

### **Baked Penne with Four Cheeses**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	393	18g	59g	9g	26mg	369mg	2g

### **Crazy Meat & Cheese Casserole Concoction**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	519	35g	62g	13g	62mg	389mg	3.2g

### **Four-Cheese Manicotti with Fresh Pasta**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	445	22g	47g	14g	111mg	496mg	4g

### **Chicken, Spinach & Four-Cheese Cannelloni with Fresh Pasta**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	468	37g	45g	13.5g	141mg	472mg	6g

### **Lasagna Rollatini with Fresh Pasta**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	433	26g	44g	10g	129mg	359mg	3g

### **Penne Pasta with Turkey Meatballs**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	215	41g	3g	2.3g	149mg	150mg	0
1 serving* (sauce only)	24	1.2g	4.2g	0	0	175mg	1.2g

### **Risotto Express**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	432	29g	56g	4.2g	100mg	316mg	6g

### **Focaccia Bread with Three Cheeses**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	245	7g	14g	7g	18mg	160mg	2g

### **Tri-Color Cheese Tortellini Bolognese**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	312	18.6g	34.8g	4.8g	49mg	321mg	3.3g

### **Cheese Quesadillas with Tomato Salsa and Chipotle Cream**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving*	370	32g	3.4g	15.2g	78mg	569mg	4g

### **Chicken Marsala**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48	0	6g	99mg	99mg	0
1 serving* (sauce only)	43	1.5g	6g	.5g	0	424mg	1g

### **Chicken Piccante**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48g	0	6g	99mg	99mg	0
1 serving* (sauce only)	60	.5g	.2g	0	0	19mg	0

### **Chicken Florentine**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48	0	6g	99mg	99mg	0
1 serving* (sauce only)	107	4.4g	3.8g	3.1g	7mg	326mg	2g

### **Chicken Pot Pie**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving (1/4 pie)	360	16g	21g	13g	22mg	359mg	4g

### **Chicken Francaise**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	391	50.5g	5.2	16g	147mg	113mg	0
1 serving* (sauce only)	60	.5g	.2g	0	0	19mg	0

### **Chicken Porto**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48g	0	6g	99mg	99mg	0
1 serving* (sauce only)	43	1.5g	6g	.5g	0	279mg	1g

### **Chicken Lafayette**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48	0	6g	99mg	99mg	0
1 serving* (sauce only)	135	.5g	3.5g	7.9g	0	255mg	0

### **Chicken Madeira**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48	0	6g	99mg	99mg	0
1 serving* (sauce only)	43	1.5g	6g	.5g	0	424mg	1g

### **Chicken Parmesan Express**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	450	53g	15.1g	16.2g	147mg	214mg	0
1 serving* (sauce only)	24	1.2g	4.2g	0	0	175mg	1.2g
1 serving* (cheese only)	75	6g	.6g	5g	14mg	75mg	0

### **Chicken Sorrento**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48	0	6g	99mg	99mg	0
1 serving* (sauce only)	28	2.7g	2.7g	.6g	4mg	167mg	1g

### **Chicken Rustica**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	261	48	0	6g	99mg	99mg	0
1 serving* (sauce only)	25	1.1g	4.4g	.2g	0	301mg	3g

### **Turkey Meatloaf Madness**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	215	41g	3g	2.3g	149mg	150mg	4g
1 serving* (sauce only)	33	.2g	8.5g	0	0	159mg	0

### **Roast Pork Loin with Tucson Tomato Sauce**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	193	27g	0	13g	52mg	37mg	0
1 serving* (sauce only)	33	1g	7g	0	0	224mg	1.6g

**Pork Cutlets with Cinnamon Maple Raisin Glaze**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	193	27g	0	13g	52mg	37mg	0
1 serving* (sauce only)	139	.2g	32g	0	0	124mg	2g

**Pulled Pork 'Barbecue' Style**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	193	27g	0	13g	52mg	37mg	0
1 serving* (sauce only)	68	0	16g	0	0	307mg	0

**Roast Pork Loin with Spiced Apple Cider Marinade**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	193	27g	0	13g	52mg	37mg	0
1 serving* (sauce only)	94	0	14g	4.6g	0	200mg	1g

**Pork Cutlets in Balsamic Rosemary Dijon Marinade**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	193	27g	0	13g	52mg	37mg	0
1 serving* (sauce only)	55	0	1g	6g	10mg	87mg	0

**London Broil 'Piedmont' Style**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	275	45g	0	8.3g	119mg	86mg	0
1 serving* (sauce only)	75	.6g	6.9g	4.7g	0	263mg	.2g

**Beef Stroganoff**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	275	45g	0	8.3g	119mg	86mg	0
1 serving* (sauce only)	60	2g	8g	2.2g	6mg	425mg	1g

**Beef Stew 'Hunter' Style**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	275	45g	0	8.3g	119mg	86mg	0
1 serving* (sauce only)	33	2g	5.3g	.6g	0	395mg	6g

**London Broil 'Bombay' Style**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (meat only)	275	45g	0	8.3g	119mg	86mg	0
1 serving* (sauce only)	15	0	4g	0	0	180mg	0

#### **Broiled Tilapia with Chardonnay Lemon Caper Sauce**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (fish only)	131	41g	0	1.5g	49mg	119mg	0
1 serving* (sauce only)	2	0	.3g	1g	0	23mg	0

#### **Tilapia Fillets 'Vera Cruz' Style**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (fish only)	131	41g	0	1.5g	49mg	119mg	0
1 serving* (sauce only)	79	1g	3g	1g	0	189mg	1.7g

#### **Grilled Salmon with Gingered Garlic & Sherry Teriyaki Marinade**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (fish only)	165	25g	0	6g	51mg	53mg	0
1 serving* (sauce only)	79	1.3g	6g	4g	0	270mg	0

#### **Seafood Fra Diavolo**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (fish only)	100	19g	2.6g	6g	66mg	290mg	0
1 serving* (sauce only)	25	1.2g	4.2g	0	0	175mg	1.2g

#### **Shrimp Brochette 'Scampi' Style**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (fish only)	49	9g	.3g	.7g	59mg	59mg	0
1 serving* (sauce only)	45	.1g	.9g	4.5g	0	52mg	0

#### **New Zealand Mussels Blanco**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (fish only)	60	11g	2g	1.8g	18mg	201mg	0
1 serving* (sauce only)	42	0	.3g	4.5g	0	23mg	0

#### **New Zealand Mussels Rojo**

	<u>Cal.</u>	<u>Prot.</u>	<u>Carb.</u>	<u>Fat</u>	<u>Chol.</u>	<u>Sod.</u>	<u>Fiber</u>
1 serving* (fish only)	60	11g	2g	1.8g	18mg	201mg	0
1 serving* (sauce only)	22	1g	4.3g	0	0	175mg	1g

*\* represents 1/3 of Small Size Meal or 1/6 of Large Size Meal, entrée only*