

Weight Management Program Menu \$5.95 ea.

Meal Code	Description	Energy Kcal	Pro g	Fat g	Sat Fat g	Chol mg Cholesterol	CHO g Carbohydrate	Fibre g	Sodium mg
♥401Y	Chicken, Gravy, Brussel Sprouts, Carrots, Mashed Potatoes	195	21	3	1	42	23	3	131
♥402Y	Roast Pork, Gravy, Peas, Beets & Mashed Potatoes	257	21	8	3	46	25	4	148.5
♥403Y	Chicken in Mushroom Sauce, Spinach, Red Cabbage & Mashed Potatoes	277	27	7	3	53	24	4	300.8
♥404Y	Salisbury Steak, Gravy, Broccoli, Creamed Corn & Mashed Potatoes	248	21	5	4	53	31	4	439.1
♥405Y	Cabbage Rolls, Broccoli, Carrots & Scallop Potatoes	236.3	16.7	6.1	2.06	37.8	26.5	4.4	474
♥407Y	Chicken Stuffed with Ham and Swiss Cheese, Beets, Green Beans & Scallop Potatoes	245	26	7	3	62	19	3	253
♥408Y	Bangers & Mash with Peas and Carrots	256	11	9	6	27	25	4	313.5
♥401G	Ham, Spinach, Creamed Corn & Scallop Potatoes	247	14.5	10.5	2	36	26.6	3.2	670
♥402G	Chicken a la King, Peas, Carrots & Mashed Potatoes	302	26	3	2	55	32	5	414.4
♥403G	Stuffed Green Pepper, Green Beans, Corn & Scallop Potatoes	260	17.5	6.8	2.06	37.8	32.2	4.4	437
♥404G	Pork Chop in Mushroom Sauce, Broccoli, Beets & Mashed Potatoes	290	24	9.5	4	58	27	4	261
♥405G	Roast Beef, Gravy, Green Beans, Carrots & Mashed Potatoes	222	21	6	2	40	22	4	120.5
♥406G	Chicken Cacciatore, Broccoli, Carrots & Pasta	259	26	2	1	51	34	5	196
♥407G	Meatloaf, Brussel Sprouts, Beets & Scallop Potatoes	274	27	7	8	79	26	3	415

Valley Home Meals

Telephone (250) 339-2625 Fax (250) 339-1076 Toll Free 1-866-216-2655

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 **1200 Calories** 

- Eat only the foods listed in the portions described.
- Water, diet soft drinks, as well as clear tea and coffee can be consumed as desired.
- Raw vegetables can be eaten as desired with meals or as snacks.

BREAKFAST

- 1 cup (8 ounces) skim milk
- 2 slices of toast or 1 slice toast and 3/4 cup of unsweetened flaked cereal
- 1/2 cup banana or 1 cup fresh berries
- optional: 1 teaspoon margarine and or jam

LUNCH

- Choose any Valley Home Meals Small Heart & Calorie Wise entree
or
1 sandwich (2 slices bread, 2 ounces meat or cheese, 1 tsp margarine)
- 1/2 apple or 1/2 cup grapes
- 1 cup (8 ounces) skim milk

DINNER

- Choose any Valley Home Meals entree:
*1200 calorie plan "Small Heart & Calorie Wise"
- 1 cup (8 ounces) skim milk or 3/4 skim milk yogurt
- 1/2 cup fresh fruit

** This meal plan has been developed by a Registered Dietitian.*

This information is not intended to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian/Nutritionist.