



Dietitian Approved Menu Planner



All DeCA Dietitian Approved Recipes.
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Meals

Speedy Microwave
Chicken Quesadilla



Shepherds Pie with
Cauliflower Topping



Kung Pao Chicken



Stuffed Peppers



Shrimp & Grits



Sweet Potato &
Apple Pork Chops

Twice Baked Loaded
Sweet Potato



Cajun Shrimp
with Fettucine



Twisted Pasta Salad



Tuna Bahn Mi



Cheeseburger Salad



Honey Mustard
Drumsticks with Pears

Sides & Desserts

Quick Beans & Rice



Parmy Roasted
Spaghetti Squash
& Brussels Sprouts



Cabbage & Sweet
Cilantro Slaw



Florentine Deviled Eggs



Sauteed
Collard Greens



Stir Fry
Cauliflower Rice

Double A Brownies



Strawberry Parfait



Dark Chocolate
Zucchini Bread



Peachie Peach
Frozen Yogurt



Chia Strawberry-Mint
Chocolate Chip
Smoothie



Dark Chocolate
Dipped Strawberries