

## Chicken Thigh Biryani

Curried Chicken Cooked with Cinnamon and Cardamom Scented  
Basmati Rice and Fresh Herbs

**Cal 390**

Serv Size: 8 oz (227g) • Fat cal 150 • Total fat 16g • Sat fat 1.5g • Trans fat 0g  
Cholest 30mg • Sodium 510mg • Total carb 49g • Fiber 3g • Sugars 2g • Protein 11g

## Indian Spiced Roasted Vegetable

Squash and Sweet Potato Roasted with Cardamom, Cinnamon, Cumin,  
Cloves, Coriander and Pepper

 **Cal 130**

Serv Size: 4 oz (113g) • Fat cal 45 • Total fat 5g • Sat fat 3g • Trans fat 0g  
Cholest 15mg • Sodium 15mg • Total carb 21g • Fiber 4g • Sugars 9g • Protein 1g  
Contains milk

## Cauliflower Mixed Vegetables

Cauliflower Sauteed with Carrots, Zucchini, Ginger, Cilantro and Indian  
Spices

  **Cal 35**

Serv Size: 4 oz (113g) • Fat cal 10 • Total fat 1g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 25mg • Total carb 5g • Fiber 3g • Sugars 3g • Protein 2g