

3 Bean Turkey Chili

TURKEY

Hearty chili packed with protein and fiber

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

220
CALORIES

5g
TOTAL FAT

35g
CARBS

7g
FIBER

17g
PROTEIN

7g
SUGARS

1g
SAT. FAT

1050mg
SODIUM

Nutrition facts only include meal provided

3 Bean Veggie Chili

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

300
CALORIES

2g
TOTAL FAT

56g
CARBS

17g
FIBER

15g
PROTEIN

3g
SUGARS

0g
SAT. FAT

1580mg
SODIUM

Nutrition facts only include meal provided

Arroz con Pollo

CHICKEN

"Chicken with rice" A classic Latin favorite with red & green peppers

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

200
CALORIES

4g
TOTAL FAT

12g
CARBS

3g
FIBER

27g
PROTEIN

5g
SUGARS

1g
SAT. FAT

860mg
SODIUM

Nutrition facts do not include rice, cheese, or additional toppings

BBQ Beef Sandwiches

BEEF

A healthy twist on a classic American favorite.

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

420
CALORIES

24g
TOTAL FAT

12g
CARBS

3g
FIBER

37g
PROTEIN

6g
SUGARS

8g
SAT. FAT

700mg
SODIUM

Nutrition facts only include meal provided

BBQ Chicken

CHICKEN

New recipe! Sweet tangy BBQ!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

340
CALORIES

5g
TOTAL FAT

34g
CARBS

0g
FIBER

39g
PROTEIN

29g
SUGARS

1g
SAT. FAT

740mg
SODIUM

Nutrition facts only include meal provided

Balsamic Beef Kabobs*

BEEF

New grilled recipe!!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts only include meal provided

Balsamic Chicken

CHICKEN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts only include meal provided

Balsamic Pot Roast

BEEF

A classic comfort meal! New and improved!!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts only include meal provided

Beef Stroganoff

BEEF

A light twist on a comfort meal.

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts include low fat sour cream

Beef with Broccoli

BEEF

A customer favorite.

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts include broccoli.

Black Bean Burrito Bowls

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

VEGETARIAN

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



Nutrition facts only include meal provided

Boneless Pork Ribs

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

PORK

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



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

Breakfast for Dinner

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

TURKEY

The perfect meal for breakfast or dinner



Nutrition facts only include meal provided

Buffalo Chicken Lettuce Wraps

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

CHICKEN

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



Nutrition facts only include meal provided

Burrito Bowls

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

TURKEY

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



Nutrition facts only include meal provided

Cajun Chicken Pasta

CHICKEN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

300
CALORIES

8g
TOTAL FAT

9g
CARBS

2g
FIBER

44g
PROTEIN

5g
SUGARS

4g
SAT. FAT

1100mg
SODIUM

Nutrition facts include low fat cream cheese.

Carne Asada Street Tacos*

BEEF

A marinated lean steak that makes great light tacos!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

330
CALORIES

11g
TOTAL FAT

9g
CARBS

0g
FIBER

49g
PROTEIN

7g
SUGARS

5g
SAT. FAT

570mg
SODIUM

Nutrition facts only include meal provided

Cashew Chicken

CHICKEN

A healthy twist on a Chinese favorite.

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

380
CALORIES

14g
TOTAL FAT

21g
CARBS

3g
FIBER

41g
PROTEIN

11g
SUGARS

3g
SAT. FAT

1090mg
SODIUM

Nutrition facts include broccoli and cashews.

Cashew Tofu Stir-Fry

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

300
CALORIES

15g
TOTAL FAT

25g
CARBS

4g
FIBER

16g
PROTEIN

12g
SUGARS

3g
SAT. FAT

1050mg
SODIUM

Nutrition facts include cashews, no additional toppings/sides

Chicken Fajitas

CHICKEN

A customer favorite that will leave you wanting more

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

190
CALORIES

4g
TOTAL FAT

11g
CARBS

3g
FIBER

27g
PROTEIN

6g
SUGARS

1g
SAT. FAT

520mg
SODIUM

Nutrition facts only include meal provided

Chicken Gyros

CHICKEN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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

Nutrition facts only include meal provided

Chicken Lime Tacos

CHICKEN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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

Nutrition facts only include meal provided

Chicken Noodle Soup

CHICKEN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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

Nutrition facts include noodles.

Chicken Spaghetti

CHICKEN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

Light, fresh flavor. New recipe!

230
CALORIES

4g
TOTAL FAT

20g
CARBS

4g
FIBER

28g
PROTEIN

12g
SUGARS

1g
SAT. FAT

720mg
SODIUM

Nutrition facts do not include pasta or cream cheese.

Chickpea Masala

VEGETARIAN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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

Nutrition facts only include meal provided

Chickpea Noodle Soup

VEGETARIAN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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



Nutrition facts only include meal provided

Coconut Chicken Curry

CHICKEN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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



Nutrition facts only include meal provided

Creamy Lemon Chicken

CHICKEN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

Excellent flavor. Fresh, light and creamy.



Nutrition facts include low fat cream cheese and broccoli.

Fire Roasted Tomato & Chipotle Chili

BEEF

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

New recipe! Flavorful chili perfect for fall!



Nutrition facts only include meal provided

French Dip Sandwiches

BEEF

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

Lean roast served with homemade french onion au jus.



Nutrition facts only include meal provided

Fresh Mexican Soup

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

CHICKEN

A simple, light base of chicken, garbanzo beans and carrots topped with fresh cilantro, avocado, tomatoes and lime juice.

320
CALORIES

7g
TOTAL FAT

19g
CARBS

6g
FIBER

44g
PROTEIN

2g
SUGARS

1g
SAT. FAT

800mg
SODIUM

Nutrition facts only include meal provided

Fresh Vegetable Soup

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

VEGETARIAN

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

Nutrition facts only include meal provided

Garden Spaghetti

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

VEGETARIAN

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

Nutrition facts only include meal provided

Garlic Parmesan Chicken

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

CHICKEN

New recipe! 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

Nutrition facts include low fat cream cheese.

Grilled Chipotle Chicken

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

CHICKEN

New recipe! 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

Nutrition facts are only for meal provided

Honey Orange Chicken

CHICKEN

Diced chicken breast with delicious orange flavor!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts only include meal provided

Honey Sesame Chicken

CHICKEN

Revised recipe! Sweet Asian dish

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts only include meal provided

Indian Masala Chicken

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

Italian Sausage & Tortellini Soup

TURKEY

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts include tortellini.

Italian Veggie Pasta

VEGETARIAN

Try this veggie pasta sauce with a noodle you've never tasted! Find noodles high in protein and fiber, made from edamame, quinoa, chickpeas, brown rice, or whole wheat.

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.



Nutrition facts only include meal provided

Korean Beef

BEEF

Diabetes Friendly.

Tender beef in a sweet and spicy sauce.



Nutrition facts only include meal provided

Lasagna Soup

TURKEY

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

Lasagna made easy!



Nutrition facts do not include noodles.

Meatloaf

BEEF

Calorie Conscious.
Diabetes Friendly.

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



Nutrition facts only include meal provided

Orange Ginger Pork Loin

PORK

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

Light citrus flavor with tender lean meat.



Nutrition facts only include meal provided

Pasta Fagioli

BEEF

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

A classic high protein soup enjoyed by all.



Nutrition facts only include meal provided

Pasta Primavera

VEGETARIAN

A creamy and light pasta dish loaded with vegetables.

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

120
CALORIES

3g
TOTAL FAT

14g
CARBS

3g
FIBER

7g
PROTEIN

5g
SUGARS

2g
SAT. FAT

540mg
SODIUM

Nutrition facts only include meal provided

Penne & Turkey Sausage

TURKEY

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

Pesto Tossed Lasagna

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

220
CALORIES

13g
TOTAL FAT

13g
CARBS

3g
FIBER

14g
PROTEIN

6g
SUGARS

5g
SAT. FAT

950mg
SODIUM

Nutrition facts do not include noodles.

Pork Carnitas

PORK

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

230
CALORIES

8g
TOTAL FAT

4g
CARBS

1g
FIBER

32g
PROTEIN

2g
SUGARS

3g
SAT. FAT

980mg
SODIUM

Nutrition facts only include meal provided

Pulled Chicken Sandwiches

CHICKEN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

180
CALORIES

4g
TOTAL FAT

9g
CARBS

1g
FIBER

27g
PROTEIN

6g
SUGARS

1g
SAT. FAT

460mg
SODIUM

Nutrition facts only include meal provided

Pulled Pork

PORK

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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



Nutrition facts only include meal provided

Sloppy Janes

TURKEY

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

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



Nutrition facts only include meal provided

Spaghetti & Meatballs

PORK

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

New recipe! Pork meatballs with traditional marinara sauce.



Nutrition facts do not include noodles.

Sweet Pork

PORK

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

New Recipe! Sweeter and more flavorful!



Nutrition facts only include meal provided

Teriyaki Chicken

CHICKEN

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

A sweet Asian-inspired dish.



Nutrition facts only include meal provided

Tex-Mex Chicken

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.

220
CALORIES

4g
TOTAL FAT

15g
CARBS

4g
FIBER

30g
PROTEIN

3g
SUGARS

1g
SAT. FAT

670mg
SODIUM

Nutrition facts only include meal provided

Thai Coconut Soup

CHICKEN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

200
CALORIES

7g
TOTAL FAT

6g
CARBS

1g
FIBER

27g
PROTEIN

2g
SUGARS

4g
SAT. FAT

380mg
SODIUM

Nutrition facts only include meal provided

Thai Coconut Soup with Tofu

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

130
CALORIES

7g
TOTAL FAT

9g
CARBS

1g
FIBER

8g
PROTEIN

3g
SUGARS

4g
SAT. FAT

490mg
SODIUM

Nutrition facts only include meal provided

Thai Peanut Chicken

CHICKEN

Gourmet in a crockpot! Excellent peanuty creamy flavor!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

390
CALORIES

20g
TOTAL FAT

17g
CARBS

2g
FIBER

34g
PROTEIN

13g
SUGARS

4g
SAT. FAT

630mg
SODIUM

Nutrition facts only include meal provided

Thai Peanut Tofu Stir-Fry

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

380
CALORIES

24g
TOTAL FAT

23g
CARBS

4g
FIBER

16g
PROTEIN

14g
SUGARS

7g
SAT. FAT

600mg
SODIUM

Nutrition facts only include meal provided

Tortellini Soup

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

190
CALORIES

3g
TOTAL FAT

32g
CARBS

3g
FIBER

8g
PROTEIN

5g
SUGARS

2g
SAT. FAT

560mg
SODIUM

Nutrition facts only include meal provided

Tortilla Soup

VEGETARIAN

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.

210
CALORIES

1g
TOTAL FAT

39g
CARBS

12g
FIBER

11g
PROTEIN

6g
SUGARS

0g
SAT. FAT

1360mg
SODIUM

Nutrition facts only include meal provided

Traditional Pot Roast

BEEF

New recipe! Traditional flavor

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

260
CALORIES

8g
TOTAL FAT

11g
CARBS

2g
FIBER

38g
PROTEIN

5g
SUGARS

3g
SAT. FAT

650mg
SODIUM

Nutrition facts only include meal provided

Vegetable Beef Stew

BEEF

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

380
CALORIES

15g
TOTAL FAT

19g
CARBS

3g
FIBER

39g
PROTEIN

6g
SUGARS

6g
SAT. FAT

1260mg
SODIUM

Nutrition facts only include meal provided

Vegetarian Fajitas

VEGETARIAN

Delicious vegetarian fajitas, loaded with peppers and flavor!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

160
CALORIES

1g
TOTAL FAT

31g
CARBS

10g
FIBER

8g
PROTEIN

8g
SUGARS

0g
SAT. FAT

810mg
SODIUM

Nutrition facts only include meal provided

Vegetarian Lasagna Soup

VEGETARIAN

Lasagna made easy!

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

130
CALORIES

3g
TOTAL FAT

21g
CARBS

5g
FIBER

8g
PROTEIN

11g
SUGARS

2g
SAT. FAT

1130mg
SODIUM

Nutrition facts do not include noodles

Vegetarian Pasta Fagioli

VEGETARIAN

A classic high protein soup enjoyed by all.

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

210
CALORIES

1g
TOTAL FAT

40g
CARBS

11g
FIBER

12g
PROTEIN

8g
SUGARS

0g
SAT. FAT

1100mg
SODIUM

Nutrition facts do not include pasta.

Vegetarian Stew

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

110
CALORIES

1g
TOTAL FAT

21g
CARBS

3g
FIBER

4g
PROTEIN

6g
SUGARS

0g
SAT. FAT

710mg
SODIUM

Nutrition facts only include meal provided

Vegetarian Taco Salad

VEGETARIAN

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

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

170
CALORIES

0g
TOTAL FAT

32g
CARBS

10g
FIBER

8g
PROTEIN

4g
SUGARS

0g
SAT. FAT

580mg
SODIUM

Nutrition facts only include meal provided

Veggie Breakfast for Dinner

VEGETARIAN

The perfect meal for breakfast or dinner

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

250
CALORIES

11g
TOTAL FAT

18g
CARBS

1g
FIBER

18g
PROTEIN

3g
SUGARS

5g
SAT. FAT

730mg
SODIUM

Nutrition facts only include meal provided

White Bean Chili

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

CHICKEN

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

280
CALORIES

3g
TOTAL FAT

38g
CARBS

9g
FIBER

26g
PROTEIN

4g
SUGARS

1g
SAT. FAT

730mg
SODIUM

Nutrition facts do not include sour cream or other toppings.

White Bean Veggie Chili

Heart Healthy.
Calorie Conscious.
Diabetes Friendly.

VEGETARIAN

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

270
CALORIES

1g
TOTAL FAT

49g
CARBS

11g
FIBER

16g
PROTEIN

6g
SUGARS

0g
SAT. FAT

1240mg
SODIUM

Nutrition facts do not include sour cream or other toppings.