Lemon-Rosemary Chicken Breast

Calories: 228 • Total Fat 6g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 198mg
Carbohydrate: 1g • Protein: 36g • Fiber: 0g

Savory Chicken and Pineapple Kabob

Calories: 232 • Total Fat 2g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 163mg
Carbohydrate: 26g • Protein: 28g • Fiber: 3g

Zesty Garden Salad Entrée

Calories: 114 • Total Fat 5g • Saturated Fat: 3g • Trans Fat: 0g • Sodium: 152mg
Carbohydrate: 12g • Protein: 7g • Fiber: 4g

Grilled Peppers & Mushrooms

Calories: 81 • Total Fat 4g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 9mg
Carbohydrate: 11g • Protein: 2g • Fiber: 3g

Fresh Fruit Salad

Calories: 105 • Total Fat 0g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 21mg
Carbohydrate: 27g • Protein: 2g • Fiber: 2g

Hot Fresh Baked Potato

Calories: 130 • Total Fat 0g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 14mg
Carbohydrate: 30g • Protein: 4g • Fiber: 3g

Fresh Green Beans

Calories: 76 • Total Fat 3g • Saturated Fat: 1g • Trans Fat: 0g • Sodium: 160mg
Carbohydrate: 9g • Protein: 5g • Fiber: 4g

Healthy Brown Rice

Calories: 137 • Total Fat 1g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 119mg
Carbohydrate: 29g • Protein: 3g • Fiber: 1g