HAPPY NEW YEAR



ORANGE CHICKEN





CALORIES 325

SODIUM 1100mg PROTEIN 22g

FAT 15g CARBS 25g CHOLESTEROL 60mg

FIBER 0g

SZECHUAN BEEF





CALORIES 275

SODIUM 795mg

PROTEIN 20g

FAT 17g CARBS 10g CHOLESTEROL 65mg

FIBER 1g

GENERAL TSO'S TOFU



CALORIES 180 SODIUM 530mg

PROTEIN 7g

FAT 6g CARBS 24g

CHOLESTEROL 15mg

FIBER 2g

VEGETABLE LO MEIN





CALORIES 133

SODIUM 718mg

PROTEIN 6g FAT 1g CARBS 25g

CHOLESTEROL Omg

FIBER 4g



















