



May 2024...celebrating Moms everywhere!



## \*\*Bread Pudding\*\*

### Pina Colada Bread Pudding (Oven)

Bread pudding with crushed pineapple, cherry pie filling, coconut milk, sugar, eggs, vanilla, brown sugar, and rum!

6 servings Diet Points: 17 Calories: 354, Total Fat: 9g, Sat. Fat: 6g, Trans Fat: 0g, Cholesterol 22mg, Sodium: 203mg, Total Carbohydrates: 50g, Dietary Fiber: 1g, Sugars: 41g, Protein: 4g

## \*\*Beef\*\*

### Cilantro Lime Beef Tenderloin \*Lighter (less olive oil), with California blend (Stovetop, oven, or grill) ...with corn and rice

Our fabulous beef tenderloin marinated in lime juice, steak seasonings, and cilantro!

Diet Points: 7 (\*6) Gluten free with GF pasta or rice! Calories: 298(\*258), Total Fat: 20.1g(\*15.4), Sat. Fat: 4.7g(\*4.0), Trans Fat: 0.0g(\*0), Cholesterol 94mg(\*94), Sodium: 543mg(\*543), Total Carbohydrates: 0.3g(\*.8), Dietary Fiber: 0.0g(\*0), Sugars: 0.0g(\*.1), Protein: 29.6g(\*29.6)

### Sloppy Joe Crockpot Mac and Cheese (Crockpot, Oven)

A great twist on an old favorite! Sloppy Joe spices, beef, onions, and tomatoes simmering with homemade macaroni and cheese...

Diet Points: 17 Calories: 526, Total Fat: 20.8g, Sat. Fat: 11.5g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 778mg, Potassium: 276mg Total Carbohydrates: 57g, Dietary Fiber: 3.8g, Sugars: 7.9g, Protein: 28.1g

### Baked Three Cheese Meatball Mostaccioli (Oven)

Beef, meatballs, penne, egg, ricotta, onion, sugar, Italian seasoning, garlic, marinara, basil, Parmesan

Diet Points: 20 Gluten free with rice! Calories: 610, Total Fat: 30g, Sat. Fat: 14g, Trans Fat: 0.0g, Cholesterol 127mg, Sodium: 1147mg, Potassium: 371mg, Total Carbohydrates: 47g, Dietary Fiber: 4g, Sugars: 9g, Protein: 38g

### Steak Diane \*Lighter (less sauce), with green beans (Stovetop) ...with vegetable medley and penne

Tender beef medallions with a mushroom burgundy sauce...so tasty!

Diet Points: 12 (\*11) Gluten free! Calories: 389(\*379), Total Fat: 27.6g(\*27.6), Sat. Fat: 9.4g(\*9.4), Trans Fat: 0.0g(\*0.0), Cholesterol 114mg(\*114), Sodium: 521mg(\*381), Total Carbohydrates: 4.3g(\*3.2), Dietary Fiber: 0.7g(\*0.7), Sugars: 2.0g(\*1.2), Protein: 30.6g(\*30.6)

## \*\*Chicken\*\*

### Blueberry Dijon Chicken \*Lighter (less jam), with California blend (Stovetop) ...with corn and penne

Chicken breast with a sauce of apricot jam, Dijon, and blueberries.

Diet Points: 9 (\*5) Gluten free! Calories: 291(\*212), Total Fat: 1.7g(\*1.6), Sat. Fat: 0g(\*0), Trans Fat: 0.0g(\*0), Cholesterol 82mg(\*82), Sodium: 620mg(\*370), Total Carbohydrates: 38.1g(\*19.2), Dietary Fiber: 0.7g(\*0.4), Sugars: 25.7g(\*12.9), Protein: 30.1g(\*29.8)

### Chicken and Cherries Florentine Pasta (Stovetop)

These flavors are amazing! Chicken, dried cherries, spinach, nutmeg, angel hair pasta, Parmesan Cheese... so good!!

Diet Points: 15 Gluten free with rice. Calories: 533 Total Fat: 12.8g, Sat. Fat: 3.7g, Trans Fat: 0g, Cholesterol 96mg, Sodium: 686mg, Potassium: 225mg, Total Carbohydrates: 63.8g, Dietary Fiber: 4.0g, Sugars: 13.4g, Protein: 44.2g

### Chicken in Lemon Basil Cream Sauce \*Lighter (less sauce), with green beans (Stovetop) ....with penne and vegetable medley

Perhaps one of the best sauces ever! Creamy wine sauce with lemon and basil served on top of sauteed chicken breasts

Diet Points: 10 (\*6) Gluten free! Calories: 349(\*265), Total Fat: 18.7g(\*12.1), Sat. Fat: 5.5g(\*3.9), Trans Fat: 0.0g(\*0), Cholesterol 114mg(\*107), Sodium: 693mg(\*654), Total Carbohydrates: 9.1g(\*4.6), Dietary Fiber: 0.3g(\*0.2), Sugars: 0.4g(\*.2), Protein: 34.7g(\*33.7)

### Chicken Monterrey Casserole (Oven)

A great casserole of chicken, spinach, linguine, cream sauce, Parmesan, French fried onions, and Monterrey Jack.

Diet Points: 22 Gluten free with rice! Calories: 632, Total Fat: 37.3g, Sat. Fat: 23.2g, Trans Fat: 0.0g, Cholesterol 161mg, Sodium: 673g, Potassium: 357mg, Total Carbohydrates: 31.7g, Dietary Fiber: 0.1g, Sugars: 2.0g, Protein: 42.8g

### Lime Tequila Chicken Thighs \*Lighter (less pineapple juice and honey), with California blend (Crock pot, oven)...with vegetable medley/egg noodles

Skinless, boneless chicken thighs coated with spices, cooked in a pineapple juice, tequila, lime juice and honey blend.

Diet Points: 10 Gluten free! Calories: 380, Total Fat: 10.4g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 122mg, Sodium: 509mg, Total Carbohydrates: 18.8g, Dietary Fiber: 0.2g, Sugars: 15.9g, Protein: 40.0g

### Thai Fried Chicken \*Lighter, with no rice (Stovetop) ...with California blend and rice

Coat chicken breasts in coconut milk and then flour with ginger, pepper, garlic powder! Drizzle with homemade peanut sauce.

Diet Points: 10 Gluten free! Calories: 332 Total Fat: 8.9g, Sat. Fat: 4.8g, Trans Fat: 0.0g, Cholesterol 87mg, Sodium: 315mg, Potassium: 38mg Total Carbohydrates: 32g, Dietary Fiber: 1g, Sugars: 13g, Protein: 33.8g

### *Chicken in Creamy Spinach Tomato Pasta (Stovetop)*

A great skillet meal of chicken, onion, garlic, tomatoes, spinach, oregano, basil, cream cheese, parmesan, penne, red pepper.

Diet Points: 13 Gluten free with rice. Calories: 462 Total Fat: 18g, Sat. Fat: 5g, Trans Fat: 0g, Cholesterol 92mg, Sodium: 912mg, Potassium: 410mg, Total Carbohydrates: 38g, Dietary Fiber: 4g, Sugars: 8g, Protein: 39g

**\*\*Pork\*\***

### *Crockpot Luau Pork Roast (Crockpot, InstantPot, Oven) ... with rice and peas*

So good!! Pork roast with crushed pineapple, red onion, and a homemade barbecue sauce!

Diet Points: 9 Gluten free! Calories: 322, Total Fat: 8.2g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 100mg, Sodium: 861mg, Total Carbohydrates: 21.8g, Potassium: 37.8g, Dietary Fiber: 1.1g, Sugars: 15.5g, Protein: 37.8g

### *Feta Spinach Orzo with Pork (Stovetop)*

Pork cubes mixed with orzo, spinach, feta, tomatoes, and basil.

Diet Points: 13 Gluten free with rice! Calories: 477, Total Fat: 19/1g, Sat. Fat: 7.2g, Trans Fat: 0.0g, Cholesterol 110mg, Sodium: 402mg, Total Carbohydrates: 33g, Potassium: 123g, Dietary Fiber: 2.8g, Sugars: 2.0g, Protein: 40.8g

### *Mexican Lasagna \*Lighter (no rice in lasagna) (Oven)*

Layers of pork carnita, corn tortillas, refried beans, and Spanish rice, enchilada sauce, and cheddar...so good!! Can be vegetarian.

Diet Points: 18 (\*13) Gluten free! Calories: 575(\*426), Total Fat: 16.3g(\*16.3), Sat. Fat: 7.8g(\*7.1), Trans Fat: 0.0g(\*0.0), Cholesterol 51mg(47.9), Sodium: 661mg(\*661), Total Carbohydrates: 84.7g(\*47.9), Dietary Fiber: 12.1g(\*11.8), Sugars: 3.3g(\*3.1), Protein: 24.7g(\*24.9)

### *Peach Barbecue Pork Chops \*Lighter, with green beans (Stovetop, grill, bake) ... with rice and corn*

Simmer our homemade barbecue sauce, add the peaches and top the pork chops!

Diet Points: 12 Gluten free! Calories: 342, Total Fat: 9.0g, Sat. Fat: 1.9g, Trans Fat: 0.0g, Cholesterol 75mg, Sodium: 708mg, Total Carbohydrates: 41.0g, Dietary Fiber: 1.5g, Sugars: 32.1g, Protein: 26.8g

### *Pork Tenderloin with Honey Dijon Mustard Sauce \*Lighter (less sauce, no pasta), with carrots (Oven, skillet) egg noodles/vegetable medley*

Pork tenderloin with onions, mushrooms, and a honey dijon sauce!

Diet Points: 13 (\*7) includes pasta, Gluten free! Calories: 425 (\*253) Total Fat: 16.8g (\*11.4), Sat. Fat: 7.0g (\*4.5), Trans Fat: 0.0g, Cholesterol 112mg (\*78), Sodium: 1238mg (\*1039), Total Carbohydrates: 36.5g (\*10.8), Dietary Fiber: 1.9g (\*0.8), Sugars: 11.5g (\*6.1), Protein: 32.0g (\*26.5)

### *Tarragon Cream Pork Roast with Mashed Potatoes \*Lighter, no potatoes (Crockpot, InstantPot, Oven) ... with green beans*

Pork roast cooks with garlic and served with cream sauce with tarragon, Dijon, cream, onions, and chicken broth

Diet Points: 25(includes mashed potatoes) Gluten free! Calories: 736, Total Fat: 35.1g, Sat. Fat: 18.2g, Trans Fat: 0.0g, Cholesterol 148.2mg, Sodium: 1461.9mg, Potassium: 1018.7mg, Total Carbohydrates: 37.2g, Dietary Fiber: 2.1g, Sugars: 3.6g, Protein: 33.6g

**\*\*Seafood\*\***

### *Mediterranean Tilapia \*Lighter, with carrots (Oven) ...with carrots and penne*

Light and full of flavor! Tilapia is topped with tomatoes, red onion, Kalamata olives, and feta and drizzled with white wine.

Diet Points: 4 Gluten free! Calories: 162, Total Fat: 7.1g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 53mg, Sodium: 549mg, Total Carbohydrates: 4.0g, Dietary Fiber: 1.1g, Sugars: 1.4g, Protein: 18.2g

### *Shrimp in Creamy Curry Sauce with Peanuts \*Lighter (no rice)...with California blend (Stovetop) ...with vegetable medley*

A touch of curry in this creamy sauce spiced with ginger is delicious! Top with peanuts, coconut, cilantro, and jalapeno (opt)!

Diet Points: 16(includes rice) (\*9) Gluten free! Calories: 538 (\*313), Total Fat: 16.1g (\*15.7), Sat. Fat: 6.9g (\*6.8), Trans Fat: 0.0g, Cholesterol 254mg (\*254), Sodium: 648mg (\*645), Total Carbohydrates: 62.6g (\*13.3), Dietary Fiber: 2.9g (\*2.1), Sugars: 6.1g (\*6.0), Protein: 34.8g (\*30.)

### *Shrimp and Andouille Etouffee ...or just Shrimp Etouffee (Stovetop) ...with rice*

Shrimp and andouille simmer in a sauce of onion, celery, green peppers, garlic, tomatoes, creole, chipotle, thyme, and broth

Diet Points: 17(includes rice) Gluten free with gf flour! Calories: 589, Total Fat: 20.1g, Sat. Fat: 9.1g, Polyunsaturated Fat: 0.7g, Monounsaturated Fat 2.4g, Cholesterol 218.1mg, Sodium: 1593mg, Total Carbohydrates: 66.3g, Dietary Fiber: 2.7g, Sugars: 6.4g, Protein: 37.5g

**\*\*Ground Turkey or Ground Beef\*\***

### *Lemon Barbecue Meatloaf \*Lighter (less sauce), with California blend (Oven)... with peas and rice*

Tastes like spring! Lemon flavors in the meatloaf and topped with a brown sugar barbecue sauce.

TURKEY Diet Points: 9 Gluten free! Calories: 349, Total Fat: 18.7g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 114mg, Sodium: 693mg, Total Carbohydrates: 9.1g, Dietary Fiber: 0.3g, Sugars: 0.4g, Protein: 34.7g

BEEF Diet Points: 9 Gluten free! Calories: 263, Total Fat: 5.2g, Sat. Fat: 4.5g, Trans Fat: 0.0g, Cholesterol 70mg, Potassium: 120mg, Sodium: 647mg, Total Carbohydrates: 22.3g, Dietary Fiber: 0.7g, Sugars: 15.4g, Protein: 27.2g

**\*\*Vegetarian\*\***

### *Garbanzo Okra Couscous (Stovetop)*

Great Moroccan flavors with garbanzo beans, okra, tomatoes, red peppers, and onion on top of couscous.

Diet Points: 11 Gluten free with rice Calories: 386 Total Fat: 8.0g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 0mg, Sodium: 652mg, Total Carbohydrates: 63.5g, Dietary Fiber: 11.1g, Sugars: 7.1g, Protein: 16.3g

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3) or 6 meals (4-6), \$6.00/12 meals (4-6)  
GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3) or 6 meals (4-6), \$12.00/12 meals (4-6)  
SPRINGER MOUNTAIN CHICKEN - ADD \$1.25/meal for 1 serving meals; \$3.25/meal for 2-3 serving meals; \$5.00/meal for 4-6 serving meals; \$6.50 for 6-8 serving meals  
CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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