

MARCH—FREEZER PLEASERS

Chicken Parmesan

| Amount Per Serving | |
|-----------------------------|----------------------|
| Calories | 355.24 |
| Calories From Fat (31%) | 110.67 |
| | % Daily Value |
| Total Fat 12.61g | 19% |
| Saturated Fat 4.26g | 21% |
| Cholesterol 83.24mg | 28% |
| Sodium 1611.71mg | 67% |
| Potassium 684.67mg | 20% |
| Carbohydrates 21.57g | 7% |
| Dietary Fiber 1.25g | 5% |
| Sugar 9.41g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 20.32g | |
| Protein 37.32g | 75% |

Quick Chicken Stir Fry

| Amount Per Serving | |
|----------------------------|----------------------|
| Calories | 155.32 |
| Calories From Fat (9%) | 14.38 |
| | % Daily Value |
| Total Fat 1.62g | 2% |
| Saturated Fat 0.43g | 2% |
| Cholesterol 65.77mg | 22% |
| Sodium 220.91mg | 9% |
| Potassium 504.55mg | 14% |
| Carbohydrates 7.01g | 2% |
| Dietary Fiber 1.85g | 7% |
| Sugar 3.13g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 5.16g | |
| Protein 27.52g | 55% |

Elegant Filled Pork Roast

| Amount Per Serving | |
|-----------------------------|----------------------|
| Calories | 509.60 |
| Calories From Fat (28%) | 143.75 |
| | % Daily Value |
| Total Fat 16.02g | 25% |
| Saturated Fat 6.60g | 33% |
| Cholesterol 134.92mg | 45% |
| Sodium 302.15mg | 13% |
| Potassium 1152.93mg | 33% |
| Carbohydrates 39.19g | 13% |
| Dietary Fiber 1.52g | 6% |
| Sugar 28.37g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 37.66g | |
| Protein 50.97g | 102% |

Caramelized Garlic Chicken

| Amount Per Serving | |
|----------------------------|----------------------|
| Calories | 172.18 |
| Calories From Fat (19%) | 33.26 |
| | % Daily Value |
| Total Fat 3.73g | 6% |
| Saturated Fat 0.70g | 3% |
| Cholesterol 68.44mg | 23% |
| Sodium 79.15mg | 3% |
| Potassium 330.82mg | 9% |
| Carbohydrates 5.62g | 2% |
| Dietary Fiber 0.07g | 0% |
| Sugar 4.44g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 5.54g | |
| Protein 27.47g | 55% |

Cashew Chicken Casserole

| Amount Per Serving | |
|-----------------------------|----------------------|
| Calories | 301.89 |
| Calories From Fat (45%) | 136.34 |
| | % Daily Value |
| Total Fat 15.86g | 24% |
| Saturated Fat 3.68g | 18% |
| Cholesterol 42.35mg | 14% |
| Sodium 901.26mg | 38% |
| Potassium 382.04mg | 11% |
| Carbohydrates 20.43g | 7% |
| Dietary Fiber 2.63g | 11% |
| Sugar 3.28g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 17.80g | |
| Protein 20.28g | 41% |

Ham & Spinach Quiche

| Amount Per Serving | |
|-----------------------------|----------------------|
| Calories | 313.91 |
| Calories From Fat (51%) | 160.93 |
| | % Daily Value |
| Total Fat 18.10g | 28% |
| Saturated Fat 6.32g | 32% |
| Cholesterol 179.49mg | 60% |
| Sodium 400.11mg | 17% |
| Potassium 450.99mg | 13% |
| Carbohydrates 17.16g | 6% |
| Dietary Fiber 1.69g | 7% |
| Sugar 2.98g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 15.47g | |
| Protein 20.61g | 41% |

French Chicken Stew

| Amount Per Serving | |
|-----------------------------|----------------------|
| Calories | 112.68 |
| Calories From Fat (10%) | 11.60 |
| | % Daily Value |
| Total Fat 1.32g | 2% |
| Saturated Fat 0.31g | 2% |
| Cholesterol 9.19mg | 3% |
| Sodium 1250.35mg | 52% |
| Potassium 482.06mg | 14% |
| Carbohydrates 17.66g | 6% |
| Dietary Fiber 4.40g | 18% |
| Sugar 1.11g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 13.26g | |
| Protein 9.04g | 18% |

Sweet & Sour Pork

| Amount Per Serving | |
|-----------------------------|----------------------|
| Calories | 303.96 |
| Calories From Fat (20%) | 60.59 |
| | % Daily Value |
| Total Fat 6.86g | 11% |
| Saturated Fat 1.81g | 9% |
| Cholesterol 51.15mg | 17% |
| Sodium 1189.22mg | 50% |
| Potassium 742.75mg | 21% |
| Carbohydrates 39.56g | 13% |
| Dietary Fiber 1.87g | 7% |
| Sugar 32.02g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 37.69g | |
| Protein 22.11g | 44% |

Corned Beef & Cabbage

| Amount Per Serving | |
|-----------------------------|----------------------|
| Calories | 534.47 |
| Calories From Fat (58%) | 308.57 |
| | % Daily Value |
| Total Fat 34.18g | 53% |
| Saturated Fat 10.79g | 54% |
| Cholesterol 122.47mg | 41% |
| Sodium 2834.02mg | 118% |
| Potassium 1329.68mg | 38% |
| Carbohydrates 20.40g | 7% |
| Dietary Fiber 6.07g | 24% |
| Sugar 10.61g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 14.33g | |
| Protein 36.58g | 73% |

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Chili Tortilla Bake

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 417.49 |
| Calories From Fat (30%) | 123.45 |
| % Daily Value | |
| Total Fat 13.81g | 21% |
| Saturated Fat 6.49g | 32% |
| Cholesterol 66.65mg | 22% |
| Sodium 1383.39mg | 58% |
| Potassium 929.17mg | 27% |
| Carbohydrates 44.08g | 15% |
| Dietary Fiber 9.06g | 36% |
| Sugar 5.62g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 35.02g | |
| Protein 30.89g | 62% |

Pasta with Peas, Prosciutto & Onion

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 422.98 |
| Calories From Fat (14%) | 60.67 |
| % Daily Value | |
| Total Fat 6.63g | 10% |
| Saturated Fat 1.22g | 6% |
| Cholesterol 13.23mg | 4% |
| Sodium 739.66mg | 31% |
| Potassium 616.62mg | 18% |
| Carbohydrates 71.89g | 24% |
| Dietary Fiber 6.91g | 28% |
| Sugar 1.89g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 64.98g | |
| Protein 18.75g | 38% |

Tuna Macaroni Casserole

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 332.78 |
| Calories From Fat (28%) | 93.38 |
| % Daily Value | |
| Total Fat 10.48g | 16% |
| Saturated Fat 5.35g | 27% |
| Cholesterol 39.72mg | 13% |
| Sodium 985.31mg | 41% |
| Potassium 274.36mg | 8% |
| Carbohydrates 35.46g | 12% |
| Dietary Fiber 3.49g | 14% |
| Sugar 3.99g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 31.97g | |
| Protein 22.77g | 46% |

Irish Cream of Potato Soup

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 160.15 |
| Calories From Fat (62%) | 98.92 |
| % Daily Value | |
| Total Fat 11.28g | 17% |
| Saturated Fat 7.01g | 35% |
| Cholesterol 34.94mg | 12% |
| Sodium 65.36mg | 3% |
| Potassium 269.01mg | 8% |
| Carbohydrates 12.38g | 4% |
| Dietary Fiber 1.25g | 5% |
| Sugar 2.15g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 11.13g | |
| Protein 3.33g | 7% |

Mahi Mahi Maui Style

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 222.01 |
| Calories From Fat (28%) | 62.23 |
| % Daily Value | |
| Total Fat 6.69g | 10% |
| Saturated Fat 2.94g | 15% |
| Cholesterol 117.18mg | 39% |
| Sodium 361.19mg | 15% |
| Potassium 649.20mg | 19% |
| Carbohydrates 4.07g | 1% |
| Dietary Fiber 0.42g | 2% |
| Sugar 2.29g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 3.65g | |
| Protein 27.93g | 56% |

Stuffed Rigatoni

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 394.30 |
| Calories From Fat (38%) | 151.08 |
| % Daily Value | |
| Total Fat 16.92g | 26% |
| Saturated Fat 9.81g | 49% |
| Cholesterol 69.09mg | 23% |
| Sodium 636.61mg | 27% |
| Potassium 456.23mg | 13% |
| Carbohydrates 42.97g | 14% |
| Dietary Fiber 4.85g | 19% |
| Sugar 3.20g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 38.12g | |
| Protein 20.01g | 40% |