

Entrée Menu

Veggie Lasagna with Roasted Broccoli

Cal- 332 [Fat 13g, Carb 30g, Protein 36g]

Herb Seasoned Grilled Chicken, Roasted Veggies & Sweet Potato Chunks

Cal- 363 [Fat- 4.2g, Carb 53.2g, Protein 25.4g]

Skinny Parmesan Chicken over Penne Pasta with Stewed Tomatoes

Cal- 310 [Fat-9g, Carb-41g, Protein- 26.1g]

Turkey Spaghetti with Broccoli

Cal- 310 [Fat-5.6 Carb-49g Protein-14g]

Inside Out Eggroll with Ground Turkey or Shrimp

Cal- 252 [Fat-2.8, Carb-4g, Protein-37g]

Salsa Chicken with Brown Rice, Black Beans & Corn

Cal- 352 [Fat-4.8g, Carb-40g, Protein-37.7]

Lemon Pepper Salmon with Honey Cinnamon Sweet Potatoes & Zucchini

Cal- 378 [Fat-14g, Carb-34g, Protein-29g]

Smoked Sausage, Cabbage & Brown Rice

Cal- 370 [Fat-18g, Carb-18g, Protein-10g]

Cranberry Almond Chicken Salad wrap with Cucumber Tomato Salad

Cal- 298 [Fat- 1g, Carb-38g, Protein19g]

****Featured Item****

Mexican Zucchini Burrito Boats

(Filling: Ground Turkey, Brown Rice, Garlic, Black Beans, Corn, Salsa, Cheese)

Cal- 375 [Fat 13g, Carb 39g, Protein 29g]