



Cooking for 1 or 2

Simple Recipes for 7 Days of Nutrient
Packed Recipes and Meals.

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Greater Wisconsin Agency on
Aging Resources

5 Meal Recipes for 7 Days of Meals

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These meal recipes are designed to be prepared for 1 or 2 people, with the 2015-2020 Dietary Guidelines in mind. The meals are all nutrient dense, and include protein, fruit or vegetable, whole grains, and calcium with each meal!

Suggestions:

Recipes are modified to make only 1-2 servings. All recipes can be prepared in advance, and frozen for later use. Label and store for up to 3 months for a convenient meal when you are short on time.

Each recipe may be modified by using different fruits, vegetables, or proteins for different flavors and varieties. This allows you to eat the same meal more than once a week, and not get bored of it!

Prepare large batches of meat at the beginning of the week to be used in multiple recipes.

Utilize frozen fruits and vegetables! Frozen vegetables can be bought pre-cut in the frozen vegetable section of the super market. This will save you time and energy when cooking.

The 15 recipes included are intended to be mixed and matched throughout the week to account for 7 days of meals.

* All pictures sourced from pixabay.com

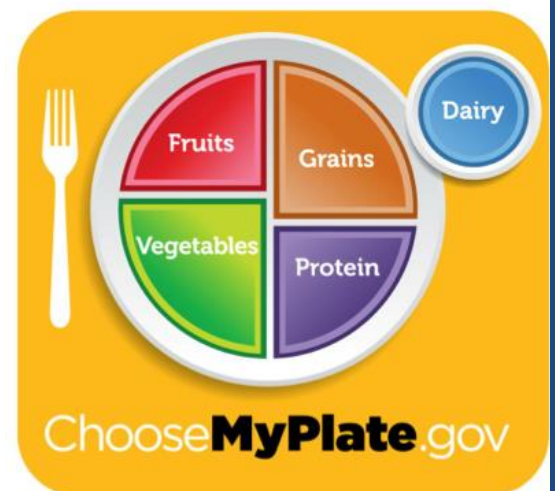


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BREAKFAST RECIPES AND MEAL TIPS

Breakfast 1:

Banana Pancakes

Ingredients:

1 ripe banana

1 egg

½ teaspoon vanilla extract

¼ cup quick-cook oats

½ teaspoon cinnamon

1 Tablespoon peanut butter

Maple Syrup

*Recipe adapted from tasty.com



Directions:

1. Mash banana in a large bowl until smooth. Add eggs and vanilla and mix. Then mix in oats and cinnamon.
2. Heat a skillet to medium and add a small amount of butter or nonstick spray. Pour in 1/3-1/2 cup scoop of the pancake batter. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.
3. Spread peanut butter and drizzle maple syrup on top.
4. Serve with a glass of low-fat or fat-free milk and enjoy!

Variation Notes:

*Add sliced banana, strawberries, or blueberries for additional fruit and flavor!
You can also substitute pumpkin puree for the mashed banana.*

Breakfast 2:

Tomato and Spinach Egg Scramble

Ingredients:

Olive Oil

1 cup spinach

1 small tomato, diced (or ½ can diced tomatoes)

2 eggs

1 Tablespoon cheddar cheese, optional

Sprinkling of parsley, basil, or other herb of your choice, optional

*Recipe adapted from Good and Cheap

Directions:

1. Drizzle a tablespoon of olive oil into a nonstick skillet over medium heat. Add spinach and tomatoes and cook about 5 minutes. Meanwhile, whisk eggs in a small bowl then add to skillet.



2. Turn heat down to low and allow eggs to cook while gently stirring with spoon or spatula.
3. Once eggs are cooked, remove from heat and sprinkle cheese and herb of choice immediately before serving.
4. Serve with a slice of whole wheat toast and enjoy!

Breakfast 3:

Yogurt Parfait

Ingredients:

½ cup fresh or frozen berries of choice (such as sliced strawberries, raspberries, blueberries, or anything you have on hand)

½ cup nonfat plain Greek yogurt

1 tablespoon honey

¼ cup granola of choice



*Recipe adapted from eatingwell.com

Directions:

1. Combine Greek yogurt and honey in a glass or dish.
2. Add fruit of choice either to top or mix in.
3. Cover with lid, saran wrap, or aluminum foil. Place in refrigerator overnight or up to 5 days.
4. Add granola immediately before serving and enjoy!

Note:

By preparing the yogurt the night before, the frozen fruit will thaw, and its juice will mix in with the yogurt for additional flavor!

Prepare additional for multiple days of the week.

Breakfast 4:

Apple Cinnamon Oatmeal

Ingredients:

½ cup oatmeal

1 cup water

Pinch salt

½ teaspoon cinnamon

1 ½ teaspoons brown sugar

½ cup applesauce

¼ cup chopped walnuts

*Recipe adapted from
www.geniuskitchen.com



Directions:

1. Mix the water, oats, salt, and cinnamon in sauce pan.
2. Bring to a boil and reduce heat to just above medium.
3. Continue boiling for 3 minutes.
4. Stir in brown sugar and applesauce.
5. Scoop into bowl, top with walnuts and milk, and enjoy!

Note: Add sliced or diced apples for additional fiber!

Breakfast 5:

Vegetable Egg Muffin Cups

Ingredients:

3 eggs

¼ cup green bell peppers,
chopped (can use any color
pepper)

¼ cup Mushrooms, chopped

¼ cup Onions, chopped

Sprinkle of cheddar cheese,
optional

*Recipe adapted from
www.asassyspoon.com

Note: *This recipe will yield 3 servings
(1 egg muffin=1 serving).*

*Keep eggs in an airtight container or
individual zip-lock bag for easy
morning breakfast. Keep up to 5
days. Find these vegetables pre-
chopped in the frozen food section!*



Directions:

1. Preheat oven to 350 degrees F. Spray a nonstick muffin tin with nonstick cooking spray. Set aside.
2. Place vegetables in 3 of the tins. You can customize each muffin cup however you'd like!
3. Whisk the eggs and cheese in a bowl and pour on top of vegetables, leaving 1/4" from the top.
4. Bake for 20 minutes, or until a toothpick comes out clean for each egg muffin. Remove from oven.
5. After cooling a few minutes, use a knife to go around the edges and pop out the egg cups. Enjoy with a slice of whole wheat toast!

LUNCH RECIPES AND MEAL TIPS

Lunch 1: Tuna Salad Sandwich

Ingredients:

2 slices whole wheat bread

2 ounces canned tuna, in water

1 tablespoon mayo

1 tablespoon chopped celery

2 leaves romaine lettuce

*Recipe adapted from

Note: *You may double or triple tuna mixture and store in Tupperware in fridge for up to a week.*

www.bettycrocker.com



Directions:

1. Drain water from tuna, mix together tuna, mayonnaise, and chopped celery.
2. Spread tuna mixture onto slice of whole wheat bread, top with lettuce and top slice of bread.
3. Serve with milk and a piece of fruit!

Lunch 2:

BBQ Chicken Sandwich

Ingredients:

Olive oil

4 oz. boneless, skinless chicken breast, thawed

½ cup shredded carrots

1-2 tablespoons barbecue sauce

1 small whole wheat sandwich bun

1 leaf romaine lettuce

*Recipe adapted from eatingwell.com



should be cooked to an internal temperature of 165 degrees.

2. Remove chicken from pan and let stand 5 minutes. Shred chicken using 2 forks.
3. Combine carrots, shredded chicken, and barbecue sauce in bowl.
4. Add mixture to whole wheat bun and top with romaine lettuce.
5. Enjoy with a glass of milk!

Note: Safely thaw chicken in the fridge overnight. Do not leave chicken at room temperature to thaw.

Directions:

1. Heat oil in skillet over medium-high heat. Cook chicken 4 minutes on each side, or until done. Chicken

Lunch 3:

Spinach and Strawberry Salad with Turkey

Ingredients:

½ cup fresh spinach

½ cup strawberries, sliced

1 tablespoon low-fat Poppy Seed Dressing

1/8 cup slivered almonds or chopped walnuts

4 oz. boneless Turkey breast tenderloins

*Recipe inspired by www.tasteofhome.com

Note: *The turkey in the recipe can be substituted for chicken or chickpeas! The dressing may also be substituted for a low-fat, low sodium dressing of your choice.*



Directions:

1. Cook turkey breast according to directions.
2. Once cooked, allow to sit 5 minutes. Cut into strips or dice.
3. Wash and cut strawberries.
4. Place spinach in a bowl.
5. Toss with strawberries and cooked turkey.
6. Top with dressing and nuts.

Lunch 4:

Taco Soup

Ingredients:

½ lb. ground beef

1/2 onion, chopped

1/2 low-sodium taco seasoning packet

1/2 cup frozen corn

1/2 cup black beans, drain and rinse

Diced Tomatoes, 1 can (15 oz.), with liquid

4oz tomato sauce

¾ cup water

Optional Toppings:

Low-fat Plain Greek Yogurt

Avocado

Shredded Cheese

*Recipe adapted from
www.kraftrecipes.com

Directions:

1. Brown meat and onion in small pot, drain fat
2. Add taco seasoning, frozen corn, black beans, diced tomatoes, tomato sauce, water, and stir.
3. Bring soup to a boil
4. Reduce heat to low and simmer for 5-10 minutes.
5. Top with shredded cheese, avocado, or Greek yogurt just before eating.
6. Serve with corn tortilla chips and enjoy!

Lunch 5:

Pesto Pasta Salad

Ingredients:

1 ½ oz. whole grain rotini pasta

6 cherry tomatoes, halved or quartered

¼ cup baby arugula or spinach

1 tablespoon thinly sliced Kalamata olives

¼ cup canned chickpeas, rinsed and drained

1 tablespoon Pesto sauce

Optional: Crumbled feta cheese, little mozzarella balls or grated mozzarella or Parmesan

*Recipe adapted from www.happyhealthymama.com

Directions:

1. Boil pasta according to directions. Once cooked, cool under cold running water
2. Mix pasta with pesto until evenly coated.
3. Add tomatoes, arugula, olives, chickpeas, and cheese.
4. Mix again until combined and enjoy!



DINNER RECIPES AND MEAL TIPS

Dinner 1: Turkey Spaghetti

Ingredients:

4 oz. lean ground turkey

¼ small green pepper,
chopped

¼ cup sliced mushrooms

¼ cup chopped onion

1/3 cup tomato sauce

1 ½ oz. uncooked whole grain
spaghetti

¼ cup water

1/8 teaspoon garlic salt

Grated parmesan cheese

*Recipe adapted from
www.tasteofhome.com



Directions:

1. Spray a nonstick skillet with cooking spray. Cook the turkey, pepper, mushrooms, and onion on medium heat until meat is cooked through.
2. Stir in the tomato sauce, uncooked spaghetti, water and garlic salt. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until spaghetti and vegetables are tender.
3. Garnish with cheese if desired.
4. Serve with a glass of low-fat or fat-free milk and enjoy!

Note: Lean ground beef may also be substituted for ground turkey.

Find these vegetables pre-cut in the frozen vegetable section at the supermarket

Dinner 2: One-Pan Balsamic Chicken Veggie Bake

Ingredients:

4 oz. boneless skinless chicken breast, tenders or thighs (if large, cut in half)

¼ cup frozen broccoli florets

¼ cup baby carrots

½ cup mushrooms, halved if large

6 cherry or grape tomatoes, halved

1 tablespoon balsamic vinegar

2 tablespoons olive oil

1 tablespoon minced garlic

*Recipe adapted from
www.therealfoodrds.com



Note: You may marinate chicken with balsamic sauce before cooking if desired. Place chicken in a zip lock bag with ½ the balsamic mixture. Set in fridge for 30 minutes or longer to marinate.

Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Whisk together balsamic vinegar, olive oil, and garlic in a small bowl.
3. Chop veggies and place on sheet pan with chicken.
4. Pour balsamic sauce over veggies and chicken, and toss with hands or tongs, so that everything is coated evenly.
5. Bake for 15-20 minutes or until chicken is cooked through. Internal temperature should be 165 degrees.
6. Serve with ¼ cup of brown rice and enjoy!

Dinner 3:

One-Pan Salmon and Veggie Bake

Ingredients:

- 4 oz. portion of salmon
- ¼ cup sliced sweet potato
- ¼ cup green beans, ends trimmed
- ½ small red onion, thinly sliced
- 1 lemon slice

For Marinade:

- 1 tablespoon olive oil
- Juice of ½ lemon
- 1 teaspoon minced garlic
- ¼ teaspoon dried dill

*Recipe adapted from
www.therealfoodrds.com

Directions:

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Chop vegetables and place on baking sheet in rows.
3. Mix olive oil, lemon juice, minced garlic, and dill. Drizzle ½ the mixture over vegetables and coat evenly.
4. Add vegetables to oven, and cook for 10 minutes
5. Remove pan from oven. Add salmon filets to pan and drizzle with remaining marinade mixture. Arrange lemon slices over filet and veggies.
6. Bake for about 15 minutes. Salmon should flake easily with a fork and is no longer opaque when it's done.



Dinner 4:

Unstuffed Bell Peppers

Ingredients:

- 4 oz. lean ground beef
- ¼ cup yellow onion, chopped
- ¼ cup green bell pepper, chopped
- 1 teaspoon minced garlic
- ½ cup salsa
- ¼ cup brown rice
- ½ cup water
- 1 tablespoon shredded cheddar cheese

*Recipe inspired by
www.budgetbytes.com

Directions:

1. Heat skillet over medium-high heat. Add beef, onion, bell pepper, and garlic, cook until beef is no longer pink, and vegetables are tender, stirring occasionally. Drain fat.
2. In a separate pot, boil water and rice, following instructions on rice package.
3. Once rice is cooked, add salsa, ground beef, and vegetables, and stir.
4. Sprinkle with cheese and enjoy.



Dinner 5:

Stir-Fried Chicken and Vegetables

Ingredients:

4 oz. skinless, boneless chicken breast

¼ cup frozen broccoli florets

¼ cup shredded carrots and cabbage

1 tablespoon olive oil

1 tablespoon soy sauce

1/4 cup water

*Recipe adapted from www.allrecipes.com



Directions:

1. Heat oil in fry pan over medium.
2. Cut chicken into small strips, add to heated pan.
3. Chop vegetables and set aside.
4. Cook chicken and stir until it is firm and lightly browned, about 8-10 minutes.
5. Add vegetables, soy sauce, and water. Stir to mix well. Cover pan and cook for 3-5 minutes until vegetables are tender crisp.
6. Serve over brown rice and enjoy!

Note: Additional veggies may be added or substituted for variety of flavors!

Example 1 Week Meal Plan:

Day 1 Sunday

Breakfast: Banana Pancake

Lunch: BBQ Chicken Sandwich
**Prepare 4x the chicken*

Dinner: Turkey Spaghetti **Double the recipe*

Day 2 Monday

Breakfast: Denver Mix Egg Cup

Lunch: Spinach and Strawberry Salad

Dinner: One-Pan Chicken and Veggie Bake **Heat up leftover chicken*

Day 3 Tuesday

Breakfast: Yogurt Parfait **Prepare night before*

Lunch: Taco Soup **Double the recipe*

Dinner: Unstuffed Peppers

Day 4 Wednesday

Breakfast: Apple Cinnamon Oatmeal

Lunch: Pesto Pasta Salad **Double the recipe*

Dinner: One-Pan Chicken and Veggie Bake **Heat up already 1 serving prepared chicken and veggies*

Day 5 Thursday

Breakfast: Denver Mix Egg Cup **Heat up leftovers*

Lunch: Pesto Pasta Salad **Use leftovers*

Dinner: Turkey Spaghetti **Heat up leftovers*

Day 6 Friday

Breakfast: Yogurt Parfait **Prepare night before*

Lunch: Taco Soup **Heat up leftovers*

Dinner: One-Pan Salmon and Veggie Bake

Day 7 Saturday

Breakfast: Tomato and Spinach Egg Scramble

Lunch: Tuna Salad Sandwich

Dinner: Stir-Fried Chicken and Veggies **Use already prepared chicken*

“Protein Throughout the Day Helps Your Muscles Stay!”

High Protein, Nutrient Dense Snacks

Nutrient dense snacks in between meals are important to ensure you are consuming and absorbing adequate protein, calories, and nutrients throughout the day.

- Hardboiled egg
- Veggies with hummus
- Mixed nuts/nuts/seeds
- Cottage cheese and peaches (or fruit of choice)
- Greek yogurt and granola
- Tuna and crackers or on salad, or tomato slice
- Cheese and crackers
- Peanut butter or any nut butter with apples
- Dried Plum (Prune), Cheddar Cheese, Apple Kabob
- Milk with protein powder added. This is especially important if you drink soy, almond or rice milk. In general, cow’s milk contains 8 grams of protein per 8 oz. Soy milk, 6 grams protein per 8 oz, almond and rice milk have 1 grams of protein per 8 oz. If you add powdered milk you add ~3 grams of protein per tablespoon. You can also add protein powder. There are versions that are non-dairy. Read the label to determine how much protein and calories per scoop. You can add dried milk or protein powder to many items such as soup, hot cereal, mashed potatoes, smoothies...
- Protein bars or protein shakes

Banana Pancakes	
Servings 1.0	
Amount Per Serving	
calories 647	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 155 mg	6 %
Potassium 755 mg	22 %
Total Carbohydrate 115 g	38 %
Dietary Fiber 13 g	52 %
Sugars 82 g	
Protein 15 g	31 %
Vitamin A	7 %
Vitamin C	18 %
Calcium	25 %
Iron	28 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Tomato Egg Scramble	
Servings 1.0	
Amount Per Serving	
calories 306	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 14 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 380 mg	127 %
Sodium 220 mg	9 %
Potassium 357 mg	10 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 16 g	31 %
Vitamin A	74 %
Vitamin C	18 %
Calcium	14 %
Iron	16 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Yogurt Parfait	
Servings 1.0	
Amount Per Serving	
calories 242	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 53 mg	2 %
Potassium 305 mg	9 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 3 g	12 %
Sugars 33 g	
Protein 13 g	25 %
Vitamin A	1 %
Vitamin C	11 %
Calcium	1 %
Iron	7 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Apple Cinnamon Oatmeal	
Servings 1.0	
Amount Per Serving	
calories 350	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 31 mg	1 %
Potassium 327 mg	9 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 13 g	53 %
Sugars 16 g	
Protein 7 g	14 %
Vitamin A	0 %
Vitamin C	101 %
Calcium	18 %
Iron	13 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Vegetable Egg Muffin Cups	
Servings 3.0	
Amount Per Serving	
calories 145	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 201 mg	67 %
Sodium 161 mg	7 %
Potassium 171 mg	5 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 2 g	
Protein 11 g	21 %
Vitamin A	12 %
Vitamin C	75 %
Calcium	14 %
Iron	7 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Tuna Salad Sandwich	
Servings 1.0	
Amount Per Serving	
calories 349	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 411 mg	17 %
Potassium 194 mg	6 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 37 g	74 %
Vitamin A	12 %
Vitamin C	3 %
Calcium	9 %
Iron	20 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

BBQ Chicken Sandwich	
Servings 1.0	
Amount Per Serving	
calories 369	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 925 mg	39 %
Potassium 552 mg	16 %
Total Carbohydrate 51 g	17 %
Dietary Fiber 6 g	22 %
Sugars 22 g	
Protein 29 g	58 %
Vitamin A	256 %
Vitamin C	10 %
Calcium	10 %
Iron	27 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Spinach Strawberry Salad	
Servings 1.0	
Amount Per Serving	
calories 295	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 103 mg	34 %
Sodium 815 mg	34 %
Potassium 97 mg	3 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 38 g	76 %
Vitamin A	28 %
Vitamin C	15 %
Calcium	4 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Taco Soup	
Servings 2.0	
Amount Per Serving	
calories 375	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 71 mg	24 %
Sodium 904 mg	38 %
Potassium 948 mg	27 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 7 g	29 %
Sugars 14 g	
Protein 31 g	61 %
Vitamin A	64 %
Vitamin C	59 %
Calcium	6 %
Iron	33 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Pesto Pasta Salad	
Servings 1.0	
Amount Per Serving	
calories 447	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 303 mg	13 %
Potassium 778 mg	22 %
Total Carbohydrate 69 g	23 %
Dietary Fiber 15 g	59 %
Sugars 31 g	
Protein 17 g	34 %
Vitamin A	32 %
Vitamin C	34 %
Calcium	8 %
Iron	28 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Turkey Spaghetti	
Servings 1.0	
Amount Per Serving	
calories 301	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 74 mg	25 %
Sodium 616 mg	26 %
Potassium 316 mg	9 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 7 g	28 %
Sugars 7 g	
Protein 27 g	54 %
Vitamin A	7 %
Vitamin C	41 %
Calcium	12 %
Iron	16 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Balsamic Chicken & Veggies	
Servings 1.0	
Amount Per Serving	
calories 526	
% Daily Value *	
Total Fat 36 g	56 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 21 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 282 mg	12 %
Potassium 582 mg	17 %
Total Carbohydrate 51 g	17 %
Dietary Fiber 4 g	18 %
Sugars 36 g	
Protein 27 g	55 %
Vitamin A	107 %
Vitamin C	44 %
Calcium	7 %
Iron	23 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Salmon & Veggie Bake	
Servings 1.0	
Amount Per Serving	
calories 284	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 406 mg	17 %
Potassium 628 mg	18 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 4 g	15 %
Sugars 5 g	
Protein 23 g	45 %
Vitamin A	97 %
Vitamin C	23 %
Calcium	3 %
Iron	9 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Unstuffed Bell Peppers	
Servings 1.0	
Amount Per Serving	
calories 354	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 551 mg	23 %
Potassium 862 mg	25 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 6 g	25 %
Sugars 6 g	
Protein 26 g	52 %
Vitamin A	8 %
Vitamin C	111 %
Calcium	7 %
Iron	18 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Stir-Fried Chicken	
Servings 1.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 17 g	25 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 1152 mg	48 %
Potassium 338 mg	10 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 1 g	
Protein 22 g	45 %
Vitamin A	9 %
Vitamin C	25 %
Calcium	3 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	