

## Chicken Cordon Bleu RD Meal

### Chicken Cordon Bleu Lighter

Quantity	Grocery Item
1 teaspoon	Spice, Paprika
0.25 cup	Breadcrumbs, Seasoned
10 ounces	Chicken, Breast Boneless
0.25 cup	Soup, Chicken Broth Low Sodium
1.5 tablespoon	Butter, Light w/no added salt
0.25 Teaspoon	Herb, Garlic, Raw
2 ounces	Ham, prosciutto
0.5 Ounces	Cheese, Parmesan, dry grated - Romano,
0.25 tsp	Spice, Black Pepper
0.25 Teaspoon	Herb, Oregano, Ground

### Garden Coleslaw With Almonds

Quantity	Grocery Item
9 Teaspoon	Vinegar, rice
6 Teaspoon	Oil, Olive
1 ounces	Honey
0.4 Tablespoon	Dijon Mustard
1 Each	Vegetable, Cabbage Head
0.25 Cup	Nuts, Almond Sliced
0.25 tsp	Spice, Black Pepper
2 ounces	Yogurt, Greek Non Fat
1 Cup	Vegetable, Carrots

## Green Beans

Quantity	Grocery Item
3 Cup	Vegetable, Beans, String, Green, raw

## Chipotle Flank Steak RD Meal

### Chipotle Rubbed Flank Steak

Quantity	Grocery Item
0.667 Cup	Milk, Lowfat, 1% fat w/added vitamin A
0.25 Teaspoon	Herb, Garlic, Raw
1 Tablespoon	Herb, Parsley, Raw, Chopped
0.25 Cup	Cheese, Gorgonzola
1 Teaspoon	Oil, Olive
1 Teaspoon	Spice, Ancho Chile Powder
16 Ounces	Beef, Flank Lean Trimmed
0.333 tablespoon	Butter, Light w/no added salt
0.25 tsp	Salt
1 teaspoon	Flour, Wheat or White, All Purpose
2 tablespoons	Vegetable, Shallots, peeled, raw
1 teaspoon	Spice, Paprika

### Steamed Carrots

Quantity	Grocery Item
1 Teaspoon	Spice, Mrs. Dash
3 Cup	Vegetable, Carrots

## Grapes

Quantity	Grocery Item
9 Cup	Fruit, Grapes, raw

## Baked Asparagus Omelette RD Meal

### Baked Asparagus Omelet

Quantity	Grocery Item
0.5 Cup	Egg Substitute
0.25 Cup	Vegetable, Green Onion
2 tsp	Spice, Black Pepper
1 Each	Egg, Whole
0.5 tsp	Salt
16 Ounces	Vegetable, Asparagus Fresh
1 Cup	Cheese, Mozzarella Part Skim
1 cup	Fat Free Half and Half Cream

## Pear

Quantity	Grocery Item
6 Fruit	Fruit, Pear Raw

### Rice and Beans Side

Quantity	Grocery Item
1 Cup	Beans, Black, Canned
0.25 tsp	Spice, Cumin, Ground
0.25 Cup	Herb, Cilantro Raw
1 Cup	Grain, Rice, Brown, Long grain
0.25 teaspoon	Spice, Chili Powder

## ***Pork Tenderloin Medallions RD Meal***

### **Pork Tenderloin Medallions and Sauce**

Quantity	Grocery Item
1.5 Teaspoon	Sweet, Sugar, granulated, white
1 teaspoon	Herb, Rosemary, Dried
0.25 Teaspoon	Herb, Garlic, Raw
16 Tablespoon	Vinegar, balsamic
1 Tablespoon	Vegetable, Onions, chopped, raw
0.333 Tablespoon	Dijon Mustard
16 ounces	Pork, Tenderloin Lean
3 Teaspoon	Oil, Olive

### **Italian Green Beans**

Quantity	Grocery Item
1 Cup	Vegetable, Onions
16 Ounces	Vegetable, Beans, Italian, Frozen
3 Teaspoon	Oil, Olive
0.25 Teaspoon	Herb, Oregano, Ground
2 Teaspoon	Herb, Garlic, Raw
1 Can	Vegetable, Tomato Diced Canned
0.25 Teaspoon	Herb, Basil, Ground

### **Corn On The Cob**

Quantity	Grocery Item
6 Each	Vegetable, Corn on Cob, sm/med, ckd w/o

## ***Pan Grilled Halibut RD Meal***

### **Pan Grilled Halibut Light**

Quantity	Grocery Item
2 Tablespoon	Herb, Basil, fresh
12 Ounces	Fish, Halibut, Atlantic & Pacific, raw
0.5 tsp	Salt
0.667 ounces	Lemon Juice, Bottled
0.18 Cup	Herb, Cilantro Raw
0.25 tsp	Spice, Black Pepper
1.5 Tablespoon	Oil, Vegetable or Olive
0.15 Cup	Vegetable, Onions

### **Asparagus**

Quantity	Grocery Item
54 Ounces	Vegetable, Asparagus Fresh

### **Roasted Parmesan Zucchini**

Quantity	Grocery Item
1 Teaspoon	Herb, Garlic, Raw
3 Tablespoon	Cheese, Parmesan, dry grated, reduced fat
2 Teaspoon	Oil, Olive
2 Cup	Vegetable, Zucchini, slices

### **Minute Rice**

Quantity	Grocery Item
1.5 Cup	Rice, white, cooked, instant
12 oz	Water

## ***Turkey Jambalaya RD Meal***

### **Turkey Jambalaya**

Quantity	Grocery Item
0.5 Teaspoon	Herb, Oregano, Ground
0.25 Cup	Vegetable, Onions, Young Green, raw
6 Ounce	Sausage, Kielbasa
3 Teaspoon	Oil, Olive
16 ounces	Vegetable, Tomato, Red Canned, No Added
3 teaspoon	Spice, Paprika
1 Cup	Grain, Rice, White, Long grain, Parboil,
1 Cup	Vegetable, Pepper, Sweet, Red, raw
0.5 tsp	Salt
0.5 tsp	Spice, Black Pepper
0.5 teaspoon	Spice, Red Pepper
2 cup	Soup, Chicken Broth Low Sodium
1.5 Cup	Vegetable, Onions
1.5 Pound	Turkey, Ground Raw
1 Cup	Vegetable, Pepper, Green
0.25 Teaspoon	Herb, Garlic, Raw

### **Asparagus**

Quantity	Grocery Item
54 Ounces	Vegetable, Asparagus Fresh

### **Steamed Carrots**

Quantity	Grocery Item
3 Cup	Vegetable, Carrots
1 Teaspoon	Spice, Mrs. Dash

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## ***Patty Melt with Onion RD Meal***

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### **Patty Melts with Grilled Onions , light**

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<b>Quantity</b>	<b>Grocery Item</b>
8 slice	Bread, Rye, Hi Fiber, reduced kcal
1 Tablespoon	Vinegar, balsamic
12 ounces	Beef, Ground (95% lean)
0.25 tsp	Spice, Black Pepper
1 Cup	Cheese, Mozzarella Part Skim
1 Cup	Vegetable, Onions, Vidalia, raw
3 Tablespoon	Mustard, Dijon

### **Asparagus**

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<b>Quantity</b>	<b>Grocery Item</b>
54 Ounces	Vegetable, Asparagus Fresh

### **Grapes**

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<b>Quantity</b>	<b>Grocery Item</b>
9 Cup	Fruit, Grapes, raw