



Catfish Dinner with Grilled Veggies

Calories: 378 • Total Fat 19g • Saturated Fat: 4g • Trans Fat: 0g • Sodium: 377mg
Carbohydrate: 12g • Protein: 38g • Fiber: 4g

Shrimp Dinner with Grilled Veggies

Calories: 500 • Total Fat 12g • Saturated Fat: 5g • Trans Fat: 0g • Sodium: 360mg
Carbohydrate: 81g • Protein: 19g • Fiber: 7g

Fish City Sandwich with Grilled Veggies

Calories: 514 • Total Fat 10g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 568mg
Carbohydrate: 80g • Protein: 47g • Fiber: 6g

Chicken Breast Dinner with Grilled Veggies

Calories: 397 • Total Fat 9g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 333.5mg
Carbohydrate: 37g • Protein: 41g • Fiber: 3g

Virginia's Apple Cider Cole Slaw

Calories: 170 • Total Fat 3g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 40mg
Carbohydrate: 37g • Protein: 2g • Fiber: 3g

Grilled Veggies

Calories: 60 • Total Fat 0.5g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 180mg

