



## August 2022 *Celebrating the end of summer and back to school!!!*

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

#### *Peach Cobbler Bread Pudding* (Oven)

Bread pudding with peaches, sugar, eggs, vanilla, sugar, and bourbon topped with crumbled brown sugar and butter!

6 servings Diet Points: 22 Calories: 411, Total Fat: 27g, Sat. Fat: 16g, Trans Fat: 0g, Cholesterol 80mg, Sodium: 150mg, Total Carbohydrates: 21g, Dietary Fiber: 0g, Sugars: 20g, Protein: 2g

### \*\*Beef\*\*

#### *Italian Calzones* (Oven)

Calzone dough stuffed full of beef, sausage, mushrooms, basil, ricotta, and cheddar...baked to a golden brown and served with marinara!

Diet Points: 13 Calories: 384, Total Fat: 16.8g, Sat. Fat: 8.8g, Trans Fat: 0.0g, Cholesterol 59mg, Sodium: 837mg, Total Carbohydrates: 35.2g, Dietary Fiber: 1.6g, Sugars: 5.8g, Protein: 23.1g

#### *Mesquite Beef Tenderloin with Balsamic Green Bean Salad* (Stovetop, grill) ...with rice

Beef tenderloin rubbed with mesquite and liquid smoke. Serve with a flavorful green bean salad in a balsamic vinegar, lemon juice, red onion dressing and tossed with feta.

Diet Points: 11 GF! Calories: 421, Total Fat: 21.3g, Sat. Fat: 7.9g, Trans Fat: 0.0g, Cholesterol 150mg, Sodium: 425mg, Potassium: 714mg, Total Carbs: 8.4g, Dietary Fiber: 2.8g, Sugars: 2.6g, Protein: 47.1g

#### *Beef Medallions with Rosemary Sour Cream* \*Lighter, with green beans (Grill, bake, or stovetop) ... with veg medley and penne

Amazing beef medallions marinating in a mustard paprika (you add later!) and served sauce of sour cream, rosemary, mayonnaise, lemon juice, dry mustard, and white wine vinegar! Gluten free!

Diet Points: 7 Gluten free! Calories: 267 Total Fat: 14.3g, Sat. Fat: 4.4g, Trans Fat: 0.0g, Cholesterol 52.3mg, Sodium: 219mg, Total Carbohydrates: 3.2g, Dietary Fiber: 1.4g, Sugars: 1.7g, Protein: 33.2g

### \*\*Chicken\*\*

#### *Blueberry Bourbon Barbecue Chicken* \*Lighter ...with squash (Grill, stovetop, oven) ...with corn and penne

A fabulous blend of blueberries, red onion, bourbon, brown sugar, ketchup, and spices simmered and served over chicken...so good!!!

Diet Points: 4 GF! Calories: 234 Total Fat: 1.7g, Sat. Fat: 0g, Trans Fat: 0.0g, Cholesterol 105mg, Sodium: 235mg, Potassium: 143mg, Total Carbohydrates: 12.5g, Dietary Fiber: 0.9g, Sugars: 9.0g, Protein: 42.5g

#### *Chicken Swiss Club Casserole* (Oven)

It tastes like a club sandwich! Chicken, macaroni, bacon, tomatoes, spinach, cream sauce, and a touch of light mayonnaise topped with Swiss cheese.

Diet Points: 11 GF with rice! Calories: 397, Total Fat: 13.5, Sat. Fat: 8.1, Trans Fat: 0.0g, Cholesterol 76mg, Sodium: 703mg, Potassium: 241mg, Total Carbs: 33.5g, Dietary Fiber: 1.7g, Sugars: 3.4g, Protein: 34.1g

#### *General Tso's Chicken Sliders* \*Lighter, no buns (Crockpot, Air Fryer, or Stovetop)

Slightly spicy and super good! Fun sliders with chicken thighs in our homemade sauce with soy sauce, peanut butter, molasses, vinegar, garlic powder, sesame oil, and chili garlic sauce topped with broccoli slaw with sliced almonds and sesame seeds.

Diet Points: 30 (includes buns) Gluten free with no buns! Calories: 861 Total Fat: 45.5g, Sat. Fat: 6.8g, Cholesterol 86.5mg, Sodium: 943.5mg, Potassium: 726.8mg, Total Carbohydrates: 85.3g, Dietary Fiber: 5.0g, Sugars: 43.9g, Protein: 31.3g

#### *Lemony Chicken Roll-Ups* \*Lighter, with green beans and no rice (Bake, stovetop) ...with vegetable medley

Chicken with cream cheese and tarragon, rolled, wrapped with bacon, and baked. Serve with wild rice cooked in chicken broth, lemon juice, and a touch of dill.

Diet Points: 12 (includes rice) GF! Calories: 466 Total Fat: 19.6g, Sat. Fat: 7.8g, Trans Fat: 0.0g, Cholesterol 118mg, Sodium: 1025mg, Total Carbohydrates: 15.1g, Dietary Fiber: 1.2g, Sugars: 1.9g, Protein: 45.1g

#### *Margarita Chicken* (Grill or Oven) ...California blend and rice

Homemade Margarita simple syrup and a bit of garlic ..so refreshing!

Diet Points: 4 Gluten free! Calories: 188, Total Fat: 3.4g, Sat. Fat: 0.7g, Cholesterol 86.7mg, Sodium: 434.7mg, Potassium: 35.5mg, Total Carbohydrates: 10.6g, Dietary Fiber: 0.1g, Sugars: 9.4g, Protein: 31g

#### *Mejo Chicken with Chili Lime Corn* (Grill or Oven)

Citrus, garlic, cumin, and cilantro make this marinade just right. ...with chili lime corn

Diet Points: 9 GF! Calories: 341, Total Fat: 18g, Sat. Fat: 2.7g, Trans Fat: 0.0g(\*0.0), Cholesterol 71mg, Sodium: 410mg, Potassium: 362mg, Total Carbs: 24.9g, Dietary Fiber: 3.7g, Sugars: 5.4g, Protein: 29.4g

## *Smoky Barbecue Chicken with Cornmeal Cakes* \*Lighter (no cornmeal cakes) (Grill, oven, skillet)

Slice and serve this chicken on cornmeal cakes topped with our smoky homemade barbecue sauce.

Diet Points: 13 (\*9) Gluten free! Calories: 428 (\*286), Total Fat: 6.7g (\*3.1), Sat. Fat: 1.5g (\*0.7), Trans Fat: 0.0g, Cholesterol 88mg (\*86), Sodium: 1165mg (\*796), Total Carbohydrates: 54.7g (\*29.2), Dietary Fiber: 2.2g (\*0.7), Sugars: 31.3g (\*26.6), Protein: 38.3g (\*35.0)

## *Southwestern Chicken Thighs* \*Lighter...no pasta (Crockpot, stovetop, oven) ... with egg noodles

Chicken thighs, tomatillos, green chiles, onion, cumin, and a little jalapeno (\*opt.) simmer in your crock pot all day!

Diet Points: 5 Gluten free! Calories: 223, Total Fat: 6.4g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 191mg, Total Carbohydrates: 14.7g, Dietary Fiber: 2.7g, Sugars: 6.3g, Protein: 27.1g

## **\*\*Pork\*\***

### *Barbecue Bleu Cheese Pork Tenderloin* \*Lighter (less sauce, less cheese)...with green beans (Grill, oven) ...with peas and rice

Pork tenderloin stuffed with bleu cheese and topped with a creamy barbecue sauce...fabulous!

Diet Points: 13(\*9) Gluten free! Calories: 448(\*360), Total Fat: 21g(\*14.5), Sat. Fat: 11.5g(\*7.5), Trans Fat: 0.1g(\*0.1), Cholesterol 155mg(\*136), Sodium: 1045mg(\*707), Total Carbohydrates: 12g(\*8.8), Dietary Fiber: 0.2g(\*0.2), Sugars: 8.3g(\*6.1), Protein: 50g(\*45.9)

### *Brined Pork Chops with Peach Blueberry Salsa* \*Lighter...no rice (Grill, stovetop) ...with rice

Pork chops brined in Kosher salt, brown sugar, water, and lemon juice. Top with salsa made with peaches, blueberries, green onions, and Key West seasoning.

Diet Points: 9 GF! Calories: 352, Total Fat: 17.0g, Sat. Fat: 5.2g, Trans Fat: 0.0g, Cholesterol 105mg, Sodium: 457mg, Potassium: 824mg; Total Carbs: 10.3g, Dietary Fiber: 1.3g, Sugars: 8.0g, Protein: 38.5

### *Crockpot Carnita Bowl/Tacos* \*Lighter with corn tortillas (Crockpot, Oven)

Crockpot carnitas bowl with rice or tortillas. Shredded pork mixed with our special sauce of orange juice, lime juice, garlic, cumin, and green chilies. Serve with our "street" corn salad (lime juice, cilantro, red onion, feta, paprika) and black beans!

Diet Points: 20 Gluten free with rice or corn tortillas! Calories: 687, Total Fat: 20.8g, Sat. Fat: 8.1g, Trans Fat: 0.0g, Cholesterol 87.9mg, Sodium: 1404mg, Potassium: 1367mg; Total Carbohydrates: 88.9g, Dietary Fiber: 11g, Sugars: 7.5g, Protein: 46g

### *Smoky Pork with Spanish Rice* (Stovetop)

Pork cubes simmer in a chipotle salsa sauce with black beans....serve over our homemade Spanish rice

Diet Points: 16 (includes rice) GF! Calories: 631 Total Fat: 17.1g, Sat. Fat: 9.1g, Trans Fat: 0.0g, Cholesterol 79mg, Sodium: 1568mg, Pot: 854mg, Total Carbs: 78.6g, Dietary Fiber: 7.8g, Sugars: 3.7g, Protein: 40.2g

### *Sweet and Sour Pork* \*Lighter...no rice (Crockpot, oven) ....with rice

Sweet and sour pork in the crockpot! Pork cubes with onion, green pepper, red pepper, and pineapple.

Diet Points: 14 (includes rice) Gluten free! Calories: 535 Total Fat: 14.3g, Sat. Fat: 4.9, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 708mg, Potassium: 683mg, Total Carbohydrates: 58.8g, Dietary Fiber: 3.0g, Sugars: 2.7g, Protein: 39.7g

## **\*\*Seafood\*\***

### *Chili Tilapia and Asparagus* (Stovetop) ...with penne

Just pan fry this tilapia and asparagus...you add the desired amount of spices!

Diet Points: 5 Gluten Free! Calories: 208, Total Fat: 11.1g, Sat. Fat: 1.9g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 274mg, Total Carbohydrates: 7.2g, Dietary Fiber: 3.3g, Sugars: 2.4g, Protein: 23.7g

### *Cider Shrimp with Apple Salsa* \*Lighter (less apple cider, less salsa, no rice) (Stovetop)...with rice

Cooked in apple cider and tossed with a salsa of apples, red onion, cilantro, and a touch of horseradish and spices!

Diet Points: 14(\*7) Gluten free! Calories: 440(\*277), Total Fat: 2.2g(\*1.9), Sat. Fat: 0.6g(\*0.6), Trans Fat: 0.0g, Cholesterol 199mg(\*199), Sodium: 1022mg(\*826), Total Carbohydrates: 76.2g(\*38.8), Dietary Fiber: 2.4g(\*1.2), Sugars: 20.2g(\*10.1), Protein: 26.3g(\*23.9)

### *Shrimp Fajitas* \*Lighter... with corn tortillas

Shrimp, onions, red and green bell peppers, cilantro, Caribbean jerk seasoning, sour cream, flour tortillas, salsa

Diet Points: 16 Gluten free with corn tortillas! Calories: 481.3 Total Fat: 13.5g, Sat. Fat: 7.6g, Polyunsaturated Fat: 1.0g, Monounsaturated Fat: 4.6g, Cholesterol 170.3mg, Sodium: 890.2mg, Total Carbohydrates: 50.4g, Dietary Fiber: 4.9g, Sugars: 5.0g, Protein: 35.6g

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

### *Parmesan Meatloaf* \*Lighter ... with California blend (Oven) ...with vegetable medley and rice

Meatloaf with onions, parmesan, basil, thyme, oregano and topped with homemade marinara and mozzarella cheese!

TURKEY Diet Points: 15(\*15) Can be gluten free! Calories: 428, Total Fat: 27.4g, Sat. Fat: 10.7g, Trans Fat: 0.0g(\*0.0), Cholesterol 110mg, Sodium: 578mg, Total Carbohydrates: 5.2g, Dietary Fiber: 1.1g, Sugars: 1.6g, Protein: 38.7g

BEEF Diet Points: 8 Can be gluten free! Calories: 448, Total Fat: 29.9g, Sat. Fat: 13.1g, Trans Fat: 0.0g(\*0.0), Cholesterol 111mg, Sodium: 578mg, Potassium: 167mg, Total Carbohydrates: 5.2g, Dietary Fiber: 1.1g, Sugars: 1.7g, Protein: 40.4g

## **\*\*Vegetarian\*\***

### *Ginger Sesame Soba Noodles with Edamame* (Stovetop)

Edamame, carrots, and soba noodles tossed in a ginger sesame dressing and topped with sesame seeds.

Diet Points: 11 Gluten free with rice substituted for soba noodles! Calories: 372, Total Fat: 13.1, Sat. Fat: 1.4g, Trans Fat: 0.0g, Cholesterol 0mg, Sodium: 1039mg, Total Carbohydrates: 50.0g, Dietary Fiber: 5.2g, Sugars: 8.1g, Protein: 18.7g

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/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.50/meal for 4-6 serving meals; \$3.00/meal for 6-8 serving meals  
SALMON SUBSTITUTE - ADD \$1.75/meal for 1 serving meals; \$5.25/meal for 2-3 serving meals; \$8.50/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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