

THE PLATED PARABLE

DIABETIC FRIENDLY MENU

ENTREES

Mama Audrey's Pot Roast
Sauteed Salmon
Turkey Meatloaf
Shrimp and Broccoli Stir Fry
Herb Smoked Turkey
Roasted Chicken with Acorn Squash
Spaghetti Squash and Meatballs
New Orleans Stuffed Bell peppers
Chicken Cesar Wrap with Whole Wheat Tortilla
Shrimp Etouffee with Parish Rice
Cajun Shrimp, Chicken, Andouille, and Parish Rice

SOUPS

Vegetable Soup
Broccoli and Cheddar Soup
Tomato Soup
Chicken Tortilla Soup
Zoodle and Meatball Soup
Creamy Tuscan Chicken Soup

SALADS

Apple Walnut Salad
Chopped Salad
Mediterranean Salad
Chefs Salad
Cobb Salad

SIDES

Mashed Garlic Cauliflower
Roasted Broccoli
Kale and Smoked Turkey
Vegetable Stir Fry
Sauteed Spinach
Zucchini and Squash Medey
Baked Sweet Potato

Entrée

