

MEAL #1 – CREAMY CHICKEN FLORENTINE TORTELLINI

Medium – Serves 2 to 3

Place in the freezer for dinner on Day 1. Time to table: 1 hour 25 minutes.

Cook from frozen

1. Preheat oven to 375°F.
2. Remove lid and cover with foil.
Cook covered 1hr 15 minutes.
3. Remove foil and place on top rack of oven, cook for 7-10 minutes until golden and bubbly



DREAM DINNERS.
LOVING WITH FOOD

INGREDIENTS:

Cheese Tortellini (Pasta: Extra Fancy Enriched Durum Flour [Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Liquid Pasteurized Whole Eggs. Filling: Cheeses [Part Skim Ricotta(Whey, Pasteurized Milk, Vinegar, Salt, Carrageenan as stabilizer), Whole Milk Ricotta(Milk, Whey, Cream, Vinegar, Salt, Carrageenan as stabilizer), Romano (Sheep's Milk, Cultures, Rennet, Salt)], Bread Crumbs[Bleached Wheat Flour, Yeast, Sugar, Salt], Canola Oil, Salt, Water, Pepper, Nutmeg], Diced Chicken Breast ([Diced, Boneless, Skinless Chicken Breast With Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Chicken Stock, Vegetable Stock {Carrot, Onion, Celery}, Flavors, Carrot Powder and Garlic Powder], Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt), Lowfat Cream Cheese (Pasteurized Milk and Cream, Skim Milk, Cheese Culture, Salt, Stabilizers [Carob Bean and/or Xanthan and/or Guar Gums]), Alfredo Sauce (Skim Milk, Cream, Parmesan, Romano & Cheddar Cheeses [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Whey, Canola Oil, Modified Food Starch, Palm Oil, Contains 2% or less of the following: Natural Flavor, Salt, Sugar, Spice, Xanthan Gum, Sodium Poly Phosphates, Sodium Citrate, DATEM, and Mono and Diglycerides), White Cooking Wine (Wine, Salt, Contains 1% or less of each of the following: Malic Acid, Potassium Metabisulfite [preservative]), Spinach, Swiss Cheese (Pasteurized Grade A Milk, Cheese Culture, Salt, Enzymes, Potato Starch and Cellulose Powder [anti-caking agent]), Parmesan Cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose to prevent caking, Natamycin to protect flavor), Lemon Juice (Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Metabisulfite, and Sodium Benzoate (Preservatives), Lemon Oil, Sodium Sulfite [Preservative]), Diced Red Peppers (Bell pepper, water and citric acid), Chopped Garlic (Garlic, Water, Contains Less Than 1% Phosphoric Acid and Sodium Benzoate), Parsley.

Contains: Wheat, Egg, Milk, Soy

Nutrition Facts

Serving Size 1 1/4 cup (234 g)
Servings Per Container 3

Amount Per Serving

Calories 440 **Calories from Fat 190**

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 1030mg **43%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 32g

Vitamin A 25% • Vitamin C 10%

Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

MEAL #2 ITALIAN STUFFED SHELLS

Medium – Serves 2 to 3

Place in freezer for Dinner on Day 2.
Time to table: 1 hour 15 minutes.

Cook from frozen

1. Preheat oven to 375°F.
Place on baking sheet
2. Remove lid and cover with foil.
Cook covered 45 – 50 minutes.
3. Remove foil, bake uncovered for
10 - 15 minutes



DREAM DINNERS
LOVING WITH FOOD

INGREDIENTS: Italian Stuffed Shells (Stuffed Shells (Filling: Whole Milk Ricotta Cheese (Milk, Whey, Cream, Vinegar, Salt, Carrageenan As Stabilizer), Part Skim Ricotta Cheese [Whey, Milk, Vinegar, Salt, Carrageenan As Stabilizer], Water, Liquid Pasteurized Whole Eggs, Modified Food Starch, Salt, Romano Cheese [Sheep's Milk, Rennet, Salt], Pepper, Parsley. Pasta: Extra Fancy Durum Flour [Enriched with Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic acid]) Salt, Canola Oil), Marinara Sauce (Tomato Puree, Diced Tomatoes, Corn Syrup, Extra Virgin Olive Oil, Soybean Oil, Salt, Onion Juice, Dehydrated Onions, Garlic, Spices, Calcium Chloride, Xanthan Gum, Citric Acid), Alfredo Sauce (Skim Milk, Cream, Parmesan, Romano & Cheddar Cheeses [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Whey, Canola Oil, Modified Food Starch, Palm Oil, Contains 2% or less of the following: Natural Flavor, Salt, Sugar, Spice, Xanthan Gum, Sodium Poly Phosphates, Sodium Citrate, DATEM, and Mono and Diglycerides), Mozzarella Cheese (Low Moisture Part Skim Mozzarella Cheese [Cultured Pasteurized Part Skim Milk, Skim Milk, Salt, Enzymes], Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Preservative]), Parmesan Cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose to prevent caking, Natamycin to protect flavor), Basil Pesto (Basil, Canola Oil, Water, Parmesan Cheese [Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes], Granulated Garlic, Salt).

Contains: Milk, Wheat, Egg, Soy

Nutrition Facts

Serving Size Italian Stuffed Shells
2 shells (273 g)
Servings Per Container 3

Amount Per Serving

Calories 450 **Calories from Fat 200**

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 1280mg **53%**

Total Carbohydrate 44g **15%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 18g

Vitamin A 20% • **Vitamin C 15%**

Calcium 40% • **Iron 15%**

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 8 meatballs & sauce &
Jasmine Rice (1/2 cup prepared) -
packaged wt (230 g)
Servings Per Container 3

Amount Per Serving

Calories 600 **Calories from Fat** 260

% Daily Value*

Total Fat 29g **45%**

Saturated Fat 11g **55%**

Trans Fat 1g

Cholesterol 75mg **25%**

Sodium 1570mg **65%**

Total Carbohydrate 61g **20%**

Dietary Fiber 3g **12%**

Sugars 18g

Protein 27g

Vitamin A 0% • Vitamin C 15%

Calcium 10% • Iron 20%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

SESAME GLAZED MEATBALLS WITH JASMINE RICE

INGREDIENTS:

Meat Balls (Beef, water, Romano cheese [sheep's milk, cultures, salt enzymes, whey], salt, onion powder, spices, maltodextrin, dehydrated parsley, garlic powder, silicon dioxide, breadcrumbs [enriched wheat flour (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)], soy protein concentrate, textured soy protein [from soy flour], eggs), Teriyaki Glaze (Naturally Brewed Soy Sauce [Water, Wheat, Soybeans, Salt], Sugar, Water, Modified Food Starch, Onion Juice, Vinegar, Natural Flavor, Garlic Powder, Malic Acid, Spice, Disodium Inosinate, Disodium Guanylate, Sodium Benzoate, [less than 1/10 of 1% as a preservative]), Pineapple Juice (Pineapple Juice, Vitamin C), Brown Sugar, Rice Vinegar (Water, Rice), Sesame Seed, Sesame Oil Blend (Soybean Oil, Sesame Oil), Ginger Puree (Ginger, Water, Citric Acid).

Jasmine Rice: Long grain Jasmine Rice.

Contains: Milk, Wheat, Soy, Egg

Nutrition Facts

Serving Size 1 breast & sauce, 1/2 cup prepared rice, 3/4 cup broccoli - packaged wt (378 g)
Serving Per Container 3

Amount Per Serving

Calories 590 **Calories from Fat** 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 850mg	35%
Total Carbohydrate 82g	27%
Dietary Fiber 5g	20%
Sugars 28g	
Protein 31g	
Vitamin A 4%	Vitamin C 90%
Calcium 10%	Iron 25%

ORANGE ASIAN CHICKEN WITH OVEN ROASTED BROCCOLI AND RICE

INGREDIENTS:

ORANGE ASIAN CHICKEN: Chicken Breast (Boneless, Skinless Chicken Breast Filets With Rib Meat Contain- ing: Up to 15% of a solution of water and sea salt), White Rice (Enriched long grain parboiled rice, ferric orthophos- phate, niacin, thiamine mononitrate and folic acid), Brown Sugar, Ketchup (Tomato Concentrate [Water and Tomato Paste], High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, and Natural Flavors), Buttermilk (Cultured Low-fat Milk, Nonfat Milk, Sodium Citrate, Salt, Vitamin A Palmitate, Vitamin D3, Live Active Cultures), Panko Bread Crumbs (Wheat Flour, contains 2% or less of each of the following: sugar, yeast, soybean oil, salt), All Purpose Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Ribofla- vin, Folic Acid), Lite Soy Sauce (Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate less than 1/10 of 1% as a Preservative), Worcestershire Sauce (Distilled White Vinegar, Molasses, Water, Sugar, Onions, Anchovies, Salt, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Nonfat Liquid Eggs [Egg Whites (99%), Less than 1% Vegetable Gums [xanthan and Guar Gum], Color [Includes Beta Carotene] Vitamins and Minerals: Calcium Sulfate, Ferric Phosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Calcium Pantothenate, Vitamin B12, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Biotin, Vitamin D2), Orange Marmalade (Oranges [Orange Puree and/or Orange Juice, Orange Peel and Orange Oil], High Fructose Corn Syrup, Corn Syrup, Sugar, Citric Acid, Pectin, Sodium Benzoate [a preservative]), Orange Peel, Dry Ground Mustard Seed, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).

WHITE RICE: White Rice (Enriched long grain parboiled rice, ferric orthophosphate, niacin, thiamine mononitrate and folic acid)

OVEN ROASTED BROCCOLI: Broccoli, Extra Virgin Olive Oil, Chopped Garlic (Garlic, Water, Contains Less Than 1% Phosphoric Acid and Sodium Benzoate), Kosher Salt, Dehydrated Garlic, Black Pepper, Herbes de Provence (Rosemary, Marjoram, Thyme, Sage, Anise Seed, Savory, Lavender).

Contains: Milk, Wheat, Soy, Fish (Anchovy)

Nutrition Facts

Serving Size 1 burrito and 2/3 cup corn (397 g)

Servings Per Container 3

Amount Per Serving

Calories 510 **Calories from Fat 120**

% Daily Value*

Total Fat 13g **20%**

 Saturated Fat 6g **30%**

 Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 1730mg **72%**

Total Carbohydrate 68g **23%**

 Dietary Fiber 7g **28%**

 Sugars 12g

Protein 34g

Vitamin A 20% • Vitamin C 25%

Calcium 15% • Iron 25%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

SANTA FE SHREDDED PORK BURRITOS WITH CHIPOTLE MAPLE CORN

INGREDIENTS:

BURRITO: Pork [Marinated Up to 10% with Water, Salt, Orange Juice Concentrate, and Sodium Phosphates] Garlic Powder, Paprika, and Caramel Color), Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil], contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate], Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Anti-oxidants [Tocopherols, Ascorbic Acid], Cellulose Gum, Dough Conditioners [Fumaric Acid, Sodium Metabisulfite], Preservatives [Calcium Propionate, Sorbic Acid and/or Citric Acid]), Barbecue Sauce (Distilled Vinegar, High Fructose Corn Syrup, Tomato Paste, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate [0.1% as a preservative], Garlic Powder, Sugar, Caramel Color, and Natural Flavor), Black Beans (Prepared Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride [to Help Maintain Firmness]), Enchilada Sauce (Water, crushed tomatoes [water, concentrated crushed tomatoes], modified food starch, chili powder [chile pepper, cumin, oregano, dehydrated garlic], Vegetable Oil [corn, cottonseed, and/or canola], salt, onion powder, dehydrated garlic, spice, citric acid and sodium benzoate [preservative]), Corn, Green Chilies (Diced green chile peppers, water, salt, citric acid, trace of calcium chloride), Chopped Garlic (Garlic, Water, Contains Less Than 1% Phosphoric Acid and Sodium Benzoate), Onion Flakes, Chili Powder, Smoked Paprika, Cumin, Oregano, Black Pepper.

CHIPOTLE MAPLE CORN: Corn, Maple Flavored Syrup (Corn Syrup, Water, Propylene Glycol, Cellulose Gum, Salt, Natural Flavors, Potassium Sorbate & Sodium Benzoate [as preservatives], Caramel Color [contains sulfites], Lactic Acid [Acidulant]), Butter, Red Peppers (Bell pepper, water and citric acid), Lime Juice From Concentrate (Water, Concentrated Lime Juice, Sodium Benzoate [preservative], Lime Oil, Sodium Metabisulfite [preservative]), Chipotle Peppers (Chipotle Peppers, Tomato Puree [Water and Tomato Paste], Vegetable Oil [Corn or Safflower], Wheat Flour, Salt, Vinegar, Food Starch-Modified, Onion Powder, Garlic Powder, Caramel Color and Spices), Garlic (Garlic, Water, Contains Less Than 1% Phosphoric Acid and Sodium Benzoate), Kosher Salt, Paprika, Black Pepper, Cilantro.

Contains: Wheat, Soy, Milk