



November 2023...Celebrating a time of Thanksgiving!!

**** New!! A new flavor of delicious bread pudding each month! ****

Pumpkin Sweet Potato Bread Pudding with Praline Glaze (Oven)

Warm and delicious flavors of pumpkin and sweet potato in our bread pudding and topped with pecan praline sauce.

Based on 6 servings Diet Points: 23 Calories: 478 Total Fat: 30g, Sat. Fat: 16, Monounsaturated Fat: 3g, Polyunsaturated Fat: 1g, Trans Fat: 0.0g, Cholesterol 81mg, Sodium: 137mg, Total Carbohydrates: 49g, Dietary Fiber: 1g, Sugars: 37g, Protein: 5g

**** Beef ****

*Chipotle Pot Roast *Lighter (no potatoes) (Crockpot or oven)*

Our fabulous pot roast seared with chipotle powder and cooked with green chilies, potatoes, and tomatoes for a smoky, delicious flavor!

Diet Points: 11 (*10) includes potatoes! Calories: 318(*283), Total Fat: 12.3g(*12.2), Sat. Fat: 5.4g(*5.4), Trans Fat: 0.0g, Cholesterol 93mg(*93), Sodium: 541mg(*538), Total Carbohydrates: 24.8g(*16.9), Dietary Fiber: 5.2g(*4.0), Sugars: 5.5g(*4.9), Protein: 28.2g(*27.3)

*Rosemary Dijon Flank Steak with Onions *Lighter, with green beans (Grill or broil) ...with green beans and penne*

Thick sliced onion marinating with flank steak in balsamic vinegar, Dijon, and rosemary! Grill or broil the steak and the onions...so good!!

Diet Points: 8 Gluten free! Calories: 331 Total Fat: 14.2g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 83mg, Sodium: 553mg, Total Carbohydrates: 3.9g, Dietary Fiber: 0.9g, Sugars: 1.6g, Protein: 42.5g

Salisbury Meatballs and Mashed Potato Casserole (Oven)

Salisbury style meatballs with mushrooms and onions surrounded by mashed potatoes!

Diet Points: 14 Gluten free! Calories: 480, Total Fat: 31g, Sat. Fat: 18g, Monounsaturated Fat: 1g, Polyunsaturated Fat 0g, Trans Fat 0g, Cholesterol 97mg, Sodium: 879mg, Total Carbohydrates: 30g, Dietary Fiber: 5g, Sugars: 1g, Protein: 20g

*Skillet Stroganoff *Lighter (less sour cream, no pasta), with squash (Stovetop)*

Sauteed flank strips with mushrooms, onions, and a pinch of horseradish! Stir in sour cream and serve over noodles. with corn

Diet Points: 15 (*8) Gluten free with rice! Calories: 441(*310), Total Fat: 19.1g(*15.5), Sat. Fat: 9.2g(*7.6), Trans Fat: 0.0g(*0.0), Cholesterol 104mg(*77), Sodium: 309mg(*300), Total Carbohydrates: 28.2g(*7.6), Dietary Fiber: 1.9g(*1.0), Sugars: 1.9g(*1.6), Protein: 37.7g(*33.8)

**** Chicken ****

Buffalo Chicken Macaroni and Cheese (Crockpot or Oven) with California blend

A couple of hours in the crockpot and you'll have the best macaroni and cheese ever! You can cook it in the oven, too!

Diet Points: 25 Calories: 754, Total Fat: 38.3g, Sat. Fat: 21.8g, Trans Fat: 0.0g, Cholesterol 157mg, Sodium: 932mg, Total Carbohydrates: 49.3g, Dietary Fiber: 1.6g, Sugars: 9.5g, Protein: 54.2g

*Brown Sugared Bacon Wrapped Chicken *Lighter, no penne (Oven)....with green beans and penne*

Wrap the chicken breasts in bacon, dredge in our special brown sugar and chili powder mix, and bake!

Diet Points: 10(*7) Gluten free! Calories: 388(*278), Total Fat: 12.3g(*2.4), Sat. Fat: 3.5g(*2.0), Trans Fat: 0.0g(*0), Cholesterol 129mg(*115), Sodium: 717mg(*298), Potassium 196mg(*53) Total Carbohydrates: 24.7g(*24.3), Dietary Fiber: 0.4g(*0.4), Sugars: 23.5g(*23.5), Protein: 50.0g(*44.8)

*Chicken Alfredo *Lighter (less cheese and bread crumbs), with squash (Stovetop, oven) ...with penne and vegetable medley.*

Best homemade Alfredo sauce you've ever tasted! Sauté the breaded chicken, then bake with cheese and sauce on top.

Diet Points: 20 (*13) Gluten free with GF bread crumbs! Calories: 586(*389), Total Fat: 30.9g(*17.7), Sat. Fat: 15.7g(*7.5), Trans Fat: 0.0g(*0), Cholesterol 150mg(*115), Sodium: 1051mg(*750), Total Carbohydrates: 25.0g(*13.6), Dietary Fiber: 1.2g(*0.6), Sugars: 2.1g(*1.5), Protein: 52.9g(*44.1)

*Chicken Piccata with Asparagus *Lighter, with no egg noodles (Stovetop) ...with egg noodles*

Chicken breasts sprinkled with paprika in a lemon wine sauce and topped with asparagus and capers!

Diet Points: 4 Gluten free! Calories: 238 Total Fat: 5.8g, Sat. Fat: 2.6, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 526mg, Potassium: 290mg Total Carbohydrates: 6.2g, Dietary Fiber: 2.9g, Sugars: 2.7g, Protein: 43.7g

Greek Chicken with Orzo (Crockpot or Oven)

Greek flavors of lemon and oregano on chicken thighs, carrots, and orzo....top with black olives and feta!

Diet Points: 10 Gluten Free with rice sub for orzo! Calories: 357, Total Fat: 16.7g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 867g, Potassium: 125mg; Total Carbohydrates: 25.0g, Dietary Fiber: 1.9g, Sugars: 3.3g, Protein: 27.9g

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)
SPRING 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
Nutritional information calculated on CalorieCount.com, sparkpeople.com, myfitnesspal.com, Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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Moroccan Chicken Stew with Couscous *Lighter no couscous (Crockpot or Stovetop)

Chicken thighs with Moroccan spices cooked with tomatoes, cauliflower, garbanzos, apricots, and chili garlic sauce. Serve on couscous and top with almonds!
Diet Points: 15 Gluten free! Calories: 556.2 Total Fat: 15.0g, Sat. Fat: 2.8, Polyunsaturated Fat: 2.4g, Monounsaturated Fat: 4.2g, Cholesterol 120mg, Sodium: 1509.8mg, Potassium: 368.7mg, Total Carbohydrates: 72.1g, Dietary Fiber: 8.6g, Sugars: 8.1g, Protein: 36.3g

Quinoa, Chicken, and Cubed Sweet Potato Casserole (Oven)

This one is so good! Diced chicken with cumin, cinnamon, white wine, green onion, garlic, quinoa, and diced sweet potatoes...topped with melted Queso Fresco!
Diet Points: 14 Gluten free! Calories: 535.5 Total Fat: 13.9g, Sat. Fat: 2.6, Polyunsaturated Fat: 1.7g, Monounsaturated Fat: 3.1g, Cholesterol 81.7mg, Sodium: 972.4mg, Potassium: 143.2mg, Total Carbohydrates: 59.8g, Dietary Fiber: 3.3g, Sugars: 3.3g, Protein: 36.5g

Pork

Apple Gorgonzola Stuffed Pork Chops *Lighter (less gorgonzola), with green beans (Stovetop) ...with egg noodles and green beans

Butterflied pork chops sauteed and stuffed with warmed apples and creamy gorgonzola
Diet Points: 15 (*9) Gluten free! Calories: 412 (*280) Total Fat: 28.3g (*16.7), Sat. Fat: 17.4g (*9.7), Trans Fat: 0.0g, Cholesterol 118mg (*82), Sodium: 1317mg (*960), Total Carbohydrates: 10.3g (*8.2), Dietary Fiber: 2.6g (*1.8), Sugars: 4.4g (*4.1), Protein: 32.2g (*25.6)

Crockpot Pork Roast in Creamy Wine Sauce *Lighter, with California blend (Crockpot or oven) ...with vegetable medley and egg noodles

Mushrooms and onions in a creamy Dijon and wine sauce simmer with pork roast all day to make a creamy sauce you will love.
Diet Points: 11 Gluten free! Calories: 370, Total Fat: 19.2g, Sat. Fat: 8.9g, Trans Fat: 0g, Cholesterol 109mg, Sodium: 463mg, Potassium: 94mg, Total Carbohydrates: 11.6g, Dietary Fiber: 0.7g, Sugars: 1.4g, Protein: 33.7g

Pork Chop Green Bean Casserole (Oven)

Everyone's favorite green bean casserole tops our pork loin chops...fast, easy, delicious!
Ingredients: pork loin, cream sauce, green beans, French fried onions, mushrooms, salt, pepper, sour cream
Diet Points: 14 Gluten free! Calories: 493, Total Fat: 24.9g, Sat. Fat: 12.8g, Trans Fat: 0.0g, Cholesterol 131mg, Sodium: 571mg, Potassium: 814mg, Total Carbohydrates: 18.7g, Dietary Fiber: 2.6g, Sugars: 1.9g, Protein: 45.7g

Pork Tenderloin with Coconut Milk Curry Sauce and Peanut Cilantro Salsa *Lighter, with squash (Oven, grill)...with peas and rice

Pork tenderloin marinated in coconut milk, lime juice, ginger, and curry powder. Serve with sauce and top with peanut cilantro salsa.
Diet Points: 5 Gluten free! Calories: 254 Total Fat: 13.2g, Sat. Fat: 6.7g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 860mg, Total Carbohydrates: 7.9g, Dietary Fiber: 1.5g, Sugars: 1.3g, Protein: 26.5g

Sweet and Sour Stir Fry with Cashews *Lighter (no rice, less cashews) (Stovetop)

Pork stir fry with sugar snap peas, rice, and cashews.
Diet Points: 15 (*9) includes rice, Gluten free! Calories: 477 (*290), Total Fat: 14.3g (*6.8), Sat. Fat: 3.0g (*2.1), Trans Fat: 0.0g(*0.0), Cholesterol 75mg(*75), Sodium: 830mg(*828), Total Carbohydrates: 55.7g(*29.2), Dietary Fiber: 1.8g(*1.2), Sugars: 22.1g(*21.8), Protein: 31.1g(*28.0)

Seafood

Baked Balsamic Tilapia with Bleu Cheese *Lighter, with California blend (Oven) ...with corn and rice

Tilapia topped with roasted red peppers, green onions, and balsamic vinegar and baked.
Diet Points: 3 Gluten free! Calories: 155, Total Fat: 5.3g, Sat. Fat: 2.4g, Trans Fat: 0.0g, Cholesterol 64mg, Sodium: 243g, Total Carbohydrates: 3.2g, Dietary Fiber: 0.8g, Sugars: 1.8g, Protein: 23.7g

Creole Shrimp and Ham Pasta *Lighter (less pasta, cream, cheese) (Stovetop)

Perfect spices...not hot or spicy...just right! Shrimp and ham in a creamy Creole sauce over bowtie pasta, tossed with Parmesan cheese!!
Diet Points: 11 (*10) (includes pasta) Gluten Free with rice substituted for pasta!
Calories: 453 (*377), Total Fat: 15.8g (*13.1), Sat. Fat: 8.2g (*6.8), Trans Fat: 0.0g, Cholesterol 249mg (*242), Sodium: 1012mg (*941), Total Carbohydrates: 45.2g (*33.4), Dietary Fiber: 2.4g (*1.8), Sugars: 2.1g (*1.5), Protein: 33.4g (*32.8)

Ground Turkey or Ground Beef

Tastes Like Thanksgiving Meatloaf *Lighter (less breadcrumbs and sauce), with squash (Oven) ...with rice and corn

Your favorite Thanksgiving flavors all mixed in our ground turkey or ground beef meatloaf!
TURKEY Diet Points: 10 (*8) Gluten free with gf breadcrumbs Calories: 384 (*332), Total Fat: 16.5g (*15.8), Sat. Fat: 4.4g (*4.1), Trans Fat: 0g (*0), Cholesterol 117mg (*117), Sodium: 704mg (*522), Potassium 477mg (*412) Total Carbohydrates: 22.1g(*12.1), Dietary Fiber: 2.0g (*1.4), Sugars: 7.6g (*4.2), Protein: 35.7g (*33.9)
BEEF Diet Points: 10 (*9) Gluten free with gf breadcrumbs Calories: 402 (*348), Total Fat: 19.1g (*18.3), Sat. Fat: 7.2g (*6.9), Trans Fat: 1.2g (*1.2), Cholesterol 104mg (*103), Sodium: 665mg (*482), Potassium 532(*462) Total Carbohydrates: 22.1g(*11.8), Dietary Fiber: 2.0g (*1.2), Sugars: 7.7g (*4.2), Protein: 34.0g (*32.3)

Vegetarian

Spinach Artichoke Enchiladas Vegetarian (Oven)

Flour tortillas stuffed with spinach, artichokes, mushrooms, Monterrey Jack, ricotta, and sour cream, with tomato cream sauce and more cheese!
Diet Points: 4 Gluten free with corn tortillas! Calories: 205 Total Fat: 7.1g, Sat. Fat: 2.7, Trans Fat: 0.0g, Cholesterol 94mg, Sodium: 399mg, Total Carbohydrates: 1.9g, Dietary Fiber: 0.5g, Sugars: 0.6g, Protein: 34.0g