Bean Salad: Cal 167, Fat 5.4, Pro 5.2, Carb 25.5, Fiber 5.5
- Cuban Style Red Beans & Rice: Cal 287, Fat 4.5, Pro 11.8, Carb 49.3, Fiber 7.5
- Lentil Herb Salad: Cal 254, Fat 7.8, Pro 12.8, Carb 35.2, Fiber 8.4



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