

Chicken Cordon Bleu RPD Meal

Chicken Cordon Bleu Lighter

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

Green Beans

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

Rice and Noodle Pilaf

Quantity	Grocery Item
0.25 tsp	Salt
16 oz	Water
0.3 Cup	Pasta, Spaghetti
1 Cup	Rice, Medium Brown
0.25 tsp	Spice, Black Pepper
2 tablespoon	Butter, Light w/no added salt

Chipotle Flank Steak RPD Meal

Chipotle Rubbed Flank Steak Light

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

Steamed Carrots

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

Baked Asparagus Omelette RPD Meal

Baked Asparagus Omelet

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

Pear

Quantity	Grocery Item
6 Fruit	Fruit, Pear Raw

Corn On The Cob

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

Pork Tenderloin Medallions RPD Meal

Pork Tenderloin Medallions and Sauce Light

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

Corn On The Cob

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

Pan Grilled Halibut RPD Meal

Pan Grilled Halibut Light

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

Roasted Parmesan Zucchini

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

Minute Rice

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

Turkey Jambalaya RPD Meal

Turkey Jambalaya Light

Quantity	Grocery Item
0.5 Teaspoon	Herb, Oregano, Ground
16 Oz	Vegetable, Tomatoes, canned, low sodium
3 Ounce	Sausage, Kielbasa
0.25 Cup	Vegetable, Onions, Young Green, raw
0.25 Teaspoon	Herb, Garlic, Raw
1 Cup	Vegetable, Pepper, Green
1 Cup	Grain, Rice, White, Long grain, Parboil,
1 Cup	Vegetable, Pepper, Sweet, Red, raw
0.5 tsp	Spice, Black Pepper
3 Teaspoon	Oil, Olive
0.5 teaspoon	Spice, Red Pepper
1.5 Cup	Vegetable, Onions
0.75 Pound	Turkey, Ground Raw
0.5 tsp	Salt
3 teaspoon	Spice, Paprika
2 cup	Soup, Chicken Broth Low Sodium

Asparagus

Quantity	Grocery Item
54 Ounces	Vegetable, Asparagus Fresh

Patty Melt with Onions RPD Meal

Patty Melts with Grilled Onions Lighter

Quantity	Grocery Item
0.5 Cup	Cheese, Mozzarella Part Skim
0.25 tsp	Spice, Black Pepper
8 ounces	Beef, Ground (95% lean)
1 Tablespoon	Vinegar, balsamic
1 Cup	Vegetable, Onions, Vidalia, raw
3 Tablespoon	Mustard, Dijon
4 Each	Bread, White, reduced kcal

Asparagus

Quantity	Grocery Item
54 Ounces	Vegetable, Asparagus Fresh

Grapes

Quantity	Grocery Item
9 Cup	Fruit, Grapes, raw