

**PHA Adult Wellness Meals**

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
Chicken & Asparagus Tossed with Whole Wheat Penne	Chicken	3 oz	3 oz	96	2.2	20.6%	0.50	4.7%	97
	Penne Pasta (dry)	2 oz dry		200	1.5	6.8%	0.00	0.0%	0
	Garlic Clove	1 each		4	0.0	0.0%	0.00	0.0%	1
	Diced Tomatoes	7.5 oz	7.5 oz	38	0.4	9.5%	0.00	0.0%	10
	Asparagus	3/4 c	4.5 oz	20	0.2	6.8%	0.00	0.0%	2
	Parmesan Cheese	.5 oz	.5 oz	50	3.5	63.0%	2.00	36.0%	215
	<b>Total</b>			<b>408</b>	<b>7.8</b>	<b>17.1%</b>	<b>2.50</b>	<b>5.5%</b>	<b>325</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98
	Fruit (from fruit bar)	4 oz	4 oz	60	0.0	0.00%	0.00	0.0%	0
	<b>Total</b>			<b>548</b>	<b>7.8</b>	<b>12.73%</b>	<b>2.50</b>	<b>4.1%</b>	<b>423</b>

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Ancho Lime Chicken Tostado with Mexican Slaw	Chicken Breast	5.5 oz	5.5 oz	186	4.8	23.23%	1.20	5.81%	120	
	Ancho Chili Powder			0	0.0	0.00%	0.00	0.00%	0	
	Fresh Lime Juice	1/4 lime		3	0.0	0.00%	0.00	0.00%	0	
	Pepperjack Cheese	1/2 slice	.5 oz	45	3.0	60.00%	1.75	35.00%	60	
	Hard Shell Tacos	3 shells	1.2 oz	160	7.0	39.38%	3.00	16.88%	0	
	Cabbage	16 oz	16 oz	118	0.5	3.81%	0.00	0.00%	85	
	Vegetable Oil	1/4 c	2 oz	480	56.0	105.00%	8.00	15.00%	0	
	Red Pepper	1 whole		23	0.3	9.78%	0.00	0.00%	3	
	Yellow Pepper	1 whole		23	0.3	9.78%	0.00	0.00%	3	
	Red onion	1/4 c		16	0.0	0.00%	0.00	0.00%	2	
	Frozen Corn	1/2 c		66	0.4	4.77%	0.00	0.00%	4	
	Black Beans (dry)	12 oz	12 oz	467	1.9	3.66%	0.44	0.85%	4	
	Cilantro	1/4 c		1	0.0	0.00%	0.00	0.00%	2	
	Jalapeno	1/2 whole		2	0.0	0.00%	0.00	0.00%	0	
	Lime Zest	1 lime		0	0.0	0.00%	0.00	0.00%	0	
	Fresh Lime Juice	1/4 c	2 oz	15	0.0	0.00%	0.00	0.00%	1	
	Garlic Clove	1 clove		4	0.0	0.00%	0.00	0.00%	1	
	Roma tomato	1/2 c		16	0.0	0.00%	0.00	0.00%	4	
	Chipotle Chili Pepper	1/2 tsp		0	0.0	0.00%	0.00	0.00%	0	
	<b>Slaw Recipe total</b>				1231	59.3	43.32%	8.44	6.17%	109
	<b>Slaw Serving</b>				123.1	5.9	43.32%	0.84	6.17%	11
	<b>Total</b>				<b>517.1</b>	<b>20.7</b>	<b>36.07%</b>	<b>6.79</b>	<b>11.82%</b>	<b>191</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98
Fruit (from fruit bar)	4 oz	4 oz		60	0.0	0.00%	0.00	0.00%	0	
<b>Total</b>				<b>657.1</b>	<b>20.7</b>	<b>28.39%</b>	<b>6.79</b>	<b>9.31%</b>	<b>289</b>	

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
Cuban Pork sandwich, Cubed Sweet & Yukon Gold Potatoes with baked plantains, and Mango, Pineapple, and Swiss Chard Relish	Pork	2 oz	2 oz	140	9.0	57.86%	3.50	22.50%	270
	Tempeh	.5 oz	.5 oz	10	0.4	39.60%	0.06	5.40%	1
	Whole Wheat Sandwich Thin	1.5 oz	1.5 oz	90	1.0	10.00%	0.00	0.00%	190
	Orange Slices	2 each	2 each	15	0.0	0.00%	0.00	0.00%	0
	Frozen mango	2.5 oz	2.5 oz	42	0.3	5.79%	0.00	0.00%	1
	Fresh Pineapple	1.5 oz	1.5 oz	21	0.0	0.00%	0.00	0.00%	1
	Swiss Chard	2 oz	2 oz	11	0.1	8.18%	0.00	0.00%	119
	Red pepper	1/2 Tbsp		2	0.0	0.00%	0.00	0.00%	0
	Red Onion	1/2 Tbsp		2	0.0	0.00%	0.00	0.00%	0
	Plantains	1/2 cup		90	0.3	3.00%	0.00	0.00%	3
	Sweet Potato cubes	2 oz	2 oz	48	0.0	0.56%	0.00	0.00%	31
	Yukon Potatoes, cubed	2 oz	2 oz	39	0.1	1.38%	0.00	0.00%	9
	Roasted Garlic Vegetable Oil	1 tsp	.165 oz	40	4.7	105.75%	0.70	15.75%	0
	Orange Juice, fresh	1 Tbsp	1 oz	14	0.0	0.00%	0.00	0.00%	0
	Red Wine Vinegar	1 tsp		0	0.0	0.00%	0.00	0.00%	0
	Spicy Mustard	1 tsp		5	0.0	0.00%	0.00	0.00%	50
	Paprika			0	0.0	0.00%	0.00	0.00%	0
	Ancho Pepper Powder			0	0.0	0.00%	0.00	0.00%	0
	Garlic, fresh chopped			0	0.0	0.00%	0.00	0.00%	0
	Cilantro, fresh chopped			0	0.0	0.00%	0.00	0.00%	0
	Oregano, fresh chopped			0	0.0	0.00%	0.00	0.00%	0
<b>Total</b>				<b>569</b>	<b>15.9</b>	<b>25.15%</b>	<b>4.26</b>	<b>6.74%</b>	<b>675</b>
Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98
<b>Total</b>				<b>649</b>	<b>15.9</b>	<b>22.05%</b>	<b>4.26</b>	<b>5.91%</b>	<b>773</b>

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Curried Sesame Tofu with Rice & Vegetables	Tofu	6 oz	6 oz	140	8.0	51.43%	1.00	6.43%	20	
	Cumin			0	0.0	0.00%	0.00	0.00%	0	
	Sesame Seeds			0	0.0	0.00%	0.00	0.00%	0	
	Curry			0	0.0	0.00%	0.00	0.00%	0	
	3:1 Oil to Sesame Oil	1 tsp	.165 oz	40	5.0	112.50%	0.50	11.25%	0	
	Brown Rice	1 c (cooked)		160	1.5	8.44%	0.00	0.00%	0	
	Water Chestnuts	1/3 c		35	0.0	0.00%	0.00	0.00%	5	
	Shredded Carrots	1/4 c		11	0.0	0.00%	0.00	0.00%	0	
	Fresh Pineapple	3 oz	3 oz	50	0.0	0.00%	0.00	0.00%	0	
	Snap Peas	1/4 c		7	0.0	0.00%	0.00	0.00%	0	
	Mushrooms	1/4 c		4	0.0	0.00%	0.00	0.00%	0	
	Asparagus	1/2 c		13	0.0	0.00%	0.00	0.00%	1	
	Green Pepper	2/3 c		12	0.0	0.00%	0.00	0.00%	2	
	Onion	1/3 c		15	0.0	0.00%	0.00	0.00%	2	
	Tangerine Juice	1/2 tangerine		30	0.0	0.00%	0.00	0.00%	0	
	Less Na Soy Sauce	2 tsp	.335 oz	0	0.0	0.00%	0.00	0.00%	400	
	<b>Total</b>				<b>517</b>	<b>14.5</b>	<b>25.24%</b>	<b>1.50</b>	<b>2.61%</b>	<b>430</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98
	Fruit (from fruit bar)	4 oz	4 oz		60	0.0	0.00%	0.00	0.00%	0
	<b>Total</b>				<b>657</b>	<b>14.5</b>	<b>19.86%</b>	<b>1.50</b>	<b>2.05%</b>	<b>528</b>

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
Balsamic Chicken Breast with Citrus Couscous, Quinoa, & Bulgur Wheat Blend, Steamed Broccoli & Carrots	Chicken Breast	3 oz	3 oz	100	3.0	27.00%	1.00	9.00%	30
	Balsamic Vinegar	1/2 Tbsp	.25 oz	10	0.0	0.00%	0.00	0.00%	0
	Grey Poupon Dijon Mustard	1/2 tsp	.08 oz	2	0.0	0.00%	0.00	0.00%	60
	Diced Scallions	2 tsp	3 g	0	0.0	0.00%	0.00	0.00%	0
	Fresh Garlic	1/8 tsp		0	0.0	0.00%	0.00	0.00%	0
	Fresh Basil	1/4 Tbsp	1 g	0	0.0	0.00%	0.00	0.00%	0
	Couscous/Quinoa Blend	2/3 c cooked		170	1.0	5.29%	0.00	0.00%	0
	Bulgur Wheat	1/2 c cooked		90	0.3	3.00%	0.00	0.00%	3
	Fresh Orange Juice	1 tsp	.165 oz	5	0.0	3.60%	0.00	0.00%	0
	Orange zest	2 g	2 g	0	0.0	0.00%	0.00	0.00%	0
	1 sprig Fresh Dill	1 sprig	1 g	0	0.0	0.00%	0.00	0.00%	0
	KCl	.125 g	.125 g	0	0.0	0.00%	0.00	0.00%	0
	Table Salt	.125 g	.125 g	0	0.0	0.00%	0.00	0.00%	49
	Broccoli	2 oz	2 oz	17	0.2	10.59%	0.00	0.00%	31
	Baby Carrots	1 c	5.2 oz	60	0.0	0.00%	0.00	0.00%	112
	<b>Total</b>				<b>454</b>	<b>4.5</b>	<b>8.96%</b>	<b>1.00</b>	<b>1.98%</b>
Fruit (from fruit bar)	4 oz	4 oz	60	0.0	0.00%	0.00	0.00%	0	
Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98	
<b>Total</b>				<b>594</b>	<b>4.5</b>	<b>6.85%</b>	<b>1.00</b>	<b>1.52%</b>	<b>383</b>

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Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

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Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
	Fresh Grilled Pineapple	1 3/4" thick ring	4 oz	56	0.1	1.61%	0.00	0.00%	1
	Swiss Chard	2 c raw	2 oz	11	0.1	8.18%	0.00	0.00%	119
	Turnip Greens	1 c raw	1 oz	9	0.1	10.00%	0.00	0.00%	11
	Red Onion	.5 oz	.5 oz	4	0.0	0.00%	0.00	0.00%	1
	Red Pepper, diced	1 tsp	2 g	1	0.0	0.00%	0.00	0.00%	0
	Vegetable Oil	1/2 tsp	.16 oz	20	2.3	103.50%	0.33	14.85%	0
	Spicy Brown Mustard	1 tsp		5	0.0	0.00%	0.00	0.00%	50
	Sorghum	.5 oz dry	1.5 oz cooked	49	0.5	9.18%	0.00	0.00%	1
	Catfish fillet	3 oz raw	3 oz cooked	110	6.4	52.36%	1.50	12.27%	45
	Vegetable Oil	1/2 tsp	.165 oz	20	2.3	103.50%	0.30	13.50%	0
	Fresh Garlic	1/2 tsp		0	0.0	0.00%	0.00	0.00%	0
Cajun Catfish	Celery, diced	10 g	10 g	2	0.0	0.00%	0.00	0.00%	8
Cornbread,	Onion, diced	20 g	20 g	6	0.0	0.00%	0.00	0.00%	2
Seasoned	Green Pepper, diced	10 g	10 g	2	0.0	0.00%	0.00	0.00%	0
Greens, and	Tomato Paste	1 tsp	.165 oz	5	0.0	0.00%	0.00	0.00%	3
Grilled Pineapple	Water	.5 oz	.5 oz	0	0.0	0.00%	0.00	0.00%	0
	Crushed Red Pepper Flakes	1/3 tsp		0	0.0	0.00%	0.00	0.00%	0
	Paprika	1/2 tsp		0	0.0	0.00%	0.00	0.00%	0
	Thyme	1/3 tsp		0	0.0	0.00%	0.00	0.00%	0
	Black Pepper	1/6 tsp		0	0.0	0.00%	0.00	0.00%	0
	Cornbread Mix	1/3 c batter	2 oz muffin	180	6.0	30.00%	1.50	7.50%	370
	<b>Total</b>			<b>480</b>	<b>17.8</b>	<b>33.38%</b>	<b>3.63</b>	<b>6.81%</b>	<b>611</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98
	<b>Total</b>			<b>560</b>	<b>17.8</b>	<b>28.61%</b>	<b>3.63</b>	<b>5.83%</b>	<b>709</b>

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
	Apple Cider Vinegar	1/4 c	2 oz	0	0.0	0.00%	0.00	0.00%	0
	Dijon Mustard	1 Tbsp	.50 oz	15	0.0	0.00%	0.00	0.00%	360
	Honey	1.5 Tbsp	1 oz	120	0.0	0.00%	0.00	0.00%	0
	Black Pepper	1/4 tsp	0 oz	0	0.0	0.00%	0.00	0.00%	0
	Vegetable Oil	1/4 c	2 oz	60	3.5	52.50%	0.50	7.50%	0
	Cole Slaw Mix	20 oz	20 oz	125	0.0	0.00%	0.00	0.00%	0
	Green onions, sliced	4 onions	2.5 oz	20	0.0	0.00%	0.00	0.00%	10
	Celery ribs, sliced	1/2 celery rib	.6 oz	1	0.0	0.00%	0.00	0.00%	7
	Granny Smith Apples	2 apples	12 oz	150	0.0	0.00%	0.00	0.00%	3
	Total Recipe		40.6 oz	491	3.5	52.50%	0.50	7.50%	380
	<b>4 oz Serving</b>			<b>61.375</b>	<b>0.4</b>	<b>6.56%</b>	<b>0.06</b>	<b>0.00916497</b>	<b>48</b>
	Pork	2 oz	2 oz	96	4.4	41.25%	2.00	18.75%	180
	Garlic, chopped	1 tsp	.07 oz	4	0.0	0.00%	0.00	0.00%	0
	Red & Green Peppers	1.5 oz	1.5 oz	10	0.0	0.00%	0.00	0.00%	0
	Onions	1.5 oz	1.5 oz	22	0.0	0.00%	0.00	0.00%	2
	Tomato Puree	1 Tbsp	.70 oz	6	0.0	0.00%	0.00	0.00%	4
	Roasted Poblano Peppers	2 tsp		1	0.0	0.00%	0.00	0.00%	0
	Fresh Lime Juice	1 tsp	.10 oz	1	0.0	0.00%	0.00	0.00%	0
	Lime zest	1 g		1	0.0	0.00%	0.00	0.00%	0
	Brown Rice	1/8 cup dry	22 g	80	0.8	8.44%	0.00	0.00%	0
	8" Whole Grain Tortilla	2 tortilla (8")	102 g	280	6.0	19.29%	2.00	6.43%	500
	Strawberries	1/2 cup		25	0.0	0.00%	0.00	0.00%	0
	Kiwi	1/4 cup		25	0.0	0.00%	0.00	0.00%	0
	<b>Total</b>			<b>612.38</b>	<b>11.6</b>	<b>17.03%</b>	<b>4.00</b>	<b>5.88%</b>	<b>686</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98
	<b>Total</b>			<b>692.38</b>	<b>11.6</b>	<b>15.06%</b>	<b>4.00</b>	<b>5.20%</b>	<b>784</b>

Southwest Pork  
Panini with  
Apple Cole Slaw  
and Fresh Fruit

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

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Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
Pineapple Chicken Salad with Balsamic Vinaigrette	Chicken Breast	3 oz	3 oz	100	3.0	27%	1.00	9%	30
	Olive Oil	1 3/4 tsp		70	7.8	100%	1.20	15%	0
	Pineapple	3 oz	3 oz	40	0.0	0%	0.00	0%	1
	Strawberries	3 oz	3 oz	27	0.0	0%	0.00	0%	1
	broccoli florets	1/4 cup		8	0.0	0%	0.00	0%	8
	baby spinach leaves	1 cup		7	0.0	0%	0.00	0%	24
	Red Onions, sliced	1 Tbsp		4	0.0	0%	0.00	0%	0
	Balsamic Vinegar	3/4 tsp		5	0.0	0%	0.00	0%	0
	Sugar	1/4 tsp		4	0.0	0%	0.00	0%	0
	Cinnamon	pinch		0	0.0	0%	0.00	0%	0
	Whole Wheat Roll	1 Roll	2 oz	140	2.0	13%	0.00	0%	250
<b>Total</b>				<b>405</b>	<b>12.8</b>	<b>28%</b>	<b>2.20</b>	<b>5%</b>	<b>314</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98
<b>Total</b>				<b>485</b>	<b>12.8</b>	<b>24%</b>	<b>2.20</b>	<b>4%</b>	<b>412</b>



Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

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Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Moroccan Chicken, Vegetables & Rice	Brown Rice	3.5 oz cooked	1/2 cup cook	108	0.9	7%	0.00	0%	0	
	Olive Oil		1/3 tsp	14	1.5	96%	0.20	13%	0	
	Fresh Green Beans	1.75 oz	1/2 cup	17	0.0	0%	0.00	0%	3	
	Fresh Yellow Squash, sliced	2 oz	1/2 cup	20	0.0	0%	0.00	0%	2	
	onion	13 grams	1 Tbsp	6	0.0	0%	0.00	0%	1	
	red bell pepper	20 grams	2 Tbsp	6	0.0	0%	0.00	0%	1	
	low-sodium chicken stock		1.5 Tbsp	5	0.0	0%	0.00	0%	10	
	cooked chicken breast	2 oz	2 oz	64	1.5	21%	0.31	4%	65	
	garam masala spice		pinch	0	0.0	0%	0.00	0%	0	
	old bay seasoning		pinch	0	0.0	0%	0.00	0%	0	
	roasted sunflower seeds	1 oz	1 oz	160	14.0	79%	1.50	8%	110	
	flat leaf parsley, chopped		2 tsp	0	0.0	0%	0.00	0%	0	
	<b>Total</b>				<b>400</b>	<b>17.9</b>	<b>40%</b>	<b>2.01</b>	<b>5%</b>	<b>192</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98	
Fruit (from fruit bar)	4 oz	4 oz	60	0.0	0.00%	0.00	0.00%	0		
<b>Total</b>				<b>540</b>	<b>17.9</b>	<b>30%</b>	<b>2.01</b>	<b>3%</b>	<b>290</b>	

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Apricot Glazed Turkey with Quinoa and Vegetables	Turkey	4 oz	4 oz	160	6.0	33.8%	2.00	11.3%	80	
	Apricot Jam	1 T		50	0.0	0.0%	0.00	0.0%	0	
	Quinoa (dry)	1/4 c (3/4 c cooked)		170	2.5	13.2%	0.00	0.0%	0	
	Snap Peas	1/2 c		14	0.0	0.0%	0.00	0.0%	2	
	Yellow Squash	2 c		40	0.2	4.5%	0.00	0.0%	3	
	Shredded Carrots	1/4 c		12	0.0	0.4%	0.00	0.0%	19	
	Zucchini	1 c		19	0.0	1.9%	0.00	0.0%	9	
	<b>Total</b>				<b>465</b>	<b>8.7</b>	<b>16.9%</b>	<b>2.00</b>	<b>3.9%</b>	<b>113</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98	
	Fruit (from fruit bar)	4 oz	4 oz	60	0.0	0.00%	0.00	0.00%	0	
<b>Total</b>				<b>605</b>	<b>8.7</b>	<b>13.01%</b>	<b>2.00</b>	<b>2.98%</b>	<b>211</b>	

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
Tuscan Herb Tilapia, Long Grain & Wild Rice Blend, and Orange Braised Kale & Carrots	Tilapia	6 oz	6 oz	147	2.0	12.2%	1.00	6.1%	60
	Olive Oil	1/4 tsp	.165 oz	10	1.2	104.4%	0.16	14.4%	0
	Fresh Garlic	1/4 tsp		0	0.0	0.0%	0.00	0.0%	0
	Thyme	pinch		0	0.0	0.0%	0.00	0.0%	0
	Parsley	1 Tbsp		1	0.0	0.0%	0.00	0.0%	0
	Lemon Zest	1/4 lemon		0	0.0	0.0%	0.00	0.0%	0
	Lemon Juice	1/4 lemon		3	0.0	0.0%	0.00	0.0%	0
	Black Pepper	1/8 tsp		0	0.0	0.0%	0.00	0.0%	0
	Long Grain/Wild Rice Blend	3/4 c cooked		175	0.0	0.0%	0.00	0.0%	0
	Golden Raisins	.5 oz	.5 oz	32	0.0	0.0%	0.00	0.0%	0
	Sliced Almonds	.25 oz	.25 oz	40	3.5	78.8%	0.25	5.6%	0
	Scallions	1 Tbsp		2	0.0	0.0%	0.00	0.0%	1
	Kale	4 c raw		48	0.0	0.0%	0.00	0.0%	110
	Shredded Carrots	1/2 c raw		23	0.1	5.1%	0.00	0.0%	38
	Shallot	1/4 whole		7	0.0	0.0%	0.00	0.0%	1
	Orange Zest	1/4 orange		0	0.0	0.0%	0.00	0.0%	0
	Fresh Orange Juice	1/4 orange		10	0.0	0.0%	0.00	0.0%	0
<b>Total</b>				<b>498</b>	<b>6.8</b>	<b>12.3%</b>	<b>1.41</b>	<b>2.5%</b>	<b>210</b>
Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98
Fruit (from fruit bar)	4 oz	4 oz		60	0.0	0.00%	0.00	0.00%	0
<b>Total</b>				<b>638</b>	<b>6.8</b>	<b>9.58%</b>	<b>1.41</b>	<b>1.99%</b>	<b>308</b>

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg
Citrus Poached Salmon, Wild & Brown Rice, and Asian Vegetable Medley	Ginger	1 oz							
	Fresh Garlic	1 oz							
	Yellow Onion	2 oz							
	Celery	2 oz							
	Lemon Slices	1/2 lemon							
	Water	2 c	16 oz						
	Salmon	4 oz	4 oz	90	1.0	10.0%	0.00	0.0%	70
	Brown Rice	1/4 c dry		160	1.5	8.4%	0.00	0.0%	0
	Wild Asian Rice	1/8 c dry		75	0.0	0.0%	0.00	0.00%	0
	Sesame Oil	1/2 tsp	.08 oz	20	2.3	103.5%	0.30	13.50%	0
	Vegetable Oil	1 tsp	.165 oz	40	4.7	105.8%	0.70	15.75%	0
	Broccoli	1 c		31	0.3	8.7%	0.00	0.00%	30
	Snap Peas	1/2 c		11	0.0	0.0%	0.00	0.00%	1
	Green Onion	1 Tbsp		2	0.0	0.0%	0.00	0.00%	1
	Shredded Carrots	1/2 c		23	0.1	5.09%	0.00	0.00%	38
	Red Pepper	1 Tbsp		3	0.0	0.00%	0.00	0.00%	0
	Yellow Squash	1/2 c		9	0.1	10.00%	0.00	0.00%	1
	Fresh Garlic	1/4 tsp		1	0.0	0.00%	0.00	0.00%	0
	Ginger	1/4 tsp		0	0.0	0.00%	0.00	0.00%	0
	<b>Total</b>				<b>465</b>	<b>10.0</b>	<b>19.41%</b>	<b>1.00</b>	<b>1.94%</b>
Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98
Fruit (from fruit bar)	4 oz	4 oz		60	0.0	0.00%	0.00		0
<b>Total</b>				<b>605</b>	<b>10.0</b>	<b>14.92%</b>	<b>1.00</b>	<b>1.49%</b>	<b>239</b>

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Baked Chicken Breast with Peach Salsa-Back to Local	Chicken Breast	3 oz	3 oz	100	3.0	27%	1.00	9%	30	
	Peach Salsa	1/2 cup		58	0.0	0%	0.00	0%	0	
	Corn on the cob	1/3 ear		20	0.0	0%	0.00	0%	1	
	Heirloom tomato, cucumber and red onion	1/2 cup		90	7.0	70%	1.00	10%	6	
	Watermelon Slice	1 cup		46	0.0	0%	0.00	0%	2	
	Honey Wheat Breadstick	2 breadsticks	2 oz	140	2.0	13%	0.00	0%	250	
	<b>Total</b>				<b>454</b>	<b>12.0</b>	<b>24%</b>	<b>2.00</b>	<b>4%</b>	<b>289</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz	80	0.0	0.00%	0.00	0.0%	98	
<b>Total</b>				<b>534</b>	<b>12.0</b>	<b>20%</b>	<b>2.00</b>	<b>3%</b>	<b>387</b>	

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Grilled Peach and Beef Salad with Honey Balsamic Vinegar	Beef Flat Iron Steak	2 oz	2 oz	85	5.5	58.24%	2.00	21.18%	250	
	Almonds, chopped	19 g	19 g	110	9.5	77.73%	0.70	5.73%	0	
	Honey	4 tsp		86	0.0	0	0.00	0	7	
	Balsamic Vinegar	2 tsp		10	0.0	0	0.00	0	15	
	Dried Thyme	1/6 tsp		0	0.0	0	0.00	0	0	
	Black Pepper	1/32 tsp		0	0.0	0	0.00	0	0	
	Peaches, fresh chopped	3/4 cup		100	0.3	2.70%	0.00	0	0	
	Spring mix	2 oz	2 oz	15	0.0	0	0.00	0	35	
	Spinach, fresh	1 oz	1 oz	20	0.1	4.50%	0.00	0	66	
	Brie	1/3 oz	9 g	34	2.7	71.47%	1.70	45.00%	60	
	Barley	1 oz	1 oz	94	0.3	2.87%	0.00	0	0	
	<b>Total</b>				<b>554</b>	<b>18.4</b>	<b>29.89%</b>	<b>4.40</b>	<b>7.15%</b>	<b>433</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98
<b>Total</b>				<b>634</b>	<b>18.4</b>	<b>26.12%</b>	<b>4.40</b>	<b>6.25%</b>	<b>531</b>	

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Greek Grilled	Whole Wheat Pita	79 g	79 g	170	3.5	18.53%	0.50	2.65%	310	
	Raw shrimp	4 oz	4 oz	118	2.0	15.25%	0.36	2.75%	165	
	Yellow Pepper strips	.5 oz	.5 oz	4	0.0	9.00%	0.00	0.00%	1	
	Red Pepper strips	.5 oz	.5 oz	4	0.0	9.00%	0.00	0.00%	1	
	Red Onion slices	.25 oz	.25 oz	2	0.0	0.00%	0.00	0.00%	1	
	Olive Oil	.5 tsp	.165 oz	20	2.4	108.00%	0.35	15.75%	0	
	Na-Free Greek Seasoning	1/2 tsp		0	0.0	0.00%	0.00	0.00%	0	
	Garlic Clove	1/2 clove		2	0.0	0.00%	0.00	0.00%	0	
	Fresh lemon juice	1/4 lemon		3	0.0	9.00%	0.00	0.00%	0	
	Lemon Zest	.5 g	.5 g	0	0.0	0.00%	0.00	0.00%	0	
	Mushrooms, sliced	1 oz	1 oz	6	0.2	30.00%	0.00	0.00%	2	
	Zucchini, sliced & halved	3 oz	3 oz	15	0.3	18.00%	0.00	0.00%	6	
	Spinach	12 g	12 g	3	0.0	6.00%	0.00	0.00%	9	
	Golden Raisins	8 g	8 g	26	0.1	3.46%	0.00	0.00%	2	
	Shredded Carrots	.5 oz	.5 oz	6	0.0	4.50%	0.00	0.00%	10	
	Shallots, diced	3 g	3 g	2	0.0	0.00%	0.00	0.00%	0	
	Olive Oil	1 tsp	.165 oz	40	4.7	105.75%	0.70	15.75%	0	
	Black Pepper	pinch		0	0.0	0.00%	0.00	0.00%	0	
	Red Grapes	1.5 oz	1.5 oz	29	0.1	2.17%	0.00	0.00%	1	
	Honeydew, cubed	1.5 oz	1.5 oz	15	0.1	3.60%	0.00	0.00%	6	
	Cantaloupe, cubed	1.5 oz	1.5 oz	15	0.1	4.80%	0.00	0.00%	4	
	Fresh Mint, diced	1 leaf		0	0.0	0.00%	0.00	0.00%	0	
	Fresh lime juice	1/8 tsp	.04 oz	1	0.0	0.00%	0.00	0.00%	0	
	Lime Zest	.5 g	.5 g	0	0.0	0.00%	0.00	0.00%	0	
	Tzatziki Sauce	3 T		75	6.0	72.00%	5.00	60.00%	112	
	<b>Total</b>				<b>556</b>	<b>19.6</b>	<b>31.68%</b>	<b>6.91</b>	<b>11.19%</b>	<b>630</b>
	Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98
<b>Total</b>				<b>636</b>	<b>19.6</b>	<b>27.69%</b>	<b>6.91</b>	<b>9.78%</b>	<b>728</b>	

Targets: <700 kcal; <10% kcal sat. fat; 0 g trans fat; <800 mg Na

Food Profile: 2 oz protein; 2 oz whole grain; 3/4 c fruit; 3/4 c vegetable, 1 c low-fat dairy

**\*Note:** nutrient analysis from package of items used/produce used USDA National Nutrient Database

Recipe Title	Components	Serving Size	Weight (oz)	Kcal	Fat g	Fat %	Sat Fat g	Sat Fat %	Sodium mg	
Vegan Italian	<b>Tomato Sauce (1 batch = 5 c = 10 servings)</b>									
	Cherry Tomatoes	4 pints	30 oz	150	1.7	10.20%	0.00	0.00%	42	
	Olive Oil	2 Tbsp	1 oz	240	28.0	105.00%	4.00	15.00%	0	
	Onion, Chopped	6 oz	6 oz	67	0.2	2.69%	0.00	0.00%	7	
	Fresh garlic, minced	1 Tbsp		13	0.0	2.77%	0.00	0.00%	1	
	Tomato Paste	4 Tbsp	2 oz	60	0.0	0.00%	0.00	0.00%	40	
	Italian Spice	4 tsp		0	0.0	0.00%	0.00	0.00%	0	
	NuSalt	.25 g	.25 g	0	0.0	0.00%	0.00	0.00%	0	
	Table Salt	.25 g	.25 g	0	0.0	0.00%	0.00	0.00%	98	
	Sugar	2 tsp		33	0.0	0.00%	0.00	0.00%	0	
	Fresh Red Peppers, roasted	7 oz	7 oz	61	0.6	8.85%	0.00	0.00%	8	
	Fresh Basil	2 g	2 g	0	0.0	0.00%	0.00	0.00%	0	
	<b>TOTAL RECIPE</b>				624	30.5	44.05%	4.00	5.77%	196
	<b>1/2 c Serving</b>				62.4	3.1	44.05%	0.40	5.77%	20
	Vegan Italian Sausage	2 oz	2 oz	90	2.0	20.00%	0.00	0.00%	420	
	Italian Seasoning	1.5 tsp		0	0.0	#DIV/0!	0.00	#DIV/0!	0	
	Fresh Garlic	1 tsp		4	0.0	0.00%	0.00	0.00%	0	
	Whole Grain Penne	1.75 oz dry, 5.25	5.25 oz		175	1.3	6.69%	0.00	0.00%	0
	Fresh garlic, minced	.5 tsp			2	0.0	0.00%	0.00	0.00%	0
	Olive Oil	.5 tsp	.165 oz		20	2.3	103.50%	0.30	13.50%	0
	Sliced Carrots	.75 oz	.75 oz		9	0.1	9.00%	0.00	0.00%	14
	Fresh Spinach	.25 oz	.25 oz		2	0.0	0.00%	0.00	0.00%	6
Yellow Squash, sliced & halved	2 oz	2 oz		8	0.1	10.13%	0.00	0.00%	0	
Celery, bias cut	.25 oz	.25 oz		1	0.0	0.00%	0.00	0.00%	6	
Crimini Mushrooms, sliced	.25 oz	.25 oz		2	0.0	0.00%	0.00	0.00%	0	
Onion, sliced & halved	.75 oz	.75 oz		8	0.0	0.00%	0.00	0.00%	0	
<b>Total</b>				<b>383.4</b>	<b>8.8</b>	<b>20.74%</b>	<b>0.70</b>	<b>1.64%</b>	<b>466</b>	
Skim Milk / Dannon Yogurt	8 / 6 oz	8 / 6 oz		80	0.0	0.00%	0.00	0.0%	98	
Fruit (from fruit bar)	4 oz	4 oz		60	0.0	0.00%	0.00	0.00%	0	
<b>Total</b>				<b>523.4</b>	<b>8.8</b>	<b>15.19%</b>	<b>0.70</b>	<b>1.20%</b>	<b>564</b>	