



May 2022...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 Monterey Casserole (Oven)**

A great casserole of chicken, spinach, linguine, cream sauce, Parmesan, French fried onions, and Monterey 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

**Chicken Tacos with Pineapple Salsa \*Lighter (less flour, corn tortillas) (Stovetop)**

Chicken strips coated with flour and a touch of pineapple jerk seasoning, browned in the skillet to crisp them up, and topped with pineapple, red pepper, red onion, lime juice salsa.

Diet Points: 9 (\*8) Gluten free! Calories: 365 (\*327), Total Fat: 4.9g (\*4.8), Sat. Fat: 0.9g (\*0.9), Trans Fat: 0.0g, Cholesterol 143mg (\*143), Sodium: 637mg (\*637), Potassium: 219mg (\*208), Total Carbohydrates: 49.2g (\*41.3), Dietary Fiber: 4.5g (\*4.2), Sugars: 10.3g (\*10.2), Protein: 32.3g (\*31.2)

**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

**\*\*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) with rice/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 Stouffee...or just Shrimp Stouffee (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)  
SPRING MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.25/meal for 2-3 serving meals; \$2.00/meal for 4-6 serving meals  
SALMON SUBSTITUTE - ADD \$1.85/meal for 1 serving meals; \$5.50/meal for 2-3 serving meals; \$8.25/meal for 4-6 serving meals; \$11.00/meal 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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