



**December 2021** .....Happy Holidays to all and Happy 9th Birthday to us!!

### **Gingerbread Bread Pudding** (Oven)

Gingerbread for the holidays! Warm gingerbread bread pudding topped with a delicious glaze is a perfect dessert for a winter's night!  
Based on 6 servings Diet Points: 24 Calories: 478 Total Fat: 22g, Sat. Fat: 13, Monounsaturated Fat: 2g, Polyunsaturated Fat: 0g, Trans Fat: 0.0g, Cholesterol 69mg, Sodium: 48mg, Total Carbohydrates: 60g, Dietary Fiber: 1g, Sugars: 48g, Protein: 4g

### **\*\*Beef\*\***

### **Holiday Special!! Prime Rib Roast with Homemade Boursin Cheese** ...with green beans and rice

Choose as one of your meals with an additional charge...\$40/3lb, \$80/6lb, \$120/9lb or as an additional meal for \$65/3lb, \$125/6lb, \$175/9lb  
Prime rib roast rubbed with herbs and served with homemade boursin cheese...our family recipe of a mixture of cream cheese, butter, and herbs...perfect complement to thinly sliced beef!

Diet Points: 18 Gluten free! Calories: 509, Total Fat: 41.2g, Sat. Fat: 18.9g, Trans Fat: 0.0g, Cholesterol 132mg, Sodium: 1907g, Total Carbohydrates: 3.2g, Dietary Fiber: 0.3g, Sugars: 0.0g, Protein: 29.6g

### **Crockpot Lasagna** (Crockpot)

This is crazy good! Lasagna in the crockpot....who would've thought?!!

Diet Points: 15 Calories: 484 Total Fat: 18.3g, Sat. Fat: 9.8g, Trans Fat: 0.0g(\*0), Cholesterol 70mg, Sodium: 842mg, Potassium 404mg, Total Carbohydrates: 47.0g, Dietary Fiber: 2.6g, Sugars: 4.8g, Protein: 35.9g

### **Balsamic Steak with Mushrooms** (Stovetop) ...with vegetable blend and egg noodles

Tender steak medallions with balsamic mushroom sauce – this steak will melt in your mouth!

Diet Points: 6 Gluten free! Calories: 252, Total Fat: 14.1g, Sat. Fat: 3.4g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 598mg, Total Carbohydrates: 1.5g, Dietary Fiber: .3g, Sugars: .5g, Protein: 30.3g

### **Herb Roasted Beef Tenderloin** (Oven) ...with green beans and rice

Our favorite cut of beef roasted with rosemary, thyme, parsley, and garlic.

Diet Points: 5 Gluten free with rice substituted for penne! Calories: 244, Total Fat: 14.1g, Sat. Fat: 3.4g, Trans Fat: 3.4g, Cholesterol 67mg, Sodium: 596mg, Total Carbohydrates: .8g, Dietary Fiber: 0.4g, Sugars: 0.0g, Protein: 29.6g

### **Smoky Coffee Pot Roast** (Crock Pot, Oven, Stovetop)

One of our favorite pot roasts ever! Smoky coffee flavor with mushrooms, carrots, and potatoes!

Diet Points: 8 (includes potatoes) (\*7) Gluten free! Calories: 368 (\*323), Total Fat: 11.2g (\*11.0), Sat. Fat: 3.7g (\*3.7), Trans Fat: 0.0g, Cholesterol 135mg (\*135), Sodium: 322mg (\*300), Total Carbohydrates: 16.7g (\*6.2), Dietary Fiber: 2.5g (\*0.5), Sugars: 2.3g (\*0.4), Protein: 47.6g (\*46.6)

### **\*\*Chicken\*\***

### **Asiago Chicken** \*Lighter (less cheese, no butter, no pasta), with broccoli (Stovetop) ...with egg noodles

Chicken sauteed and simmered in a mushroom cream sauce with Asiago cheese!

Diet Points: 14 (includes pasta) (\*6 no pasta) Gluten free with GF flour and rice! Calories: 498(\*271), Total Fat: 21.2g (\*10.3), Sat. Fat: 9.1g(\*3.1), Trans Fat: 0.0g, Cholesterol 149mg(\*94), Sodium: 692g(\*591), Total Carbohydrates: 37.3g(\*10.4), Dietary Fiber: 1.9g(\*0.6), Sugars: 1.7g(\*1.2), Protein: 39.0g(\*33.3)

### **Bourbon Cranberry Chicken** (Stovetop) ...with rice

Tastes like the holidays! Chicken cubes simmering in sauce of cranberry, bourbon, apple juice, onion, ginger.

Diet Points: 6 Gluten free! Calories: 260 Total Fat: 1.6g, Sat. Fat: 0g, Trans Fat: 0.0g(\*0), Cholesterol 101mg, Sodium: 208mg, Potassium 97mg, Total Carbohydrates: 20.3g, Dietary Fiber: 0.5g, Sugars: 16.2g, Protein: 40.7g

### **Broccoli Chicken Bake with Tortellini** \*Lighter (less cheese, tortellini, no cracker topping) (Oven)

Perfect to just pop in the oven...with chicken, broccoli, tortellini, roasted red peppers...comfort food!!!

Diet Points: 19 (\*14) Gluten free with no tortellini and GF panko Calories: 561(\*347), Total Fat: 31.6g(\*20.4), Sat. Fat: 14.8g(\*11.1), Trans Fat: 0.0g, Cholesterol 117mg(\*104), Sodium: 1097mg(\*756), Total Carbohydrates: 39.4g(\*16.4), Dietary Fiber: 2.0g(\*2.0), Sugars: 4.2g(\*2.6), Protein: 30.7g(\*24.8)

### **Chicken Florentine Casserole** \*Lighter (less cream and cheese) (Oven) ...with egg noodles

Chicken, spinach, bacon, mushrooms, and cheese!

Diet Points: 16 (\*12) Gluten free! Calories: 444 (\*344), Total Fat: 25.3g (\*18.4), Sat. Fat: 13.0g (\*8.5), Trans Fat: 0.0g, Cholesterol 107mg (\*86), Sodium: 1324mg (\*1131), Total Carbohydrates: 10.2g (\*8.5), Dietary Fiber: 0.3g (\*0.3), Sugars: 2.2g (\*1.7), Protein: 44.9g (\*36.8)

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)  
SPRINGER MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.50/meal for 4-6 serving meals; \$3.50/meal for 6-8 serving meals  
SALMON SUBSTITUTE - ADD \$1.85/meal for 1 serving meals; \$5.50/meal for 2-3 serving meals; \$8.25/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals  
CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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## **Chicken Stew and Hot Water Bread** \*Lighter (less bacon, no potatoes or hot water bread) (Stovetop)

Chicken stew with green beans, carrots, potatoes, bacon, and onion and hot water bread (a treat if you've never had it....lightly fried white cornmeal cakes....a family favorite!) Diet Points: 12 (\*7) Gluten free! Calories: 487(\*282), Total Fat: 12.9g(\*10), Sat. Fat: 2.9g(\*2.4), Trans Fat: 0.0g, Cholesterol 84mg(\*81), Sodium: 1873mg(\*1696), Total Carbohydrates:56.3g (\*17.2), Dietary Fiber: 7.0g(\*2.9), Sugars: 4.6g(\*3.7), Protein:36.9g (\*30.8)

## **Heavenly Encrusted Sour Cream Chicken with Angel Hair Pasta** \*Lighter with California blend (Oven) ... with vegetable medley

Chicken marinated in sour cream, rolled in a mixture of crackers, Parmesan, and tarragon, and baked to perfection!

Diet Points: 17 (\*12) Gluten free with GF panko! Calories: 501(\*394), Total Fat: 28.6g(\*20.7), Sat. Fat: 16.0g(\*11.3), Trans Fat: 0.0g, Cholesterol 117mg(\*100), Sodium: 507g(\*347), Total Carbohydrates: 24.0g(\*18.2), Dietary Fiber: 1.3g(\*0.9), Sugars: 2.8g(\*2.1), Protein: 35.3g(\*31.5)

## **Toasted Coconut Cranberry Chicken Thighs** (Crockpot or Oven) ....with penne and vegetable medley

Chicken thighs simmer in coconut milk, brown sugar, cranberries, and a dash of cloves. Top with toasted coconut....so good!

Diet Points: 14 Gluten Free! Calories: 362, Total Fat: 14.6g, Sat. Fat: 7.3g, Trans Fat: 0.0g, Cholesterol 127mg, Sodium: 106g, Potassium: 57mg; Total Carbohydrates: 37g, Dietary Fiber: 3.1g, Sugars: 28.7g, Protein: 28.5g

## **\*\*Pork\*\***

### **Apple Cinnamon Pork Roast** \*Lighter, no rice (Crockpot or Oven) ...with rice

Pork roast with apples, cinnamon, honey, and a little red onion...tastes unbelievable and your house will smell so good!

Diet Points: 8 Gluten free! Calories: 271, Total Fat: 4.2g, Sat. Fat: 1.4g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 489g, Total Carbohydrates: 27g, Dietary Fiber: 3g, Sugars: 22g, Protein: 30g

### **Chili Pork Tenderloin with Apricot Barbecue Sauce** \*Lighter, with green beans (Oven, Grill) ....with rice and corn

Pork tenderloin with a chili powder rub and basted with apricot barbecue sauce.

Diet Points: 11 Gluten free! Calories: 323, Total Fat: 5.6g, Sat. Fat: 2.0g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 1248g, Total Carbohydrates: 44.9g, Dietary Fiber: 0.7g, Sugars: 28.3g, Protein: 24.7g

### **Pork Chops with Sweet Onion Gravy** \*Lighter (less panko), with squash (Stovetop) ...with peas and egg noodles

Pork chops lightly breaded with panko, sautee to a golden brown, and serve with homemade onion gravy.

Diet Points: 8 (\*7) Gluten free with gluten free panko! Calories: 312(\*277), Total Fat: 8.7g (\*8.3), Sat. Fat: 3.0g (\*2.9), Trans Fat: 0.0g(\*0.0), Cholesterol 48mg(\*48), Sodium: 577mg(\*574), Total Carbohydrates: 29.3g(\*22.9), Dietary Fiber: 1.9g(\*1.5), Sugars: 5.4g(\*4.8), Protein: 27.7g(\*26.5)

### **Pork and Vegetable Fried Rice** \*Lighter (less rice) (Stovetop)

Pork, peas, carrots, and broccoli tossed with fried rice...fast and easy!

Diet Points: 11 includes rice (\*7) Gluten free with GF soy sauce! Calories: 403(\*276), Total Fat: 4.0g(\*3.8), Sat. Fat: 1.4g(\*1.3), Trans Fat: 0.0g, Cholesterol 63mg(\*63), Sodium: 727g(\*296), Total Carbohydrates: 58.5g(\*32.4), Dietary Fiber: 3.3g(\*2.8), Sugars: 3.6g(\*3.1), Protein: 31.3g(\*27.0)

### **Stuffed Shells in Pumpkin Vodka Sauce Casserole** (Oven)

This casserole is so good...you need to try it! Jumbo shells stuffed with ricotta and fontina, covered with an amazing sauce of pumpkin, vodka, sausage, red bell pepper, pesto, oregano, and cream, all topped with mozzarella.... delicious!

Diet Points: 16 Calories: 849.9, Total Fat: 51.6g, Sat. Fat: 24.3g, Polyunsaturated Fat: 1.3g, Monounsaturated Fat: 9.2g, Cholesterol 146.6mg, Sodium: 1190.7mg, Total Carbohydrates: 47.2g, Dietary Fiber: 3.6g, Sugars: 5.1g, Protein: 38.3g

## **\*\*Seafood\*\***

### **Best Ever Shrimp and Grits** \*Lighter (less grits, cheese, cream) (Stovetop)

One of our favorites! Creamy white cheddar grits with shrimp and bacon on top.

Diet Points: 17 (includes grits) (\*13) Gluten free with gluten free flour! Calories: 541(\*425), Total Fat: 29.7g(\*21.4), Sat. Fat: 16.1g(\*11.9), Trans Fat: 0.0g, Cholesterol 319mg(\*294), Sodium: 1262mg(\*946), Total Carbohydrates: 22.9g(\*19.2), Dietary Fiber: 2.0g(\*1.7), Sugars: 2.9g(\*2.1), Protein: 43.6g(\*36.7)

### **Tilapia with Thai Peanut Sauce** \*Lighter (less rice and peanut sauce) (Oven)

Tilapia glazed with Thai peanut sauce and baked over rice and snap peas.

Diet Points: 11 (includes rice) (\*7) Gluten free! Calories: 411 (\*275), Total Fat: 4.3g (\*2.8), Sat. Fat: 0.6g (\*0.5), Trans Fat: 0g (\*0), Cholesterol 55mg (\*55), Sodium: 328mg (\*186), Total Carbohydrates: 63.1g(\*35.8), Dietary Fiber: 3.8g (\*3.4), Sugars: 7.5g (\*5.5), Protein: 29.7g (\*26.9)

## **\*\*Ground Beef or Ground Turkey\*\***

### **Green Chili Meatloaf** \*Lighter, no rice (Oven) ...with California blend and rice

Meatloaf with green chilies and roasted red peppers!

TURKEY Diet Points: 7 Gluten free with GF breadcrumbs! Calories: 254, Total Fat: 8.9, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 870g, Total Carbohydrates: 18g, Dietary Fiber: 2.1g, Sugars: 9.5g, Protein: 26.1g

BEEF Diet Points: 8 Gluten free with GF breadcrumbs! Calories: 304, Total Fat: 7.9, Sat. Fat: 2.8, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 859g, Total Carbohydrates: 18g, Dietary Fiber: 2.1g, Sugars: 9.6g, Protein: 38.3g

## **\*\*Vegetarian\*\***

### **Southwestern Potato Chowder** Vegetarian (Stovetop)

Really tasty potato chowder...cheesy with roasted red peppers and a hint of cumin...great for a cold winter's night!

Diet Points: 16 Gluten free with GF flour! Calories: 423, Total Fat: 25.1g, Sat. Fat: 12.8g, Trans Fat: 0.0g, Cholesterol 60mg, Sodium: 758g, Total Carbohydrates: 35.9g, Dietary Fiber: 2.6g, Sugars: 7.1g, Protein: 14.2g