

# Rev It Up – Southern Fried Chicken Meal



© 2019 Rutgers Cooperative Extension

Item	Calories
4 pieces fried chicken	1,339
1 cup corn	134
1 cup mashed potatoes and gravy	196
2 rolls	155
<b>TOTAL CALORIES</b>	<b>1,824</b>





# Rev It Up – Cheeseburger Meal



Item	Calories
1 cheeseburger	308
8 ounces French fries	358
8 onion rings	132
½ cup baked beans	127
<b>TOTAL CALORIES</b>	<b>925</b>





# Rev It Up – Spaghetti and Meatballs



Item	Calories
2 cups spaghetti and sauce	524
1 tablespoon parmesan cheese	21
3 large meatballs	160
2 slices garlic toast	562
1 cup salad with 2 tablespoons ranch dressing	134
<b>TOTAL CALORIES</b>	<b>1,401</b>





# Rev It Up – Cook-Out



© 2019 Rutgers Cooperative Extension

Item	Calories
2 hot dogs with mustard	564
1 cup macaroni salad	326
1/2 cup potato salad	179
1 handful potato chips	151
1 pickle	4
<b>TOTAL CALORIES</b>	<b>1,224</b>





# Rev It Up – Turkey Sandwich Plate



© 2019 Rutgers Cooperative Extension

Item	Calories
1 foot-long turkey sub with mayo and cheese	1,145
2 handfuls potato chips	301
1 pickle	4
<b>TOTAL CALORIES</b>	<b>1,450</b>





# Rev It Up – Pork Chops, Beans and Rice



© 2019 Rutgers Cooperative Extension

Item	Calories
2 pork chops	671
2 cups white rice	411
1 cup pinto beans	245
3 fried plantain slices	204
½ cup salad	8
<b>TOTAL CALORIES</b>	<b>1,539</b>





# Rev It Up – Meatloaf Meal



© 2019 Rutgers Cooperative Extension

Item	Calories
3 ounces meatloaf	238
1½ cups mashed potatoes and gravy	437
1 cup green beans	28
2 cornbread muffins	337
<b>TOTAL CALORIES</b>	<b>1,040</b>





# Rev It Up – Mac and Cheese Meal



© 2019 Rutgers Cooperative Extension

Item	Calories
2 cups macaroni and cheese	680
1 cup potato nuggets with ketchup	237
2 cheesy biscuits	350
<b>TOTAL CALORIES</b>	<b>1,267</b>

