

# Lifestyle 750mg/14g






## FUNCTIONAL TO-GO MEALS







All meals under 750mg sodium and over 14g protein



### For All Recipes:

- The following recipes are portioned for one serving.
- Open the ingredients needed for each recipe, placing items separately in clean mixing bowls. Then transfer the ingredients from each bowl into a to-go container as directed below.
- **Food Safety Considerations:** Wash hands thoroughly. Wear gloves to prevent contamination of ready-to-eat foods. Cover, label, date and refrigerate for future service. *CCP: Refrigerate at 41°F or below.*
- **Recommended container:** Pactiv Newspring VERSAtainer 24 oz. black NC838B

RECIPE IMAGE	RECIPE TITLE	COMPONENTS	ASSEMBLY INSTRUCTIONS
	<b>Beef Pot Roast and Green Beans</b>	Beef Pot Roast with Gravy Fresh Green Beans	<ol style="list-style-type: none"> <li>1. Shred pot roast into large pieces (with gloved hands).</li> <li>2. Place 4 oz. of pot roast with gravy on one side of a microwave-safe container.</li> <li>3. Add 3 oz. green beans next to pot roast.</li> <li>4. Wipe any liquid from the rim of the container.</li> <li>5. Cover tightly with a lid and label.</li> </ol>
	<b>Beef Pot Roast and Kale Pesto Potatoes</b>	Beef Pot Roast with Gravy Roasted Potatoes with Kale Pesto	<ol style="list-style-type: none"> <li>1. Shred pot roast into large pieces (with gloved hands).</li> <li>2. Place 4 oz. of pot roast with gravy on one side of a microwave-safe container.</li> <li>3. Add 2 oz. potatoes next to pot roast.</li> <li>4. Wipe any liquid from the rim of the container.</li> <li>5. Cover tightly with a lid and label.</li> </ol>
	<b>Beef Tips and Fettuccini</b>	Beef Tips Fettuccini	<ol style="list-style-type: none"> <li>1. Place 5 oz. of pasta in a microwave-safe container.</li> <li>2. Place 3.5 oz. (#8 scoop) of meat over the pasta.</li> <li>3. Wipe any liquid from the rim of the container.</li> <li>4. Cover tightly with a lid and label.</li> </ol>
	<b>Beef Barbacoa and Cilantro Rice</b>	Barbacoa Beef Cilantro Rice	<ol style="list-style-type: none"> <li>1. Place 4 oz. (two #12 scoops) of rice in a microwave-safe container.</li> <li>2. Place 3 oz. (two #12 scoops) of beef on top of the rice.</li> <li>3. Wipe any liquid from the rim of the container.</li> <li>4. Cover tightly with a lid and label.</li> </ol>
	<b>Pork Carnitas and Cilantro Rice</b>	Pork Carnitas Cilantro Rice	<ol style="list-style-type: none"> <li>1. Place 6 oz. (three #12 scoops) of rice in a microwave-safe container, covering the bottom.</li> <li>2. Place 5 oz. (two #12 scoops) of pork carnitas on top of the rice.</li> <li>3. Wipe any liquid from the rim of the container.</li> <li>4. Cover tightly with a lid and label.</li> </ol>

RECIPE IMAGE	RECIPE TITLE	COMPONENTS	ASSEMBLY INSTRUCTIONS
	<b>Penne and Bolognese</b>	Penne Pasta Bolognese Sauce	<ol style="list-style-type: none"> <li>Place 7 oz. (three #8 scoops) of pasta in a microwave-safe container.</li> <li>Pour 4 oz. (#10 scoop) of Bolognese sauce over the pasta.</li> <li>Wipe any liquid from the rim of the container.</li> <li>Cover tightly with a lid and label.</li> </ol>
	<b>Chicken Alfredo</b>	Grilled Sliced Chicken Breast Fettuccini Alfredo Sauce	<ol style="list-style-type: none"> <li>Place 3 oz. (#8 scoop) of pasta in a microwave-safe container.</li> <li>Pour 3 oz. (#10 scoop) of Alfredo sauce on top of the pasta.</li> <li>Place 3 oz. (#8 scoop) of grilled chicken on top of the coated pasta.</li> <li>Wipe any liquid from the rim of the container.</li> <li>Cover tightly with a lid and label.</li> </ol>
	<b>Chicken Breast and Couscous</b>	Grilled Sliced Chicken Breast Tomato Basil Couscous	<ol style="list-style-type: none"> <li>Place 5 oz. (two #16 scoops) of couscous in a microwave-safe container, covering the bottom.</li> <li>Place 4 oz. (two #12 scoops) of grilled chicken breast slices on top of the couscous.</li> <li>Wipe any liquid from the rim of the container.</li> <li>Cover tightly with a lid and label.</li> </ol>
	<b>Penne Pasta Marinara</b>	Cooked Penne Pasta Old World Marinara Sauce	<ol style="list-style-type: none"> <li>Place 7 oz. (three #8 scoops) of cooked penne pasta in a microwave-safe container, covering the bottom.</li> <li>Place 5 oz. (two #12 scoops) of Old World Marinara on top of the pasta.</li> <li>Wipe any liquid from the rim of the container.</li> <li>Cover tightly with a lid and label.</li> </ol>
	<b>Quinoa and Three Bean Salad</b>	Three Bean and Pepper Salad Cooked Quinoa	<ol style="list-style-type: none"> <li>Place 10 oz. (three #8 heaping scoops) of quinoa in a microwave-safe container, covering the bottom.</li> <li>Place 5 oz. (#8 scoop) of three bean salad on top of the quinoa.</li> <li>Wipe any liquid from the rim of the container.</li> <li>Cover tightly with a lid and label.</li> </ol>
	<b>Quinoa and Roasted Edamame Salad</b>	Roasted Edamame Salad Cooked Quinoa	<ol style="list-style-type: none"> <li>Place 6 oz. (two #8 scoops) of quinoa in a microwave-safe container, covering the bottom.</li> <li>Place 6 oz. (two #10 scoops) of edamame salad on top of the quinoa.</li> <li>Wipe any liquid from the rim of the container.</li> <li>Cover tightly with a lid and label.</li> </ol>

## Nutrition Info\*

MEAL (1 SERVING)	Total Calories (kcal)	Protein(g)	Carb (g)	Total Fat (g)	Sodium (mg)
<b>Beef Pot Roast and Green Beans</b>	<b>220</b>	<b>22</b>	<b>9</b>	<b>11</b>	<b>640</b>
<b>Beef Pot Roast and Kale Pesto Potatoes</b>	<b>230</b>	<b>21</b>	<b>11</b>	<b>11</b>	<b>700</b>
<b>Beef Tips and Fettuccini</b>	<b>490</b>	<b>23</b>	<b>50</b>	<b>22</b>	<b>540</b>
<b>Beef Barbacoa and Cilantro Rice</b>	<b>300</b>	<b>19</b>	<b>36</b>	<b>9</b>	<b>570</b>
<b>Pork Carnitas and Cilantro Rice</b>	<b>450</b>	<b>29</b>	<b>55</b>	<b>13</b>	<b>730</b>
<b>Penne &amp; Bolognese</b>	<b>570</b>	<b>23</b>	<b>75</b>	<b>20</b>	<b>520</b>
<b>Chicken Alfredo</b>	<b>460</b>	<b>25</b>	<b>36</b>	<b>12</b>	<b>730</b>
<b>Chicken and Couscous</b>	<b>300</b>	<b>26</b>	<b>23</b>	<b>11</b>	<b>720</b>
<b>Penne &amp; Marinara</b>	<b>510</b>	<b>15</b>	<b>80</b>	<b>14</b>	<b>510</b>
<b>Quinoa and Three Bean Salad</b>	<b>570</b>	<b>21</b>	<b>92</b>	<b>13</b>	<b>620</b>
<b>Quinoa and Roasted Edamame Salad</b>	<b>450</b>	<b>20</b>	<b>59</b>	<b>15</b>	<b>740</b>

\*The standardized recipes must be followed to match the Nutrition Info.