



October 2021 Celebrating fall with a hint of Oktoberfest!!

Beef

Flank Steak Rouladen *Lighter (less bacon and butter), with squash (Stovetop) with egg noodles and corn

Flank steak rolled with brown mustard, bacon, onion, and pepperoncinis (opt.) inside, simmered in beef broth

Diet Points: 12 (*10) Gluten free! Calories: 395 (*360), Total Fat: 16.8g (*14.8), Sat. Fat: 6.7g (*6.4), Trans Fat: 0.0g, Cholesterol 152mg (*147), Sodium: 1116mg (*875), Total Carbohydrates: 2.3g (*2.3), Dietary Fiber: 0.4g (*0), Sugars: 1.2g (*1.2), Protein: 53.3g (*50.3)

Mongolian Beef *Lighter, less rice noodles (Stovetop) ...with California blend vegetables

Best Mongolian beef...ever! Flank steak, ginger, garlic, brown sugar, and our homemade soy sauce...on top of rice noodles

Diet Points: 16(includes rice noodles) Gluten free! Calories: 447, Total Fat: 11.1, Sat. Fat: 4.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 475mg, Potassium: 512mg, Total Carbohydrates: 45.8g, Dietary Fiber: 0.7g, Sugars: 23.7g, Protein: 38.1g

Sauerbraten Pot Roast (Crockpot, stovetop, or oven)

Celebrate Oktoberfest with our pot roast, carrots, onions, and potatoes marinating in apple cider vinegar and spices!

Diet Points: 10 Gluten free! Calories: 329, Total Fat: 12.2g, Sat. Fat: 5.4g, Trans Fat: 0, Cholesterol 93mg, Sodium: 775mg, Total Carbohydrates: 25.9g, Dietary Fiber: 4.5g, Sugars: 11.6g, Protein: 27.4g

Spaghetti Pie Casserole (Oven)

Spaghetti on a noodle "crust"! Ground beef, noodles, onion, seasoned salt, Parmesan, butter, ricotta, mozzarella, garlic, basil, Kosher salt, sugar, crushed tomatoes...so easy and delicious!

Diet Points: 25 Calories: 796, Total Fat: 30g, Sat. Fat: 16g, Trans Fat: 0, Monounsaturated Fat: 3g, Polyunsaturated Fat: 1g, Cholesterol 79mg, Sodium: 1118mg, Potassium 899mg, Total Carbohydrates: 87g, Dietary Fiber: 11g, Sugars: 13g, Protein: 49g

Chicken

Chicken Wild Rice Casserole (Oven)

Great all-in-one casserole...chicken, wild rice, onions, green beans, cheddar, and almonds.

Diet Points: 21 Gluten free! Calories: 670 Total Fat: 29.4g, Sat. Fat: 16.2g, Trans Fat: 0.0g, Cholesterol 102mg, Sodium: 778mg, Potassium: 494mg, Total Carbohydrates: 58.3g, Dietary Fiber: 5.8g, Sugars: 5.3g, Protein: 46.4g

Creamy Chicken Bacon Casserole (Oven)

A creamy and delicious casserole with chicken, bacon, pasta, and Monterrey Jack!

Diet Points: 22 Gluten free with rice! Calories: 581 Total Fat: 28.1g, Sat. Fat: 16.7g, Trans Fat: 0.0g, Cholesterol 111mg, Sodium: 1109mg, Total Carbohydrates: 40.0g, Dietary Fiber: 1.5g, Sugars: 2.3g, Protein: 40.9g

Crockpot Creamy Ranch Chicken and Vegetables *Lighter (no pasta) (Crockpot or stovetop) ...with egg noodles

Chicken thighs, green beans, and carrots simmering in our homemade ranch cream sauce! You won't believe how good this is!

Diet Points: 11 Gluten free with rice! Calories: 437, Total Fat: 16.5g, Sat. Fat: 7.3g, Trans Fat: 0.0g, Cholesterol 138mg, Sodium: 737mg, Total Carbohydrates: 25.0g, Dietary Fiber: 3.8g, Sugars: 4.9g, Protein: 46.1g

Honey Orange Almond Chicken *Lighter ...with California blend (Stovetop) ...with egg noodles and green beans

Chicken breasts simmering in an orange sauce with a cinnamon stick...top with toasted almonds!

Diet Points: 12 Gluten free! Calories: 380, Total Fat: 13.4g, Sat. Fat: 1.8g, Trans Fat: 0, Cholesterol 71mg, Sodium: 640mg, Total Carbohydrates: 35.2g, Dietary Fiber: 2.3g, Sugars: 27.1g, Protein: 30.9g

Mozzarella Chicken Rolls *Lighter (less cheese and breadcrumbs), with California blend (Oven) ...with penne and corn

Top each pounded thin chicken breast with a mixture of ricotta, Parmesan, and spinach, roll it up, dip in breadcrumbs, and bake! Topped with marinara and mozzarella, this is delicious!

Diet Points: 7 (*5) Gluten free with gluten free breadcrumbs! Calories: 311 (*212) Total Fat: 9.7g (*5.1), Sat. Fat: 4.1g (*5.1), Trans Fat: 0.0g, Cholesterol 101mg (*91), Sodium: 839mg (*580), Total Carbohydrates: 14.4g (*6.2), Dietary Fiber: 1.3g (*0.6), Sugars: 3.0g (*1.4), Protein: 42.1g (*35.3)

Pineapple Salsa Verde Chicken *Lighter, with no rice (Stovetop) ...with rice

Chicken breasts simmer in our special pineapple salsa verde...chicken so tender... it hits the spot!

Diet Points: 7 Gluten free! Calories: 258 Total Fat: 5.8g, Sat. Fat: 2.1, Trans Fat: 0.0g, Cholesterol 87mg, Sodium: 375mg, Potassium: 265mg, Total Carbohydrates: 15.7g, Dietary Fiber: 2.0g, Sugars: 13g, Protein: 34g

Savory Sweet Crusted Chicken with White Barbecue Sauce *Lighter, with green beans (Stovetop or Grill) ...with penne and medley

Chicken breasts dredged in our special spice blend (brown sugar, garlic, onion, parsley, coriander, lemon pepper, red pepper, turmeric, paprika) crust up with a crazy good little spicy little sweet flavor... top with our amazing white barbecue sauce!

Diet Points: 9 Gluten free! Calories: 338 Total Fat: 21.1g, Sat. Fat: 3.3g, Polyunsaturated Fat: 0.1g, Monounsaturated Fat 1.4g, Cholesterol 93.3mg, Sodium: 366.2mg, Potassium: 87.9mg, Total Carbohydrates: 9.3g, Dietary Fiber: 0.7g, Sugars: 8.7g, Protein: 31.3g

Pork

Crockpot Bacon Wrapped Pork Loin *Lighter, with California blend (Crockpot or oven) ...with vegetable medley and rice

Pork loin rubbed with brown sugar, garlic, and rosemary, wrapped in and topped with an apple jelly, Dijon, and mustard glaze.

Diet Points: 12 Gluten free! Calories: 445 Total Fat: 19.4g, Sat. Fat: 6.9g, Trans Fat: 0.0g, Cholesterol 133mg, Sodium: 635mg, Total Carbohydrates: 16.05g, Dietary Fiber: 0.5g, Sugars: 12.4g, Protein: 48.3g

Octoberfest Pork Chops *Lighter (less cheese and Panko), with squash (Oven) ... with rice and corn

Pork loin chops marinating in beer and seasonings, dipped in egg and dredged in Panko and Parmesan!

Diet Points: 10 (*7) Gluten free with gluten free breadcrumbs! Calories: 380 (*279) Total Fat: 9.9g (*6.9), Sat. Fat: 4.6g (*3.0), Trans Fat: 0.0g, Cholesterol 58mg (*52), Sodium: 1494mg (*1276), Total Carbohydrates: 32.9g (*19.6), Dietary Fiber: 1.7g (*0.9), Sugars: 3.3g (*2.1), Protein: 34.3g (*28.9)

Pork Chops Florentine *Lighter (less cheese, no pasta) (Stovetop) ... with penne pasta

Top pork loin chops with spinach, sliced onions, marinara, garlic, and mozzarella.... fast and delicious!

Diet Points: 8 (*6) Gluten free! Calories: 312(*255), Total Fat: 13.6g(*9.8), Sat. Fat: 6.3g(*3.9), Trans Fat: 0.0g, Cholesterol 96mg(*85), Sodium: 622g(*523), Total Carbohydrates: 10.3g(*9.6), Dietary Fiber: 1.9g(*1.9), Sugars: 5.0g(*4.9), Protein: 35.4g(*30.5)

Pretzel Pork Tenderloin with Mustard Cream Sauce (Oven) ... with penne and peas

Pork tenderloin with rosemary garlic seasoning and Dijon mustard, roll in pretzels and drizzle with Dijon honey cream sauce.

Diet Points: 11 Gluten free with gluten free Panko! Calories: 363, Total Fat: 15.0g, Sat. Fat: 7.6g, Trans Fat: 0, Cholesterol 91mg, Sodium: 1295mg, Total Carbohydrates: 78g, Dietary Fiber: 1.0g, Sugars: 7.0g, Protein: 26.9g

Skillet Pork Satay (Stovetop) ... with rice and peas

All the spicy sweet flavors of skewered satay in the skillet with peanut butter dipping sauce! Pork loin, sweet chili sauce, sesame oil, garlic, beef broth, red wine vinegar, ginger, garlic powder, cornstarch, green onions, sugar, cilantro, peanut butter, lime juice

Diet Points: 13 Gluten free! Calories: 441, Total Fat: 15.0g, Sat. Fat: 5g, Trans Fat: 0, Monounsaturated Fat 2g, Polyunsaturated Fat: 2g, Cholesterol 87mg, Sodium: 275mg, Potassium 269mg, Total Carbohydrates: 14g, Dietary Fiber: 3.0g, Sugars: 15.0g, Protein: 34g

Taste of Morocco Pork with Couscous *Lighter (no couscous) (Stovetop)with couscous

Pork coated with turmeric, paprika, coriander, cumin, ginger, and lemon sauted and added to tomatoes, chick peas, carrots, onion, chicken broth, and a dash of cinnamon and allspice!

Diet Points: 10 (includes couscous) (*6) Gluten free with rice substituted for couscous!

Calories: 381 (*249), Total Fat: 8.3g (*7.9), Sat. Fat: 2.4g (*2.4), Trans Fat: 0g (*0), Cholesterol 54mg (*54), Sodium: 1217mg (*1156), Total Carbohydrates: 44.2g(*17.4), Dietary Fiber: 6.1g (*3.8), Sugars: 4.6g (*4.6), Protein: 32.7g (*28)

Seafood

Crispy Shrimp with Pineapple Rum Salsa (Stovetop) ...with peas and rice

Pan fry our shrimp in a potato flake crust...serve with pineapple, jalapeno (opt.), red onion, rum salsa!

Diet Points: 9 Gluten free! Calories: 356, Total Fat: 18.7g, Sat. Fat: 1.3g, Trans Fat: 0.0g, Cholesterol 239mg, Sodium: 286mg, Total Carbohydrates: 16.7g, Dietary Fiber: 1.1g, Sugars: 7.4g, Protein: 26.8g

Crunchy Baked Tilapia with Parmesan Polenta (Oven, stovetop) with California blend

Panko crusted tilapia baked in the oven and served with parmesan polenta!

Diet Points: 12 includes polenta Gluten free! Calories: 472, Total Fat: 7.2g, Sat. Fat: 3.5g, Trans Fat: 0.0g, Cholesterol 69mg, Sodium: 781mg, Total Carbohydrates: 64.0g, Dietary Fiber: 3.0g, Sugars: 2.4g, Protein: 37.2g

Ground Turkey or Ground Beef

Muffin Pan Meatloaves *Lighter (less breadcrumbs and olive oil), with carrots (Oven) ...with rice and corn

A muffin pan full of individual meatloaves (ground beef or ground turkey) ready to pop in the oven! We add spinach, breadcrumbs, and spices to ground turkey or beef and top with a ketchup and Worcestershire glaze.

TURKEY Diet Points: 10 Gluten free with gluten free breadcrumbs! Calories: 358, Total Fat: 16.6g, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 95mg, Sodium: 786mg, Total Carbohydrates: 19.0g, Dietary Fiber: 1.2g, Sugars: 5.2g, Protein: 34.2g

BEEF Diet Points: 10 Gluten free with gluten free breadcrumbs! Calories: 406, Total Fat: 15.6g, Sat. Fat: 6.3g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 759mg, Total Carbohydrates: 19.1g, Dietary Fiber: 1.2g, Sugars: 5.1g, Protein: 46.1g

Vegetarian

Green Chile and Cheese Casserole (Oven)

Corn tortillas, green chilies, and onion with Monterrey Jack cheese strata...perfect for a no meat dinner!

Diet Points: 12 Gluten free! Calories: 345, Total Fat: 15.6g, Sat. Fat: 9.4g, Trans Fat: 0, Cholesterol 40mg, Sodium: 602mg, Total Carbohydrates: 33.9g, Dietary Fiber: 0g, Sugars: 5.3g, Protein: 18.5g

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3) or 6 meals (4-6), \$6.00/12 meals (4-6)
GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3) or 6 meals (4-6), \$12.00/12 meals (4-6)
SPRING MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.25/meal for 4-6 serving meals
SALMON SUBSTITUTE - ADD \$1.75/meal for 1 serving meals; \$5.25/meal for 2-3 serving meals; \$8.50/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals
Nutritional information calculated on CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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