

# Citrus Pear®

## MENU OPTIONS

SOME MENU ITEMS HAVE AN ADDITIONAL COST

### BEEF MENU OPTIONS

Balsamic Beef Kabobs\*\*

Balsamic Pot Roast\*\*

BBQ Beef Sandwiches\*\*

Beef Stroganoff\*\*

Beef with Broccoli\*\*

Carne Asada Street Tacos\*\*

Fire Roasted Tomato & Chipotle Chili

French Dip Sandwiches\*\*

Korean Beef\*\*

Meatloaf

Pasta Fagioli

Traditional Pot Roast

Vegetable Beef Stew\*\*

### BALSAMIC BEEF KABOBS\*\*

(+\$4)

Grilled recipe!!

330  
CALORIES

13g  
TOTAL FAT

10g  
CARBS

1g  
FIBER

42g  
PROTEIN

6g  
SUGARS

4g  
SAT. FAT

850mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

### BALSAMIC POT ROAST\*\*

(+\$4)

A classic comfort meal!

300  
CALORIES

8g  
TOTAL FAT

18g  
CARBS

2g  
FIBER

38g  
PROTEIN

3g  
SUGARS

3g  
SAT. FAT

320mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

## BBQ BEEF SANDWICHES\*\*

(+\$4)

A healthy twist on a classic American favorite.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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## BEEF STROGANOFF\*\*

(+\$4)

A light twist on a comfort meal.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include low fat sour cream

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## BEEF WITH BROCCOLI\*\*

(+\$4)

A customer favorite.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include broccoli.

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## CARNE ASADA STREET TACOS\*\*

(+\$4)

A marinated lean steak that makes great light tacos!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# FIRE ROASTED TOMATO & CHIPOTLE CHILI

Flavorful chili perfect for fall!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# FRENCH DIP SANDWICHES\*\*

(+\$4)

Lean roast served with homemade french onion Au Jus.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# KOREAN BEEF\*\*

(+\$4)

Tender beef in a sweet and spicy sauce.



Diabetes Friendly.  
Nutrition facts only include meal provided

# MEATLOAF

Not your typical meatloaf! Packed with fresh herbs and spices, no ketchup needed!



Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# PASTA FAGIOLI

A classic high protein soup enjoyed by all.

270  
CALORIES

7g  
TOTAL FAT

27g  
CARBS

7g  
FIBER

24g  
PROTEIN

5g  
SUGARS

3g  
SAT. FAT

690mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# TRADITIONAL POT ROAST\*\*

(+\$4)

Traditional pot roast with home cooked flavors.

260  
CALORIES

8g  
TOTAL FAT

11g  
CARBS

2g  
FIBER

38g  
PROTEIN

5g  
SUGARS

3g  
SAT. FAT

650mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# VEGETABLE BEEF STEW\*\*

(+\$4)

Stew meat and fresh veggies make for the perfect classic stew.

380  
CALORIES

15g  
TOTAL FAT

19g  
CARBS

3g  
FIBER

39g  
PROTEIN

6g  
SUGARS

6g  
SAT. FAT

1260mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# CHICKEN MENU OPTIONS

Arroz con Pollo  
Balsamic Chicken  
BBQ Chicken  
Buffalo Chicken Lettuce Wraps  
Cajun Chicken Pasta  
Cashew Chicken  
Chicken Enchilada Soup  
Chicken Fajitas  
Chicken Gyros  
Chicken Lime Tacos  
Chicken Noodle Soup

Chicken Spaghetti  
Chipotle Chicken Tacos  
Coconut Chicken Curry\*  
Creamy Lemon Chicken  
Fresh Mexican Soup  
Garlic Parmesan Chicken  
Grilled Chipotle Chicken  
Hawaiian Chicken Tacos  
Honey Orange Chicken\*  
Honey Sesame Chicken  
Indian Masala Chicken

Pulled Chicken Sandwiches  
Sundried Tomato and Pesto Pasta\*  
Sweet Teriyaki Kabobs\*\*  
Teriyaki Chicken  
Tex-Mex Chicken  
Thai Coconut Soup  
Thai Peanut Chicken  
White Bean Chili\*

## ARROZ CON POLLO

Spanish for Chicken with Rice - A classic Latin favorite with red & green peppers

200  
CALORIES

4g  
TOTAL FAT

12g  
CARBS

3g  
FIBER

27g  
PROTEIN

5g  
SUGARS

1g  
SAT. FAT

860mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include rice, cheese, or additional toppings

## BALSAMIC CHICKEN

Light and flavorful. Excellent on a salad or angel hair pasta

190  
CALORIES

3g  
TOTAL FAT

10g  
CARBS

3g  
FIBER

27g  
PROTEIN

5g  
SUGARS

1g  
SAT. FAT

670mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

## BBQ CHICKEN

Sweet tangy BBQ!

340  
CALORIES

5g  
TOTAL FAT

34g  
CARBS

0g  
FIBER

39g  
PROTEIN

29g  
SUGARS

1g  
SAT. FAT

740mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

## BUFFALO CHICKEN LETTUCE WRAPS

The perfect amount of heat to satisfy any palate. Top with blue cheese crumbles, blue cheese dressing and wrap in lettuce.

220  
CALORIES

5g  
TOTAL FAT

2g  
CARBS

1g  
FIBER

39g  
PROTEIN

1g  
SUGARS

1g  
SAT. FAT

890mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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## CAJUN CHICKEN PASTA

If you like heat, you'll like this one! \*Can be made mild per preference

240  
CALORIES

7g  
TOTAL FAT

9g  
CARBS

2g  
FIBER

31g  
PROTEIN

5g  
SUGARS

4g  
SAT. FAT

1070mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include low fat cream cheese.

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## CASHEW CHICKEN

A healthy twist on a Chinese favorite.

380  
CALORIES

14g  
TOTAL FAT

21g  
CARBS

3g  
FIBER

41g  
PROTEIN

11g  
SUGARS

3g  
SAT. FAT

1090mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include broccoli and cashews.

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## CHICKEN ENCHILADA SOUP

Delicious smokey southwest flavor!

210  
CALORIES

4g  
TOTAL FAT

13g  
CARBS

5g  
FIBER

30g  
PROTEIN

3g  
SUGARS

0g  
SAT. FAT

760mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# CHICKEN FAJITAS

A customer favorite that will leave you wanting more

190  
CALORIES

4g  
TOTAL FAT

11g  
CARBS

3g  
FIBER

27g  
PROTEIN

6g  
SUGARS

1g  
SAT. FAT

520mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# CHICKEN GYROS

A naturally light, flavorful dish. Top with high protein Greek yogurt tzatziki sauce for added flavor.

220  
CALORIES

5g  
TOTAL FAT

3g  
CARBS

1g  
FIBER

39g  
PROTEIN

1g  
SUGARS

1g  
SAT. FAT

380mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# CHICKEN LIME TACOS

A family favorite sure to satisfy even the pickiest eater

180  
CALORIES

3g  
TOTAL FAT

10g  
CARBS

2g  
FIBER

26g  
PROTEIN

2g  
SUGARS

1g  
SAT. FAT

280mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# CHICKEN NOODLE SOUP

A classic comfort food the whole family will enjoy

170  
CALORIES

3g  
TOTAL FAT

7g  
CARBS

2g  
FIBER

26g  
PROTEIN

2g  
SUGARS

1g  
SAT. FAT

1170mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include noodles.

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# CHICKEN SPAGHETTI

Light, fresh flavor.

230  
CALORIES

4g  
TOTAL FAT

20g  
CARBS

4g  
FIBER

28g  
PROTEIN

12g  
SUGARS

1g  
SAT. FAT

720mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include pasta or cream cheese.

# CHIPOTLE CHICKEN TACOS

Flavorful chipotle chicken served as tacos or on a bed of lettuce.

180  
CALORIES

4g  
TOTAL FAT

7g  
CARBS

1g  
FIBER

26g  
PROTEIN

2g  
SUGARS

1g  
SAT. FAT

380mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# COCONUT CHICKEN CURRY\*

(+\$2)

Bring a little culture to the kitchen! Can be modified for a mild to strong palate.

300  
CALORIES

12g  
TOTAL FAT

6g  
CARBS

1g  
FIBER

39g  
PROTEIN

1g  
SUGARS

7g  
SAT. FAT

720mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# CREAMY LEMON CHICKEN

Excellent flavor. Fresh, light and creamy.

240  
CALORIES

8g  
TOTAL FAT

8g  
CARBS

2g  
FIBER

30g  
PROTEIN

4g  
SUGARS

0g  
SAT. FAT

490mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include low fat cream cheese and broccoli.



# FRESH MEXICAN SOUP

A simple, light base of chicken, garbanzo beans and carrots. Top with Avocado-Cilantro salad (recipe below).

320  
CALORIES

7g  
TOTAL FAT

19g  
CARBS

6g  
FIBER

44g  
PROTEIN

2g  
SUGARS

1g  
SAT. FAT

800mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# GARLIC PARMESAN CHICKEN

A creamy light dish that will leave you feeling satisfied

230  
CALORIES

9g  
TOTAL FAT

5g  
CARBS

1g  
FIBER

31g  
PROTEIN

2g  
SUGARS

4g  
SAT. FAT

560mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include low fat cream cheese.

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# GRILLED CHIPOTLE CHICKEN

Perfect for the grill or the slow cooker!

260  
CALORIES

9g  
TOTAL FAT

4g  
CARBS

0g  
FIBER

33g  
PROTEIN

4g  
SUGARS

1g  
SAT. FAT

730mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# HAWAIIAN CHICKEN TACOS

Fun twist on Taco Tuesday! Sweet with a little kick!

190  
CALORIES

4g  
TOTAL FAT

13g  
CARBS

1g  
FIBER

27g  
PROTEIN

11g  
SUGARS

1g  
SAT. FAT

450mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# HONEY ORANGE CHICKEN\*

(+\$2)

Diced chicken breast with delicious orange flavor!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# HONEY SESAME CHICKEN

Sweet Asian dish



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# INDIAN MASALA CHICKEN

A traditional recipe with a delectable blend of aromatic spices and tender chicken.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# PULLED CHICKEN SANDWICHES

Shredded BBQ chicken with added flavor. Perfect for sandwiches, quesadillas or salads.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# SUNDRIED TOMATO AND PESTO PASTA\*

(+\$2)

Excellent light flavor sauce with chicken!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# SWEET TERIYAKI KABOBS\*\*

(+\$4)

Sweet tangy kabobs, perfect for the grill!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# TERIYAKI CHICKEN

A sweet Asian-inspired dish.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# TEX-MEX CHICKEN

A crowd pleaser with black beans, corn and cilantro. Perfect with rice or added broth as Tex-Mex soup.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# THAI COCONUT SOUP

Coconut flavor with carrots, mushrooms and a light red curry punch.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# THAI PEANUT CHICKEN

Gourmet in a crockpot! Excellent peanuty creamy flavor!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# WHITE BEAN CHILI\*

(+\$2)

Great northern beans, peppers and jalapenos make the perfect flavor. Add low fat sour cream for an extra creamy taste.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include sour cream or other toppings.

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# PORK MENU OPTIONS

Boneless Pork Ribs  
Coconut Peanut Pork Loin\*\*  
Honey Lime Ginger Pork  
Orange Ginger Pork Loin  
Pork Carnitas  
Pulled Pork  
Spaghetti & Meatballs  
Sweet Pork

## BONELESS PORK RIBS

Boneless country style pork ribs. All the flavor without the mess!



Heart Healthy. Calorie Conscious. Diabetes Friendly.

Nutrition facts only include meal provided and include all sauce. Serve with less sauce for lower carb, sugar, and calorie option.

## COCONUT PEANUT PORK LOIN\*\*

(+\$4)

Creamy Thai inspired dish!



Heart Healthy. Calorie Conscious. Diabetes Friendly.

Nutrition facts only include meal provided

## HONEY LIME GINGER PORK

Sweet and tangy flavor!



Nutrition facts only include meal provided

# ORANGE GINGER PORK LOIN

Light citrus flavor with tender lean meat.

330  
CALORIES

14g  
TOTAL FAT

12g  
CARBS

0g  
FIBER

34g  
PROTEIN

9g  
SUGARS

5g  
SAT. FAT

1220mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# PORK CARNITAS

A Citrus Pear favorite. Excellent flavor. Perfect for tacos and/or salads.

230  
CALORIES

8g  
TOTAL FAT

4g  
CARBS

1g  
FIBER

32g  
PROTEIN

2g  
SUGARS

3g  
SAT. FAT

980mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# PULLED PORK

Shredded BBQ pork with a smoky flavor the family will love.

330  
CALORIES

8g  
TOTAL FAT

30g  
CARBS

0g  
FIBER

32g  
PROTEIN

23g  
SUGARS

3g  
SAT. FAT

1240mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# SPAGHETTI & MEATBALLS

Pork meatballs with traditional marinara sauce.

280  
CALORIES

15g  
TOTAL FAT

24g  
CARBS

4g  
FIBER

13g  
PROTEIN

15g  
SUGARS

5g  
SAT. FAT

820mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include noodles.

# SWEET PORK

The perfect blend of sweet + spice



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# TURKEY MENU OPTIONS

3 Bean Turkey Chili  
Breakfast for Dinner  
Burrito Bowls  
Italian Sausage & Tortellini Soup  
Lasagna Soup  
Penne & Turkey Sausage  
Sloppy Janes

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## 3 BEAN TURKEY CHILI

Hearty chili packed with protein and fiber

220  
CALORIES

5g  
TOTAL FAT

35g  
CARBS

7g  
FIBER

17g  
PROTEIN

7g  
SUGARS

1g  
SAT. FAT

1050mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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## BREAKFAST FOR DINNER

The perfect meal for breakfast or dinner

440  
CALORIES

18g  
TOTAL FAT

17g  
CARBS

1g  
FIBER

31g  
PROTEIN

4g  
SUGARS

6g  
SAT. FAT

1000mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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## BURRITO BOWLS

Ground turkey, green peppers and black beans make for the perfect topping to your burrito bowl. Finish off with fresh tomatoes and avocado.

130  
CALORIES

1g  
TOTAL FAT

13g  
CARBS

4g  
FIBER

17g  
PROTEIN

2g  
SUGARS

0g  
SAT. FAT

430mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# ITALIAN SAUSAGE & TORTELLINI SOUP

A delicious soup with turkey sausage and tortellini, packed with veggies!

410  
CALORIES

22g  
TOTAL FAT

34g  
CARBS

3g  
FIBER

16g  
PROTEIN

6g  
SUGARS

9g  
SAT. FAT

1570mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include tortellini.

# LASAGNA SOUP

Lasagna made easy!

300  
CALORIES

8g  
TOTAL FAT

18g  
CARBS

5g  
FIBER

23g  
PROTEIN

5g  
SUGARS

3g  
SAT. FAT

1410mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include noodles.

# PENNE & TURKEY SAUSAGE

Contains smoked turkey sausage. A good comfort dish.

340  
CALORIES

24g  
TOTAL FAT

13g  
CARBS

2g  
FIBER

19g  
PROTEIN

7g  
SUGARS

10g  
SAT. FAT

1150mg  
SODIUM

Nutrition facts only include meal provided

# SLOPPY JANES

Made with turkey sausage and diced red and green peppers. A light twist on a sloppy joe.

400  
CALORIES

11g  
TOTAL FAT

7g  
CARBS

2g  
FIBER

34g  
PROTEIN

4g  
SUGARS

2g  
SAT. FAT

800mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

# VEGETARIAN MENU OPTIONS

3 Bean Veggie Chili  
Black Bean Burrito Bowls  
Cashew Tofu Stir-Fry  
Chickpea Masala  
Chickpea Noodle Soup  
Fresh Vegetable Soup  
Garden Spaghetti  
Italian Veggie Pasta  
Pasta Primavera  
Pesto Tossed Lasagna  
Thai Coconut Soup with Tofu

Thai Peanut Tofu Stir-Fry  
Tortellini Soup  
Tortilla Soup  
Vegetarian Fajitas  
Vegetarian Lasagna Soup  
Vegetarian Pasta Fagioli  
Vegetarian Stew  
Vegetarian Taco Salad  
Veggie Breakfast for Dinner  
White Bean Veggie Chili

## 3 BEAN VEGGIE CHILI

Hearty vegetarian chili packed with protein and fiber, you won't even miss the meat!

300  
CALORIES

1.5g  
TOTAL FAT

56g  
CARBS

17g  
FIBER

15g  
PROTEIN

3g  
SUGARS

0g  
SAT. FAT

17mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

## BLACK BEAN BURRITO BOWLS

Bell peppers, mushrooms, and black beans make for the perfect topping to your burrito bowl. Finish off with fresh tomatoes and avocado.

150  
CALORIES

1g  
TOTAL FAT

29g  
CARBS

9g  
FIBER

8g  
PROTEIN

5g  
SUGARS

0g  
SAT. FAT

590mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

## CASHEW TOFU STIR-FRY

An Asian vegetarian delight, nutty, savory, and slightly sweet.

300  
CALORIES

15g  
TOTAL FAT

25g  
CARBS

4g  
FIBER

16g  
PROTEIN

12g  
SUGARS

3g  
SAT. FAT

1050mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts include cashews, no additional toppings/sides

## CHICKPEA MASALA

A vegetarian twist on an Indian favorite - with warm spices, fire roasted tomatoes, fresh ginger and coconut milk.

200  
CALORIES

5g  
TOTAL FAT

29g  
CARBS

8g  
FIBER

8g  
PROTEIN

9g  
SUGARS

3g  
SAT. FAT

1090mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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## CHICKPEA NOODLE SOUP

Chickpeas instead of chicken in this classic noodle and veggie soup.

150  
CALORIES

3g  
TOTAL FAT

26g  
CARBS

8g  
FIBER

8g  
PROTEIN

3g  
SUGARS

0g  
SAT. FAT

440mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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## FRESH VEGETABLE SOUP

This colorful vegetable soup makes it easy for you to eat more veggies! Featuring white beans for protein and pesto for flavor.

250  
CALORIES

4g  
TOTAL FAT

41g  
CARBS

11g  
FIBER

12g  
PROTEIN

7g  
SUGARS

1g  
SAT. FAT

850mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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## GARDEN SPAGHETTI

A delicious Italian dish with fresh garden vegetables! And don't forget the cheese!

180  
CALORIES

6g  
TOTAL FAT

20g  
CARBS

5g  
FIBER

13g  
PROTEIN

12g  
SUGARS

4g  
SAT. FAT

990mg  
SODIUM

Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# ITALIAN VEGGIE PASTA

Try this veggie pasta sauce with a noodle you've never tasted! Find noodles high in protein and fiber!

100  
CALORIES

0g  
TOTAL FAT

19g  
CARBS

5g  
FIBER

5g  
PROTEIN

10g  
SUGARS

0g  
SAT. FAT

790mg  
SODIUM

Heart Healthy, Calorie Conscious, Diabetes Friendly.  
Nutrition facts only include meal provided

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# PASTA PRIMAVERA

A creamy and light pasta dish loaded with vegetables.

120  
CALORIES

3g  
TOTAL FAT

14g  
CARBS

3g  
FIBER

7g  
PROTEIN

5g  
SUGARS

2g  
SAT. FAT

540mg  
SODIUM

Heart Healthy, Calorie Conscious, Diabetes Friendly.  
Nutrition facts only include meal provided

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# PESTO TOSSED LASAGNA

The perfect blend of cheese, pesto, spinach and mushrooms. Your kids won't even taste the healthy!

220  
CALORIES

13g  
TOTAL FAT

13g  
CARBS

3g  
FIBER

14g  
PROTEIN

6g  
SUGARS

5g  
SAT. FAT

950mg  
SODIUM

Heart Healthy, Calorie Conscious, Diabetes Friendly.  
Nutrition facts do not include noodles.

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# THAI COCONUT SOUP WITH TOFU

Coconut flavor with carrots, mushrooms and a light red curry punch.

130  
CALORIES

7g  
TOTAL FAT

9g  
CARBS

1g  
FIBER

8g  
PROTEIN

3g  
SUGARS

4g  
SAT. FAT

490mg  
SODIUM

Heart Healthy, Calorie Conscious, Diabetes Friendly.  
Nutrition facts only include meal provided

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# THAI PEANUT TOFU STIR-FRY

Creamy, savory - sweet peanut sauce with tofu and veggies.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# TORTELLINI SOUP

The perfect combination of vegetables, Italian spices, and cheesy tortellini.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# TORTILLA SOUP

A delicious twist on your basic taco soup. Don't forget to top with fresh cilantro, avocado, and chips!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# VEGETARIAN FAJITAS

Delicious vegetarian fajitas, loaded with peppers and flavor!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts only include meal provided

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# VEGETARIAN LASAGNA SOUP

Lasagna made easy!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include noodles

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# VEGETARIAN PASTA FAGIOLI

Hearty soup with beans and veggies. Add pasta before serving!



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include pasta.

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# VEGETARIAN STEW

This hearty soup is the perfect comfort food on a cold day.



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Nutrition facts only include meal provided

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# VEGETARIAN TACO SALAD

You won't even miss the meat on this colorful, zesty vegetarian taco salad.



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Nutrition facts only include meal provided

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# VEGGIE BREAKFAST FOR DINNER

The perfect meal for breakfast or dinner



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Nutrition facts only include meal provided

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# WHITE BEAN VEGGIE CHILI

Great northern beans, peppers and jalapenos make the perfect flavor. Add low fat sour cream for an extra creamy taste.



Heart Healthy. Calorie Conscious. Diabetes Friendly.  
Nutrition facts do not include sour cream or other toppings.

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