

<b>WK 1 Box 111</b>	<b>Pro %</b>	<b>CHO %</b>	<b>Fat %</b>	<b>SFA %</b>	<b>Fib g</b>	<b>CA mg</b>	<b>NA mg</b>	<b>KCal</b>
Pork Chili meal	22.6	54.2	23.1	7.6	7.1	417	629	635
Turkey Tetrazini	18.9	51.9	29.2	10.4	10.5	501	995	647
Italian Meatloaf	20.3	49.3	29.8	11.7	10.1	524	845	757
Citrus Chicken	22.7	56.5	20.8	6.9	7.2	400	922	674
Pot Roast	20	53.7	26.3	11	10	370	423	667
Chicken Parm	34.1	45.2	20.7	8.2	9	678	916	685
Denver Omelet	20.2	50.6	29.2	12.8	6.4	424	793	645
<b>Average</b>	<b>22.7</b>	<b>51.6</b>	<b>26</b>	<b>9.8</b>	<b>8.61</b>	<b>473</b>	<b>789</b>	<b>673</b>

<b>Wk 2 Box 112</b>	<b>PRO %</b>	<b>CHO %</b>	<b>FAT %</b>	<b>SFA %</b>	<b>FIB g</b>	<b>CA mg</b>	<b>NA mg</b>	<b>KCal</b>
BBQ Pork	23.2	53.4	23.5	7.1	10.2	423	663	656
Cheeseburger	21.5	47.1	31.4	14.7	9.6	517	1069	654
Spaghetti	21.8	50.2	28	7.1	8.1	467	659	657
Beef Stew	25	46.8	28.2	7.8	11	411	766	668
Dijon Chicken	26.6	50.4	23	3	5.9	480	722	634
Chic Caciatore	26.2	48.5	25.2	6.8	7.9	472	729	667
Turkey Frittata	22	47.8	30.3	10.2	10.9	568	816	740
<b>Average</b>	<b>23.8</b>	<b>49.2</b>	<b>27</b>	<b>8.1</b>	<b>9.1</b>	<b>477</b>	<b>775</b>	<b>668</b>

<b>Wk 3 Box 113</b>	<b>PRO %</b>	<b>CHO %</b>	<b>FAT %</b>	<b>SFA%</b>	<b>FIB g</b>	<b>CA mg</b>	<b>NA mg</b>	<b>KCal</b>
Fried Chicken	26.5	46.2	27.3	10.7	16.6	497	680	696
Swt Sour Pork	23.5	52.6	23.9	8	6.8	492	349	652
Beef Steak	24.8	45	29.9	12.2	7.2	447	1003	663
Chix Meatballs	21.1	45	33.9	6.2	8	414	478	667
Chix Florentine	23.8	45	31.3	8.7	5.6	451	851	683
Turkey	21.5	45.4	33.1	10.8	6.8	416	1028	632
Taco Soup	25.8	43	31.2	12	10.8	518	686	701
<b>Average</b>	<b>23.9</b>	<b>46.0</b>	<b>30</b>	<b>9.8</b>	<b>8.8</b>	<b>462</b>	<b>725</b>	<b>671</b>

Wk 4 Box 114	PRO %	CHO %	FAT %	SFA%	FIB g	CA mg	NA mg	KCal
Bolognese	18.2	48.1	33.7	8.7	9.7	421	796	700
Stir Fry	23.4	51.3	25.3	4.4	10.3	401	798	634
Meatloaf	23.8	45.6	30.6	12.2	6.4	439	857	701
BBQ Chicken	19.8	50.5	29.7	12.8	7.5	410	942	693
Salisbury	19.8	49.8	30.5	8.6	12.2	404	656	632
Pot Roast	19	53.7	27.3	11	10.6	415	682	698
Pork Marsala	19	53.7	27.3	10.3	10.6	415	682	698
<b>Average</b>	<b>20.4</b>	<b>50.4</b>	<b>29</b>	<b>9.7</b>	<b>9.6</b>	<b>415</b>	<b>773</b>	<b>679</b>

Wk 5 Box 124	PRO %	CHO %	FAT%	SFA %	FIB g	CA mg	NA mg	KCal
Pork Burrito	25.1	51	23.9	8.2	9.7	591	539	678
Swiss Steak	26.1	42.4	31.4	13.8	8.4	625	714	697
Beefy Macaroni	22.2	47.6	30.1	10.9	9	497	900	709
Chicken Chili	26.9	51.6	21.5	8.6	13.3	501	893	625
Lasagna	15.2	54.4	30.4	13.6	6.9	456	671	626
Turkey Meatballs	20.2	50.8	29	8.5	12.1	456	554	635
Stir Fry	18.9	53.8	27.3	5.9	9.6	459	943	715
<b>Average</b>	<b>22.1</b>	<b>50.2</b>	<b>28</b>	<b>9.9</b>	<b>9.9</b>	<b>512</b>	<b>745</b>	<b>669</b>

Wk 6 Box 125	PRO%	CHO%	FAT%	SFA %	FIB g	CA mg	NA mg	KCAL
Pizza Casserole	19.2	48.3	32.4	12.9	12.3	660	1008	674
Chicken Tender	21.2	51.6	27.2	4.9	8.4	413	859	639
Spaghetti	21.9	56.6	21.6	7.9	12.4	439	643	657
Turkey	25.3	45.1	29.5	10.7	7.2	442	663	705
Beef Tips	24.8	47.7	27.5	12.2	5.9	463	473	729
Breakfast Bowl	21.8	48.6	29.6	10.2	4.7	468	803	627
Tilapia Parm	25.8	54	20	7.8	10.1	542	776	643
<b>Average</b>	<b>22.86</b>	<b>50.271</b>	<b>26.83</b>	<b>9.5</b>	<b>8.71</b>	<b>489.6</b>	<b>746.4</b>	<b>668</b>

<b>Wk 7 Box 126</b>	<b>PRO%</b>	<b>CHO%</b>	<b>FAT%</b>	<b>SFA %</b>	<b>FIB g</b>	<b>CA mg</b>	<b>NA mg</b>	<b>KCAL</b>
Turkey Chili	23.4	50.3	26.2	8.7	22.4	437	782	643
Pot Pie	26	51	16.8	10.9	9.9	403	661	691
Cheeseburger	21	46.3	32.7	14.5	9.5	518	994	678
Ravioli	14.2	59.5	26.3	10.2	6.8	470	891	661
BBQ Pork	22.4	61	16.3	7	6.5	415	685	626
Egg Scramble	21.8	50	28.2	9.7	9.5	454	943	681
Fish Sandwich	17.3	56.5	26.2	5	7.2	426	994	738
<b>Average</b>	<b>20.87</b>	<b>53.514</b>	<b>24.67</b>	<b>9.429</b>	<b>10.3</b>	<b>446.1</b>	<b>850</b>	<b>674</b>

<b>Wk 8 Box 127</b>	<b>PRO%</b>	<b>CHO%</b>	<b>FAT%</b>	<b>SFA %</b>	<b>FIB g</b>	<b>CA mg</b>	<b>NA mg</b>	<b>KCAL</b>
Chicken Burrito	27.3	46.4	26.2	13	9.3	582	539	732
Chicken Sandwich	23.4	54.7	21.8	4.4	7.6	400	1024	712
Chili	20	46.9	33.1	11.9	9.6	446	594	695
Beef Tips	27	51.7	21.4	7.7	27.6	499	566	654
Beef Steak	16.9	51.1	32	11.2	9.3	405	878	698
Shepherds Pie	21.5	48.7	29.8	10	11.9	474	516	710
Mojo Pork	20.3	53.9	25.7	9	9.6	404	493	694
<b>Average</b>	<b>22.34</b>	<b>50.486</b>	<b>27.14</b>	<b>9.6</b>	<b>12.1</b>	<b>458.6</b>	<b>658.6</b>	<b>699</b>