

chef for hire

home delivered meals

HEART HEALTHY **LOW SODIUM**

Potato Pollock Brown Rice Broccoli Mixed fruit Wheat bread Skim Milk	Veal picata California Blend Rstd Redskin Potatoes Mandarin oranges Skim Milk	Sweet Potato Crusted Pollock Rstd Redskin Potatoes Broccoli Wheat bread Tropical Fruit Skim Milk	Sliced Pot Roast Vegetable Gravy Baked Potato Peas Wheat Bread Skim Milk	Jamaican Pork Roast Key West Blend Mashed Potatoes Wheat bread Diced Pears Skim Milk
Sliced Turkey Breast Gravy Sweet Potatoes Green Beans Pineapple Skim Milk	Beef and Cabbage Stew Sliced Apples Diced Carrots Whole Wheat Crackers Skim Milk	Chicken and White Bean Chili Shoe peg Corn Broccoli Applesauce Corn Bread Skim Milk	Herb Marinated Chicken Mashed potatoes Asparagus Wheat Bread Diced peaches Skim Milk	Chicken & Broccoli Casserole Capri Vegetables Wheat bread Mandarin oranges Skim Milk

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Sweet Potato Pollock Meal Wides and Milk					
Calories per serving 700					
Total Fat	9g	18%	Sodium	470mg	23%
Saturated Fat	1.26g	6%	Total Carbohydrate	111g	40%
Trans Fat	0g		Dietary Fiber	11g	39%
Polysaturated Fat	0g		Total Sugars	38g	9%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	55mg	19%	Protein	31g	62%
Vitamin D	0mcg	0%	Calcium	415mg	30%
Potassium	604mg	15%	Iron	3mg	15%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Veal Picata Meal Wides and Milk					
Calories per serving 570					
Total Fat	3.5g	7%	Sodium	580mg	24%
Saturated Fat	0.822g	4%	Total Carbohydrate	86g	31%
Trans Fat	0.48g		Dietary Fiber	8g	29%
Polysaturated Fat	0g		Total Sugars	30g	7%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	70mg	23%	Protein	37g	74%
Vitamin D	0mcg	0%	Calcium	376mg	30%
Potassium	742mg	15%	Iron	4.78mg	25%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Sliced Pot Roast Meal Wides and Milk					
Calories per serving 480					
Total Fat	9g	18%	Sodium	570mg	23%
Saturated Fat	1.56g	8%	Total Carbohydrate	81g	29%
Trans Fat	0g		Dietary Fiber	8g	27%
Polysaturated Fat	0g		Total Sugars	20g	5%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	25mg	8%	Protein	23g	46%
Vitamin D	0mcg	0%	Calcium	327mg	25%
Potassium	1124mg	25%	Iron	2.96mg	15%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Potato Chicken Pollock Meal Wides and Milk					
Calories per serving 540					
Total Fat	12g	24%	Sodium	520mg	23%
Saturated Fat	2.4g	12%	Total Carbohydrate	71g	26%
Trans Fat	0g		Dietary Fiber	5g	19%
Polysaturated Fat	0g		Total Sugars	0g	0%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	55mg	19%	Protein	30g	60%
Vitamin D	0mcg	0%	Calcium	362mg	30%
Potassium	553mg	10%	Iron	0mg	0%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Beef and Cabbage Stew and Milk					
Calories per serving 430					
Total Fat	9g	18%	Sodium	540mg	23%
Saturated Fat	1.68g	8%	Total Carbohydrate	60g	22%
Trans Fat	0g		Dietary Fiber	11g	39%
Polysaturated Fat	0g		Total Sugars	36g	9%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	60mg	20%	Protein	30g	60%
Vitamin D	0mcg	0%	Calcium	437mg	35%
Potassium	400mg	8%	Iron	4mg	20%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Jamaican Pork Roast Meal Wides and Milk					
Calories per serving 580					
Total Fat	8g	16%	Sodium	400mg	20%
Saturated Fat	2.65g	13%	Total Carbohydrate	91g	33%
Trans Fat	0g		Dietary Fiber	8g	27%
Polysaturated Fat	0g		Total Sugars	50g	13%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	60mg	20%	Protein	30g	60%
Vitamin D	0mcg	0%	Calcium	432mg	35%
Potassium	713mg	15%	Iron	2.77mg	15%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Sliced Turkey Breast and Milk					
Calories per serving 400					
Total Fat	4.5g	9%	Sodium	470mg	23%
Saturated Fat	0.51g	3%	Total Carbohydrate	70g	25%
Trans Fat	0.79g		Dietary Fiber	4g	16%
Polysaturated Fat	0g		Total Sugars	52g	13%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	70mg	23%	Protein	18g	36%
Vitamin D	0mcg	0%	Calcium	342mg	25%
Potassium	400mg	8%	Iron	1.43mg	8%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Chicken and White Bean Chili					
Calories per serving 690					
Total Fat	13g	26%	Sodium	460mg	20%
Saturated Fat	4.3g	22%	Total Carbohydrate	102g	37%
Trans Fat	0g		Dietary Fiber	11g	39%
Polysaturated Fat	0g		Total Sugars	45g	11%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	100mg	34%	Protein	38g	76%
Vitamin D	0mcg	0%	Calcium	504mg	40%
Potassium	774mg	15%	Iron	2.86mg	15%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Herb Marinated Chicken Meal and Milk					
Calories per serving 460					
Total Fat	5g	10%	Sodium	600mg	26%
Saturated Fat	0.9g	5%	Total Carbohydrate	66g	24%
Trans Fat	0g		Dietary Fiber	4g	16%
Polysaturated Fat	0g		Total Sugars	27g	7%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	60mg	20%	Protein	34g	68%
Vitamin D	0mcg	0%	Calcium	409mg	30%
Potassium	651mg	15%	Iron	2.25mg	10%

Nutrition Facts		Amount/serving		% Daily Value*	
1 servings per container					
Serving size 1 Complete Chicken Casserole Meal and Milk					
Calories per serving 520					
Total Fat	5g	10%	Sodium	500mg	21%
Saturated Fat	1.6g	8%	Total Carbohydrate	77g	28%
Trans Fat	0g		Dietary Fiber	8g	29%
Polysaturated Fat	0g		Total Sugars	35g	9%
Monounsaturated Fat	0g		Includes 0g Added Sugars		0%
Cholesterol	60mg	20%	Protein	35g	70%
Vitamin D	0mcg	0%	Calcium	463mg	35%
Potassium	630mg	12%	Iron	2.5mg	15%