

# Savvy Meal Solutions—Menu Items

Stuffed Peppers (Chicken or Ground Turkey with rice & veggies)  
Turkey Meatballs  
Roasted Turkey  
Cornish Hens  
Seafood & Grits (Salmon or Shrimp)  
Turkey Burgers  
Mexican Chicken or Shrimp Bowl  
Baked Chicken w/Root Vegetables  
Beans & Rice w/ Cornbread (Northern, Black, Red, Pinto)  
Queso Chicken w/tortillas  
Chicken Parmesan  
Turkey Chili and Cornbread  
Chicken, Broccoli, and Cheddar Baked Potatoes  
Turkey Meatloaf  
Grilled Chicken  
Lasagna  
Chicken, Broccoli, Rice & Cheddar Bake  
Blackened Chicken  
Skewers (veggies, chicken, shrimp)  
Turkey Spaghetti  
Turkey Burger Steaks in gravy  
Turkey Smoked Sausage w/Peppers & Onions  
Salmon (lemon dill, garlic parmesan, teriyaki, blackened)  
Stir Fry (chicken or shrimp with veggies)  
Chicken Bites

Baked Potatoes  
Squash & Zucchini  
Dressing (Not vegetarian)  
Garlic Mashed Potatoes  
Brussels Sprouts  
Greens (Collards and Mustards & Turnips)  
Green Beans  
Yams  
Cabbage  
Roasted Broccoli & Cauliflower  
Baked Potatoes  
Baked Beans  
Potato Salad  
Roasted Red Skinned Potatoes  
Rice (Brown, Rice Pilaf , Wild & Brown, Jasmine)  
Salads (prepared or greens and separate toppings)  
Toppings:

Roasted Beets  
Red Onions  
Broccoli  
Carrots  
Boiled Eggs  
Blueberries  
Apples  
Pecans  
Cashews  
Dried Cranberries  
Dried Blueberries

Dried Cherries  
Feta Cheese  
Shredded Cheddar  
Raspberry Vinaigrette  
Italian  
Garlic Vinaigrette  
Three Cheese Vinaigrette  
Balsamic Vinaigrette  
Greek  
Buttermilk Ranch  
Garlic Ranch

MEAL SOLUTIONS

