Cilantro Lime Cod

Serving Size: 3oz Fish, 1oz cilantro Sauce

A screenshot of a computer

Description automatically generated

Cranberries in snow (Made with Splenda Sugar Blend)

Serving Size: 1/2c

A screenshot of a calories list

Description automatically generated

Christmas Cranberry Salad(made with sugar free gelatin and Splenda Sugar Blend)

Serving Size: 1/2c

A screenshot of a computer

Description automatically generated

Cranberry and Apple Salad

Serving size: 1/2c

A screenshot of a calories list

Description automatically generated

Zesty Chicken Taco soup

Serving Size: 1 cup (3oz Chicken, 1/2c Vegetables)

A screenshot of a computer

Description automatically generated

Rice Pudding with Cranberry Sauce

Serving Size: 1/2c

A screenshot of a calories list

Description automatically generated

Southwestern Style Stuffed Red Bell Pepper

(1 red pepper, 3oz Beef, 1/4c corn, 1/8c green Chile, 1/3c Tomatoes)

Serving Size: 1 Pepper

A screenshot of a computer

Description automatically generated

Autumn Wild Rice:

Serving Size: 1 cup (1/2c Brown and Wild rice, 1/2c Fruit and vegetable mixture)

A screenshot of a computer

Description automatically generated

Apple Spice Pork Chops:

Serving Size: 3oz Pork chop, 1/2c Apples

A screenshot of a calories list

Description automatically generated

Southwest Pasta Salad

Serving Size: 3/4c

A screenshot of a computer

Description automatically generated

Broccoli with Apple Salad

Serving Size: 3/4c

A screenshot of a computer

Description automatically generated

Chicken with apples, carrots, and grains

Serving Size: 3oz Chicken, 1/2c Grain, 1/2c Apples, 1/2c Carrots

A screenshot of a calories list

Description automatically generated

Pork Fajitas:

Serving Size: 3oz Pork, 1/2c peppers and onions, 1 6in flour tortilla

A screenshot of a computer

Description automatically generated