



# the market

## Healthy Options Meals

<p>5 oz. Blackened Chick w Mango Salsa ½ cup Gr. Beans Almondine ½ cup Roasted Fingerling Potato</p> <p>424 calories; 36 g. cho; 40 g. pro; 13 g. fat; 2 g. sat fat; 96 mg. chol; 415 mg. sodium; 6.5 g. fiber</p>	<p>Chicken Fajita 4 oz. filling 1 multigrain flour tortilla ½ cup Grilled Vegetables</p> <p>637 calories; 44 g. cho; 39 g. pro; 22 g. fat; 4 g. sat fat; 144 mg. chol; 684 mg. sodium 6 g. fiber</p>	<p>4oz. Chicken Piccata 1 cup angel hair pasta 1 cup broccoli</p> <p>401 calories; 44 g. cho; 24 g. pro; 7.5 g. fat; 4 g. sat fat; 57 mg. chol; 250 mg. sodium; 5 g. fiber</p>	<p>4.5 oz. Marinated Chicken Breast ½ cup Fr. Dill Potato Salad ½ cup Grilled Vegetable</p> <p>371 calories; 22 g. cho; 38 g. pro; 12 g. fat; 3g. sat fat; 96 mg. chol; 305 mg. sodium; 4 g. fiber</p>	<p>5 oz. Turkey Meatloaf ½ cup Roasted Harvest Squash Small baked potato</p> <p>332 calories; 39 g. cho; 27 g. pro; 7 g. fat; 2 g. sat fat; 101 g. chol, 425 mg. sodium; 6 g. fiber</p>	<p>5 oz. Lemon Pepper Grilled Chicken ½ cup Lentil Salad Half of a 6-inch whole wheat pita</p> <p>542 calories; 43 g. cho; 47 g. pro; 18 g. fat; 1 g. sat fat; 96 mg. chol; 512 mg. sodium; 12.5 g. fiber</p>	<p>5 oz. Half Stuffed Rotisserie Chicken w/o skin ½ cup stuffing ½ cup Roasted Harvest Squash</p> <p>269 calories; 36 g. cho; 20 g. pro; 5 g. fat; 1 g. sat fat; 55 mg. chol; 641 mg. sodium; 7 g. fiber</p>
<p>Cranberry Walnut Chicken Salad (2.5 oz.) Sandwich on 100% whole wheat bread 1 cup mixed greens 2 T. The Market Vidalia Tomato Dressing</p> <p>576 calories; 49 g. cho; 17 g. pro; 12 g. fat; 2 g. sat fat; 26 mg. chol; 576 mg. sodium; 8 g. fiber</p>	<p>5 oz. Turkey Meatball 1 cup cooked rigatoni ½ cup Muir Glenn Cabernet Marinara Sauce (or other pasta sauce) 1 cup tossed salad with 2 T. The Market Vidalia Tomato Dressing</p> <p>510 calories; 77 g. cho; 32 g. pro; 7g. fat; 2 g. sat fat; 97 mg. chol; 656 mg. sodium; 5 g. fiber</p>	<p>3.5 oz. Italian Stuffed Flank Steak ½ cup Grilled Veg. ½ cup cooked whole or long grain rice</p> <p>314 calories; 22 g. cho; 21 g. pro; 8 g fat; 3 g. sat. fat; 30 mg chol; 172 mg. sodium; 3 g fiber</p>	<p>4 oz. Smothered BBQ Chicken ½ cup whole or long grain rice ½ cup zucchini or summer squash</p> <p>282 calories; 27 g. cho; 24 g pro; 7 g fat; 3 g sat. fat; 56 mg. sodium; 2 g. fiber</p>	<p>2.5 oz. Tarragon Chicken Salad 1 cup mixed greens Half of a 6-inch whole wheat pita 1 piece fresh fruit</p> <p>286 calories; 37 g. cho; 14 g. pro; 8 g. fat; 1 g. sat fat; 29 mg. chol; 365 mg. sodium; 7 g. fiber</p>	<p>5 oz. Chick Pea Salad 1 cup mixed greens One 6-inch whole wheat pita ¾ cup berries</p> <p>429 calories; 64 g. cho; 7 g. pro; 13 g. fat; 3 g. sat fat; 13 mg. chol; 639 mg. sodium; 9 g. fiber</p>	<p>4 oz. Chicken Orzo Salad ½ cup Grilled Vegetables ½ of a 8x2 inch Naan Bread 1 ¼ cup strawberries</p> <p>515 calories; 72 g. cho; 15 g. pro; 17 g. fat; 2 g. sat fat; 16 mg. chol; 263 mg. sodium; 7 g. fiber</p>