

NUTRITION FACTS – (Jan 2023)

WEEK#1

ENTRÉE	CALORIES	FAT	FIBRE	SUGAR	CHOLESTEROL	SODIUM	POTASSIUM	CARBS	PROTEIN
ROAST BEEF	440	10g	12g	10g	80mg	610mg	730mg	47g	39g
MEATLOAF	380	15g	8g	9g	95mg	1240mg	500mg	37g	24g
VEAL PARM	470	8g	12g	9g	125mg	810mg	920mg	54g	47g
CHICKEN SCHNEITZEL	190	12g	1g	0g	35mg	360mg	160g	9g	10g
BBQ CHICKEN BREAST	370	10g	5g	13g	65mg	700mg	850mg	49g	23g
TOURTIÈRE PIE	450	22g	4g	8g	70mg	900mg	450mg	32g	27g
PEROGIES	220	8g	9g	6g	20mg	490mg	460mg	27g	11g

WEEK#2

ENTRÉE	CALORIES	FAT	FIBRE	SUGAR	CHOLESTEROL	SODIUM	POTASSIUM	CARBS	PROTEIN
QUICHE LORRAINE	410	8g	10G	8G	20mg	700mg	550mg	42G	25G
ITALIAN BAKED CHICKEN	500	16g	3g	3g	95mg	350mg	540mg	52g	33g
SHEPHERDS PIE	450	19g	8g	9g	75mg	640mg	890mg	34g	32g
CHICKEN ALFREDO ROTINI	290	8g	5g	1g	50mg	450mg	250mg	34g	24g
ROAST PORK LOIN	560	15g	5g	2g	85mg	1450mg	1120mg	47g	35g
HOT HAMBURGER	520	25g	11g	8g	25mg	970mg	970mg	57g	20g
VEGETABLE CHILI	130	2.5g	7g	5g	0MG	790mg	450mg	25g	6g

WEEK#3

ENTRÉE	CALORIES	FAT	FIBRE	SUGAR	CHOLESTEROL	SODIUM	POTASSIUM	CARBS	PROTEIN
TURKEY ROLL	340	11G	5G	6G	20MG	770mg	700mg	50g	12g
CHICKEN CORD EN BLEU	790	13g	37g	4g	45mg	470mg	2300mg	123g	50g
HONEY GARLIC CHICKEN	430	18g	0g	6g	300mg	290mg	610mg	7g	56g
OCTOBERFEST SAUSAGE	560	44g	2g	2g	85mg	1450mg	460mg	22g	19g
VEGETABLE LASAGNA	280	7g	4g	9g	15mg	540mg	550mg	39g	17g
SALISBURY STEAK	400	20g	8g	9g	70mg	900mg	500mg	37g	20g
BAKED SOLE	390	11g	9g	7g	35mg	700mg	430mg	53g	21g

**WEEK#4**

ENTRÉE	CALORIES	FAT	FIBRE	SUGAR	CHOLESTEROL	SODIUM	POTASSIUM	CARBS	PROTEIN
TURKEY POT PIE	420	23g	6g	8g	35mg	410mg	380mg	49g	10g
LEMON CHICKEN	410	18g	8g	7g	80mg	680mg	690mg	37g	28g
BAKED HAM	560	29g	5g	6g	115mg	320mg	1060mg	45g	35g
BBQ RIBETTES	510	12g	13g	17g	70mg	440mg	990mg	64g	38g
SWEDISH MEATBALLS	460	23g	9g	13g	50mg	1110mg	610mg	44g	20g
SPAGHETTI WITH MEAT SAUCE	280	9g	4g	7g	40mg	400mg	500mg	33g	17g
POACHED POLLOCK	280	4G	6G	6G	70MG	680MG	630MG	31G	29G

**WEEK#5**

ENTRÉE	CALORIES	FAT	FIBRE	SUGAR	CHOLESTEROL	SODIUM	POTASSIUM	CARBS	PROTEIN
APPLE PORK CHOPS	420	11g	6g	10g	80mg	170mg	1240mg	44g	35g
CHICKEN STEW	510	12g	13g	9g	100mg	920mg	1310mg	90g	51g
BAKED CHEESY BEEF MACARONI	480	17g	10g	15g	55mg	870mg	150mg	57g	25g
SWEET & SOUR MEATBALLS	680	16g	4g	17g	50mg	900mg	360mg	106g	28g
CABBAGE ROLLS	350	9G	13G	18G	20MG	830MG	340MG	46G	20G
TURKEY SCHNITZEL	310	7g	8g	3g	60mg	770mg	730mg	33g	29g
VEGETABLE OMELETTE	340	9g	7g	3g	155mg	1330mg	770mg	41g	20g

**ZARKYS**

ENTRÉE	CALORIES	FAT	FIBRE	SUGAR	CHOLESTEROL	SODIUM	POTASSIUM	CARBS	PROTEIN
*CABBAGE ROLLS with QUINOA (330g)	100 per 160g	3.5g	2g	6g	25mg	570mg	-	12g	7g
HOMESTYLE MAC N CHEESE	790 per cont.	39g	3g	20g	80mg	1320mg	10mg	81g	30g
CHICKEN CUTLET	480 per cont.	12g	3g	2g	110mg	450 mg	-	49g	46g
CHEESE OMELETTE w/sausage	662 per cont.	49g	2g	9g	630mg	1925mg	-	21g	41g
*SALMON W/RICE PILAF	320 per cont.	9g	3g	3g	45mg	70mg	-	7g	54g
SWEET POTATO SHEPHERDS PIE	140 per cont.	2.5g	4g	8g	35mg	1050mg	690mg	39g	17g
*MILDLY SPICY SWEET POTATO TURKEY CHILI (330g)	170 per 250g	1.5g	4g	7g	35mg	290mg	-	22g	17g
HOMESTYLE CABBAGE ROLLS (454g)	140 per 200g	6g	2g	8g	15mg	730mg	75mg	15g	6g

• Items are GLUTEN FREE