

# Dressing, Balsamic Vinaigrette

<b>Nutrition Facts</b>	
Serving Size: 1 oz      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 91.0	Calories from Fat 74
<b>% Daily Values*</b>	
<b>Total Fat</b> 8.5g	<b>13%</b>
Saturated Fat 1.2g	<b>5.8%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 91.0mg	<b>3%</b>
<b>Total Carbohydrate</b> 3.0g	<b>1%</b>
Dietary Fiber 0.0g	<b>0%</b>
Sugars 2.8g	
<b>Protein</b> 0.1g	<b>0%</b>
Vitamin A 0.3%	*      Vitamin C 1.4%
Calcium 0.6%	*      Iron 1.2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic balsamic vinegar , organic olive oil, organic red onion, organic curly parsley, salt

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# Chermoula Dressing

<b>Nutrition Facts</b>	
Serving size: [Serving Description] (1 oz)	
<b>Amount per serving</b>	
<b>Calories</b> 10	Calories from Fat 2
<b>% Daily Values*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 435mg	<b>19%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 3%	• Calcium 1%
Vitamin C 10%	• Iron 3%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** organic lemon juice (bottled), water, organic lemons, organic curly parsley, organic mint, organic cilantro, salt, organic garlic, new, organic paprika, organic sugar, organic cumin, organic red pepper flakes, organic cinnamon , organic coriander, organic olive oil 1lt

**Allergens:** No allergens indicated

*Not all ingredients in this recipe have an allergen declaration.*

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# Dressing, Chimichurri

<b>Nutrition Facts</b>	
Serving Size: 1 oz      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 118.0	Calories from Fat 110
% Daily Values*	
<b>Total Fat</b> 12.5g	<b>19%</b>
Saturated Fat 1.7g	<b>8.7%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 161.0mg	<b>6%</b>
<b>Total Carbohydrate</b> 1.0g	<b>0%</b>
Dietary Fiber 0.6g	<b>2%</b>
Sugars 0.3g	
<b>Protein</b> 0.3g	<b>0%</b>
Vitamin A 2.6%	* Vitamin C 10.0%
Calcium 2.1%	* Iron 3.8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic olive oil, water, organic curly parsley, organic white wine vinegar , organic oregano, organic garlic, organic red pepper flakes, salt

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## Dressing, Coconut Curry

<b>Nutrition Facts</b>	
Serving Size: 1 oz      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 51.0	Calories from Fat 39
% Daily Values*	
<b>Total Fat</b> 4.7g	<b>7%</b>
Saturated Fat 4.0g	<b>20.2%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 79.0mg	<b>3%</b>
<b>Total Carbohydrate</b> 3.0g	<b>0%</b>
Dietary Fiber 0.4g	<b>1%</b>
Sugars 0.3g	
<b>Protein</b> 0.7g	<b>1%</b>
Vitamin A 0.4%	*      Vitamin C 3.6%
Calcium 2.0%	*      Iron 5.5%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic coconut milk, organic ginger (juice), organic lemon juice (bottled), organic red onion, organic curry powder, organic garlic, salt, organic coriander, organic red pepper flakes

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# Dressing, Creamy Tahini

<b>Nutrition Facts</b>	
Serving Size: 1 oz                      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 68.0	Calories from Fat 48
<b>% Daily Values*</b>	
<b>Total Fat</b> 5.8g	<b>8%</b>
Saturated Fat 0.8g	<b>4.1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 364.0mg	<b>15%</b>
<b>Total Carbohydrate</b> 3.0g	<b>1%</b>
Dietary Fiber 1.1g	<b>4%</b>
Sugars 0.3g	
<b>Protein</b> 2.0g	<b>3%</b>
Vitamin A 0.0%	*                      Vitamin C 4.7%
Calcium 5.0%	*                      Iron 5.6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic tahini, organic lemon juice (bottled), water, organic garlic, salt

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## Dressing, Fresh Herb Vinaigrette

<b>Nutrition Facts</b>	
Serving Size: 1 oz                      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 149.0	Calories from Fat 145
<b>% Daily Values*</b>	
<b>Total Fat</b> 16.4g	<b>25%</b>
Saturated Fat 2.3g	<b>11.4%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 211.0mg	<b>8%</b>
<b>Total Carbohydrate</b> 0.0g	<b>0%</b>
Dietary Fiber 0.2g	<b>0%</b>
Sugars 0.1g	
<b>Protein</b> 0.1g	<b>0%</b>
Vitamin A 1.2%	*                      Vitamin C 6.3%
Calcium 0.7%	*                      Iron 2.0%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic olive oil, organic red wine vinegar , organic curly parsley, organic red onion, salt, organic rosemary, organic thyme

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## Dressing, Ginger Sesame

Nutrition Facts	
Serving Size: 1 oz      2 tablespoons per ounce	
Amount Per Serving	
<b>Calories</b> 139.0	Calories from Fat 125
% Daily Values*	
<b>Total Fat</b> 14.2g	<b>21%</b>
Saturated Fat 1.5g	<b>7.5%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 167.0mg	<b>6%</b>
<b>Total Carbohydrate</b> 2.0g	<b>0%</b>
Dietary Fiber 0.2g	<b>0%</b>
Sugars 0.3g	
<b>Protein</b> 0.1g	<b>0%</b>
Vitamin A 0.5%	*      Vitamin C 0.5%
Calcium 1.3%	*      Iron 0.3%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic sunflower oil, organic white wine vinegar , organic ginger (juice), organic green onion, organic toasted sesame oil, salt

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# Dressing, Hoisin Vinaigrette

<b>Nutrition Facts</b>	
Serving Size: 1 oz      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 165.0	Calories from Fat 151
<b>% Daily Values*</b>	
<b>Total Fat</b> 17.2g	<b>26%</b>
Saturated Fat 1.8g	<b>9.2%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 59.0mg	<b>2%</b>
<b>Total Carbohydrate</b> 2.0g	<b>0%</b>
Dietary Fiber 0.3g	<b>1%</b>
Sugars 1.3g	
<b>Protein</b> 0.2g	<b>0%</b>
Vitamin A 1.2%	* Vitamin C 0.8%
Calcium 0.3%	* Iron 0.5%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic sunflower oil, organic white wine vinegar , organic hoisin, organic green onion, organic toasted sesame oil, organic red pepper flakes

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# Dressing, Hot Salsa Verde

<b>Nutrition Facts</b>	
Serving Size: 1 oz                      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 7.0	Calories from Fat 0
% Daily Values*	
<b>Total Fat</b> 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0.1%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 71.0mg	<b>2%</b>
<b>Total Carbohydrate</b> 1.0g	<b>0%</b>
Dietary Fiber 0.4g	<b>1%</b>
Sugars 0.6g	
<b>Protein</b> 0.2g	<b>0%</b>
Vitamin A 1.1%	*                      Vitamin C 30.9%
Calcium 0.3%	*                      Iron 0.4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic jalapeno, organic green peppers, water, organic white wine vinegar , organic cilantro, salt

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## Dressing, Lemon Mint

<b>Nutrition Facts</b>	
Serving Size: 1 oz      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 93.0	Calories from Fat 84
% Daily Values*	
<b>Total Fat</b> 9.6g	<b>14%</b>
Saturated Fat 1.3g	<b>6.6%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 13.0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2.0g	<b>0%</b>
Dietary Fiber 0.1g	<b>0%</b>
Sugars 1.1g	
<b>Protein</b> 0.1g	<b>0%</b>
Vitamin A 0.2%	* Vitamin C 11.1%
Calcium 0.3%	* Iron 1.0%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic olive oil, organic orange (juice), organic apple (juice), organic lemon juice (bottled), organic white wine vinegar , organic stone ground mustard , organic mint, organic garlic

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# Dressing, Lime Jalapeno

<b>Nutrition Facts</b>	
Serving Size: 1 oz      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 132.0	Calories from Fat 128
<b>% Daily Values*</b>	
<b>Total Fat</b> 14.6g	<b>22%</b>
Saturated Fat 1.5g	<b>7.5%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 185.0mg	<b>7%</b>
<b>Total Carbohydrate</b> 1.0g	<b>0%</b>
Dietary Fiber 0.2g	<b>0%</b>
Sugars 0.3g	
<b>Protein</b> 0.1g	<b>0%</b>
Vitamin A 0.7%	*      Vitamin C 9.7%
Calcium 0.2%	*      Iron 0.3%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Ingredients: Ingredients: organic sunflower oil, organic lime juice (bottled), organic jalapeno, organic cilantro, salt

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## Dressing, Roasted Garlic

<b>Nutrition Facts</b>	
Serving Size: 1 oz                      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 111.0	Calories from Fat 98
<b>% Daily Values*</b>	
<b>Total Fat</b> 11.2g	<b>17%</b>
Saturated Fat 1.2g	<b>5.8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 283.0mg	<b>11%</b>
<b>Total Carbohydrate</b> 3.0g	<b>0%</b>
Dietary Fiber 0.2g	<b>0%</b>
Sugars 0.2g	
<b>Protein</b> 0.5g	<b>0%</b>
Vitamin A 0.0%	*                      Vitamin C 6.3%
Calcium 1.4%	*                      Iron 0.7%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic sunflower oil, organic garlic, organic lemon juice (bottled), water, salt

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# Dressing, Roasted Red Pepper

## Nutrition Facts

Serving Size: 1 oz                      2 tablespoons per ounce

Amount Per Serving

**Calories** 99.0                      Calories from Fat 91

% Daily Values\*

**Total Fat** 10.3g                      **15%**

    Saturated Fat 1.1g                      **5.3%**

    Trans Fat 0g

**Cholesterol** 0.0mg                      **0%**

**Sodium** 130.0mg                      **5%**

**Total Carbohydrate** 1.0g                      **0%**

    Dietary Fiber 0.2g                      **0%**

    Sugars 0.6g

**Protein** 0.1g                      **0%**

Vitamin A 1.9%                      \*                      Vitamin C 22.9%

Calcium 0.2%                      \*                      Iron 0.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ingredients: organic red peppers, organic sunflower oil, organic white wine vinegar , organic red onion, salt

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## Dressing, Vegan Caesar

<b>Nutrition Facts</b>	
Serving Size: 1 oz                      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 152.0	Calories from Fat 147
<b>% Daily Values*</b>	
<b>Total Fat</b> 16.7g	<b>25%</b>
Saturated Fat 2.3g	<b>11.5%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 47.0mg	<b>1%</b>
<b>Total Carbohydrate</b> 1.0g	<b>0%</b>
Dietary Fiber 0.1g	<b>0%</b>
Sugars 0.3g	
<b>Protein</b> 0.2g	<b>0%</b>
Vitamin A 0.0%	*                      Vitamin C 2.3%
Calcium 0.5%	*                      Iron 0.8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic olive oil, organic lemon juice (bottled), organic red wine vinegar , organic vegan worcestershire sauce, organic garlic, organic stone ground mustard

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# Dressing, White Wine Vinaigrette

<b>Nutrition Facts</b>	
Serving Size: 1 oz                      2 tablespoons per ounce	
<b>Amount Per Serving</b>	
<b>Calories</b> 124.0	Calories from Fat 118
<b>% Daily Values*</b>	
<b>Total Fat</b> 13.4g	<b>20%</b>
Saturated Fat 1.4g	<b>6.9%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 207.0mg	<b>8%</b>
<b>Total Carbohydrate</b> 1.0g	<b>0%</b>
Dietary Fiber 0.3g	<b>1%</b>
Sugars 0.1g	
<b>Protein</b> 0.2g	<b>0%</b>
Vitamin A 3.4%	*                      Vitamin C 16.0%
Calcium 1.1%	*                      Iron 2.6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic sunflower oil, organic curly parsley, organic white wine vinegar , organic stone ground mustard , salt, organic black pepper

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Entree, Black Bean Burger (no side)

Nutrition Facts	
Serving Size:	1 Serving
<b>Amount Per Serving</b>	
<b>Calories</b> 601	Calories from Fat 227
% Daily Values*	
<b>Total Fat</b> 26.7g	<b>41%</b>
Saturated Fat 7.2g	<b>35.8%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 22mg	<b>7%</b>
<b>Sodium</b> 1149mg	<b>47%</b>
<b>Total Carbohydrate</b> 76g	<b>25%</b>
Dietary Fiber 19.0g	<b>76%</b>
Sugars 3.2g	
<b>Protein</b> 19.1g	<b>38%</b>
Vitamin A 9.4%	* Vitamin C 39.7%
Calcium 24.0%	* Iron 25.1%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic avocado , organic black turtle beans, organic spelt one bun, organic jewel yams, organic sliced cheddar, organic red onion, water, organic short grain brown rice, organic lime juice (bottled), organic red cabbage, organic cilantro, salt, organic green onion

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# Entree, Breeze Bowl

<b>Nutrition Facts</b>	
Serving Size:	1 Serving per Bowl
<b>Amount Per Serving</b>	
<b>Calories</b> 439	Calories from Fat 242
% Daily Values*	
<b>Total Fat</b> 27.6g	<b>42%</b>
Saturated Fat 8.9g	<b>44.3%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 38mg	<b>12%</b>
<b>Sodium</b> 585mg	<b>24%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 7.1g	<b>28%</b>
Sugars 8.1g	
<b>Protein</b> 13.6g	<b>27%</b>
Vitamin A 52.5%	* Vitamin C 125.0%
Calcium 34.6%	* Iron 28.8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic spinach, organic grape tomatoes, water, organic red onion, organic feta , organic cucumber, organic curly parsley, organic farro, organic olive oil, organic pearled barley, organic red quinoa, organic orange (juice), organic apple (juice), organic lemon juice (bottled), organic garbanzo beans, organic white wine vinegar , organic stone ground mustard , organic mint, organic garlic

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# Entree, Cauliflower Steak Bowl

## Nutrition Facts

Serving Size: 1 serving per container

**Amount Per Serving**

**Calories** 691 **Calories from Fat** 475

% Daily Values\*

**Total Fat** 53.9g **82%**

Saturated Fat 6.8g **34.1%**

Trans Fat 0.0g

**Cholesterol** 0mg **0%**

**Sodium** 349mg **14%**

**Total Carbohydrate** 47g **15%**

Dietary Fiber 13.6g **54%**

Sugars 11.2g

**Protein** 12.0g **23%**

Vitamin A 14.9% \* Vitamin C 357.2%

Calcium 15.0% \* Iron 22.3%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ingredients: organic cauliflower, water, organic short grain brown rice, organic grape tomatoes, organic olive oil, organic sunflower oil, organic sliced crimini mushrooms, organic dill, organic spinach, organic curly parsley, organic lemon juice (bottled), organic white wine vinegar , organic garlic, organic oregano, organic red pepper flakes, salt

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# Cauliflower Tacos

<b>Nutrition Facts</b>	
Serving size: 3 tacos (405 grams)	
<b>Amount per serving</b>	
<b>Calories</b> 666	Calories from Fat 298
<b>% Daily Values*</b>	
<b>Total Fat</b> 33g	<b>42%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 629mg	<b>27%</b>
<b>Total Carbohydrate</b> 82g	<b>30%</b>
Dietary Fiber 21g	<b>75%</b>
Sugars 13g	
<b>Protein</b> 24g	
Vitamin A 18%	• Calcium 224%
Vitamin C 104%	• Iron 29%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** organic cauliflower, new, organic tortilla sprouted grain, organic green kale, organic garbanzo beans, organic sunflower oil 32oz, organic red cabbage, organic green cabbage, organic jalapeno, organic green peppers, water, organic taco seasoning (frontier), organic white wine vinegar , organic lemon juice (bottled), organic shredded carrots, organic cilantro, salt, organic stone ground mustard , organic cider vinegar

**Allergens:** Wheat

*Not all ingredients in this recipe have an allergen declaration.*

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## Entree, Confetti Bowl

# Nutrition Facts

Serving Size: 1 serving per container

**Amount Per Serving**

**Calories** 609 Calories from Fat 243

% Daily Values\*

**Total Fat** 27.8g **42%**

Saturated Fat 4.9g **24.7%**

Trans Fat 0.0g

**Cholesterol** 9mg **2%**

**Sodium** 624mg **26%**

**Total Carbohydrate** 75g **25%**

Dietary Fiber 14.0g **55%**

Sugars 4.8g

**Protein** 18.6g **37%**

Vitamin A 10.6% \* Vitamin C 117.1%

Calcium 26.6% \* Iron 27.1%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ingredients: water, organic short grain brown rice, organic black turtle beans, organic grape tomatoes, organic corn kernels , organic sunflower oil, organic lime juice (bottled), organic olives (kalamata, pitted and sliced), organic parmesan , organic green peppers, organic red peppers, organic yellow peppers, organic jalapeno, organic cilantro, organic garlic, salt

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# Entree, Crowder Bowl

<b>Nutrition Facts</b>	
Serving Size:	1 serving per container
<b>Amount Per Serving</b>	
<b>Calories</b> 488	Calories from Fat 169
% Daily Values*	
<b>Total Fat</b> 19.9g	<b>30%</b>
Saturated Fat 9.1g	<b>45.4%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 328mg	<b>13%</b>
<b>Total Carbohydrate</b> 56g	<b>18%</b>
Dietary Fiber 7.5g	<b>29%</b>
Sugars 12.7g	
<b>Protein</b> 25.4g	<b>50%</b>
Vitamin A 40.4%	* Vitamin C 115.7%
Calcium 18.6%	* Iron 37.4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic tofu, organic yellow onion, water, organic short grain brown rice, organic coconut milk, organic shredded carrots, organic lime juice (bottled), organic cashews , organic green onion, organic green peppers, organic red peppers, organic yellow peppers, organic spinach, organic ginger (juice), organic lemon juice (bottled), organic red onion, organic curry powder, organic garlic, organic cilantro, salt, organic coriander, organic red pepper flakes

Disclaimer: Please note that the values calculated are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data.

# Entree, Jammed Yam

<b>Nutrition Facts</b>	
Serving Size:	1 serving per container
<b>Amount Per Serving</b>	
<b>Calories</b> 821	Calories from Fat 178
% Daily Values*	
<b>Total Fat</b> 20.6g	<b>31%</b>
Saturated Fat 2.4g	<b>12.0%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 513mg	<b>21%</b>
<b>Total Carbohydrate</b> 154g	<b>51%</b>
Dietary Fiber 22.0g	<b>87%</b>
Sugars 19.5g	
<b>Protein</b> 11.2g	<b>22%</b>
Vitamin A 9.0%	* Vitamin C 198.8%
Calcium 11.4%	* Iron 22.4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic jewel yams, organic pineapple , water, organic avocado , organic red quinoa, organic lime juice (bottled), organic black turtle beans, organic red peppers, organic sunflower oil, organic jalapeno, organic cilantro, salt, organic garlic

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# Entree, Kale Caesar

<b>Nutrition Facts</b>	
Serving Size:	1 serving per container
<b>Amount Per Serving</b>	
<b>Calories</b> 568	Calories from Fat 322
% Daily Values*	
<b>Total Fat</b> 36.6g	<b>56%</b>
Saturated Fat 8.4g	<b>41.9%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 18mg	<b>5%</b>
<b>Sodium</b> 1168mg	<b>48%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 10.4g	<b>41%</b>
Sugars 2.3g	
<b>Protein</b> 22.8g	<b>45%</b>
Vitamin A 115.9%	* Vitamin C 310.2%
Calcium 63.7%	* Iron 44.0%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic green kale, organic heart of palm , water, organic shredded carrots, organic olive oil, organic parmesan , organic farro, organic pearled barley, organic red quinoa, organic lemon juice (bottled), organic red wine vinegar , organic vegan worcestershire sauce, organic garlic, organic stone ground mustard

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<b>Nutrition Facts</b>	
Serving Size:	1 serving per container
<b>Amount Per Serving</b>	
<b>Calories</b> 643	Calories from Fat 331
% Daily Values*	
<b>Total Fat</b> 37.7g	<b>58%</b>
Saturated Fat 5.5g	<b>27.5%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 602mg	<b>25%</b>
<b>Total Carbohydrate</b> 54g	<b>18%</b>
Dietary Fiber 7.2g	<b>28%</b>
Sugars 9.4g	
<b>Protein</b> 25.0g	<b>49%</b>
Vitamin A 74.3%	* Vitamin C 130.7%
Calcium 32.1%	* Iron 34.1%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic tofu, water, organic short grain brown rice, organic napa cabbage, organic shredded carrots, organic zucchini , organic toasted sesame oil, organic sliced crimini mushrooms, organic limes, organic pea shoots, organic sesame seeds, organic toasted nori sheets, organic sugar, organic garlic, organic jalapeno, organic ginger, organic green peppers, organic red peppers, organic yellow peppers, salt, organic green onion

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## Entree, Madhya Bowl

<b>Nutrition Facts</b>	
Serving size: 1 serving per container ([Serving Size])	
<b>Amount per serving</b>	
<b>Calories</b> 748	Calories from Fat 329
<b>% Daily Values*</b>	
<b>Total Fat</b> 37g	<b>47%</b>
Saturated Fat 13g	<b>64%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2234mg	<b>97%</b>
<b>Total Carbohydrate</b> 92g	<b>33%</b>
Dietary Fiber 16g	<b>58%</b>
Sugars 12g	
<b>Protein</b> 21g	
Vitamin A 75%	• Calcium 18%
Vitamin C 34%	• Iron 41%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** organic short grain brown rice, organic sliced crimini mushrooms, organic white potatoes, organic garbanzo beans, organic spinach, organic green onion, organic coconut milk, organic shredded carrots, organic olive oil, salt, organic lemon juice (bottled), organic red onion, organic curry powder, organic garlic, organic black pepper , organic ginger, organic coriander, organic red pepper flakes

**Allergens:** No allergens indicated

*Not all ingredients in this recipe have an allergen declaration.*

Disclaimer: Calculated values are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data for any reason whatsoever.

## Entree, Moler Bowl

<b>Nutrition Facts</b>	
Serving Size:	1 serving per container
<b>Amount Per Serving</b>	
<b>Calories</b> 639	Calories from Fat 316
% Daily Values*	
<b>Total Fat</b> 36.4g	<b>56%</b>
Saturated Fat 7.3g	<b>36.7%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 17mg	<b>5%</b>
<b>Sodium</b> 503mg	<b>20%</b>
<b>Total Carbohydrate</b> 65g	<b>21%</b>
Dietary Fiber 18.9g	<b>75%</b>
Sugars 3.1g	
<b>Protein</b> 17.6g	<b>35%</b>
Vitamin A 17.4%	* Vitamin C 144.7%
Calcium 22.0%	* Iron 29.8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: water, organic black turtle beans, organic avocado , organic jewel yams, organic olive oil, organic farro, organic feta , organic sliced crimini mushrooms, organic green kale, organic green peppers, organic red peppers, organic yellow peppers, organic pearled barley, organic red quinoa, organic red wine vinegar , organic curly parsley, organic red onion, organic garlic, salt, organic rosemary, organic thyme

Disclaimer: Please note that the values calculated are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data.

# Sandwich, Chipotle Roasted Vegetable

<b>Nutrition Facts</b>	
Serving size: 1 Sandwich ([Serving Size])	
<b>Amount per serving</b>	
<b>Calories</b> 466	Calories from Fat 200
<b>% Daily Values*</b>	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 21mg	<b>7%</b>
<b>Sodium</b> 1204mg	<b>52%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 15g	<b>55%</b>
Sugars 10g	
<b>Protein</b> 23g	
Vitamin A 24%	• Calcium 185%
Vitamin C 60%	• Iron 21%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** organic zucchini , organic slicing tomatoes, organic nayural value black beans, organic green kale, organic sliced cheddar, organic la preferida jalapeno slices, organic red cabbage, organic green cabbage, organic olive oil, organic green onion, organic garlic, organic green peppers, salt, water, bk-flour, sif whole wheat, bk-flour, ap, organic yellow peppers, organic red peppers, organic chipotle powder, organic shredded carrots, bk-milk, oat, organic black pepper , organic sunflower oil, bk-sugar, white, organic cayenne pepper, bk-salt, bk-flour, int whole wheat

**Allergens:** Milk, Wheat

*Not all ingredients in this recipe have an allergen declaration.*

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# Sandwich, Classic Veggie

<b>Nutrition Facts</b>	
Serving size: 1 Sandwich ([Serving Size])	
<b>Amount per serving</b>	
<b>Calories</b> 363	Calories from Fat 211
<b>% Daily Values*</b>	
<b>Total Fat</b> 23g	<b>30%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 197mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 13g	<b>47%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A 42%	• Calcium 9%
Vitamin C 56%	• Iron 16%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** organic avocado , organic cucumber, organic slicing tomatoes, organic garbanzo beans, organic shredded carrots, organic pea shoots, organic tahini, organic lemon juice (bottled), organic garlic, water, bk-flour, sif whole wheat, bk-flour, ap, bk-milk, oat, organic sunflower oil, bk-sugar, white, bk-salt, salt, bk-flour, int whole wheat

**Allergens:** Wheat

*Not all ingredients in this recipe have an allergen declaration.*

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# Sandwich, Fakin Bacon

<b>Nutrition Facts</b>	
Serving size: Sandwich ([Serving Size])	
<b>Amount per serving</b>	
<b>Calories</b> 232	Calories from Fat 55
<b>% Daily Values*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 962mg	<b>42%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 9g	<b>31%</b>
Sugars 10g	
<b>Protein</b> 17g	
Vitamin A 15%	• Calcium 10%
Vitamin C 53%	• Iron 22%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** new updated, smokey tempeh strips, organic whole wheat one bun, organic apples, organic vegenaïse, organic spinach

**Allergens:** Soy, Wheat

*Not all ingredients in this recipe have an allergen declaration.*

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# Sandwich, Fungi Philly

<b>Nutrition Facts</b>	
Serving size: 1 serving per container ([Serving Size])	
<b>Amount per serving</b>	
<b>Calories</b> 447	Calories from Fat 44
<b>% Daily Values*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 863mg	<b>38%</b>
<b>Total Carbohydrate</b> 89g	<b>32%</b>
Dietary Fiber 9g	<b>31%</b>
Sugars 8g	
<b>Protein</b> 14g	
Vitamin A 6%	• Calcium 1%
Vitamin C 23%	• Iron 23%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** organic slicing tomatoes, bk-flour, ap, water, organic sliced crimini mushrooms, organic valley american cheese , organic vegenaïse, bk-flour, sif whole wheat, organic romaine lettuce, bk-sugar, white, organic sunflower oil, organic green peppers, bk-salt, organic yellow peppers, organic red peppers, organic vegan worcestershire sauce, organic olive oil, salt, organic black pepper , bk-flour, int whole wheat

**Allergens:** Soy, Wheat

*Not all ingredients in this recipe have an allergen declaration.*

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# Sandwich, Portobello Panini

<b>Nutrition Facts</b>	
Serving size: 1 serving per container ([Serving Size])	
<b>Amount per serving</b>	
<b>Calories</b> 172	Calories from Fat 89
<b>% Daily Values*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 11mg	<b>4%</b>
<b>Sodium</b> 982mg	<b>43%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 8g	
Vitamin A 16%	• Calcium 15%
Vitamin C 55%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet	

**Ingredients:** organic milas roasted red peppers, organic portabella mushroom, organic red onion, organic spinach, organic greek olive mx, horizon og sliced provolone, organic olive oil, water, bk-flour, sif whole wheat, bk-flour, ap, organic curly parsley, organic garlic, organic rosemary, organic thyme , bk-milk, oat, organic sunflower oil, bk-sugar, white, bk-salt, bk-flour, int whole wheat, new organic red wine vinegar gallon

**Allergens:** Milk, Wheat

*Not all ingredients in this recipe have an allergen declaration.*

Disclaimer: Calculated values are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data for any reason whatsoever.



## Entree, Sushi Bowl

Nutrition Facts	
Serving Size:	1 serving per container
Amount Per Serving	
<b>Calories</b> 756	Calories from Fat 375
% Daily Values*	
<b>Total Fat</b> 43.3g	<b>66%</b>
Saturated Fat 5.5g	<b>27.7%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1450mg	<b>60%</b>
<b>Total Carbohydrate</b> 66g	<b>22%</b>
Dietary Fiber 11.1g	<b>44%</b>
Sugars 5.6g	
<b>Protein</b> 27.0g	<b>53%</b>
Vitamin A 31.9%	* Vitamin C 17.7%
Calcium 23.3%	* Iron 34.1%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: water, organic tofu, organic short grain brown rice, organic avocado , organic shredded carrots, organic cucumber, organic sunflower oil, organic tamari, organic white wine vinegar , organic sesame seeds, organic ginger (juice), organic green onion, organic toasted sesame oil, salt, organic toasted nori sheets

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# Muffin, Blueberry Lime Coconut

## Nutrition Facts

Serving Size: 1 muffin per serving

Amount Per Serving

**Calories** 195 Calories from Fat 57

% Daily Values\*

**Total Fat** 6.7g **10%**

Saturated Fat 3.9g **19.5%**

Trans Fat 0.0g

**Cholesterol** 34mg **11%**

**Sodium** 282mg **11%**

**Total Carbohydrate** 30g **10%**

Dietary Fiber 3.6g **14%**

Sugars 14.2g

**Protein** 5.3g **10%**

Vitamin A 2.1% \* Vitamin C 2.9%

Calcium 8.7% \* Iron 7.8%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ingredients: organic plain yogurt, organic whole wheat flour, organic brown sugar , organic eggs, organic applesauce, organic oat flour, organic shredded coconut, organic limes, organic brown flaxseed, organic baking powder , salt, organic baking soda

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# Muffin, Candied Ginger Pear

<b>Nutrition Facts</b>	
Serving Size:	1 muffin per serving
<b>Amount Per Serving</b>	
<b>Calories</b> 266	Calories from Fat 60
% Daily Values*	
<b>Total Fat</b> 6.9g	<b>10%</b>
Saturated Fat 1.4g	<b>7.2%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 317mg	<b>13%</b>
<b>Total Carbohydrate</b> 49g	<b>16%</b>
Dietary Fiber 3.6g	<b>14%</b>
Sugars 31.7g	
<b>Protein</b> 4.9g	<b>9%</b>
Vitamin A 2.7%	* Vitamin C 2.9%
Calcium 11.6%	* Iron 6.7%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Ingredients: organic anjou pears, organic plain yogurt, organic whole wheat flour, organic brown sugar , organic candied ginger , organic whole milk, organic eggs, organic sunflower oil, organic baking powder , salt, organic cinnamon , organic ground ginger

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# Soup, Caribbean Butternut Squash (Large Size)

## Nutrition Facts

Serving Size: 16 oz      2 servings per container

**Amount Per Serving**

**Calories** 466.0      **Calories from Fat** 238

**% Daily Values\***

**Total Fat** 28.5g      **43%**

Saturated Fat 24.8g      **123.9%**

Trans Fat 0g

**Cholesterol** 0.0mg      **0%**

**Sodium** 201.0mg      **8%**

**Total Carbohydrate** 47.0g      **15%**

Dietary Fiber 14.5g      **57%**

Sugars 8.2g

**Protein** 14.0g      **28%**

Vitamin A 78.6%      \*      Vitamin C 44.6%

Calcium 11.1%      \*      Iron 38.9%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ingredients: organic coconut milk, organic butternut squash , organic yellow split peas , organic yellow onion, water, organic lime juice (bottled), organic spinach, organic ground turmeric, salt, organic cayenne pepper

Disclaimer: Please note that the values calculated are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data.

# Soup, Carribbean Butternut Squash (Regular Size)

<b>Nutrition Facts</b>	
Serving Size: 16 oz      1 serving per container	
<b>Amount Per Serving</b>	
<b>Calories</b> 466.0	Calories from Fat 238
<b>% Daily Values*</b>	
<b>Total Fat</b> 28.5g	<b>43%</b>
Saturated Fat 24.8g	<b>123.9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 201.0mg	<b>8%</b>
<b>Total Carbohydrate</b> 47.0g	<b>15%</b>
Dietary Fiber 14.5g	<b>57%</b>
Sugars 8.2g	
<b>Protein</b> 14.0g	<b>28%</b>
Vitamin A 78.6%	* Vitamin C 44.6%
Calcium 11.1%	* Iron 38.9%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Ingredients: Ingredients: organic coconut milk, organic butternut squash , organic yellow split peas , organic yellow onion, water, organic lime juice (bottled), organic spinach, organic ground turmeric, salt, organic cayenne pepper

Disclaimer: Please note that the values calculated are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data.

## Soup, Cauliflower Stew (Large Size)

# Nutrition Facts

Serving Size: 16 oz      2 servings per container

**Amount Per Serving**

**Calories** 212.0      **Calories from Fat** 84

**% Daily Values\***

**Total Fat** 9.6g      **14%**

Saturated Fat 1.4g      **7.0%**

Trans Fat 0.0g

**Cholesterol** 0.0mg      **0%**

**Sodium** 381.0mg      **15%**

**Total Carbohydrate** 29.0g      **9%**

Dietary Fiber 9.6g      **38%**

Sugars 14.4g

**Protein** 8.0g      **16%**

Vitamin A 76.9%      \*      Vitamin C 231.5%

Calcium 11.0%      \*      Iron 13.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ingredients: organic cauliflower, organic shredded carrots, organic zucchini , organic tomato paste , organic sliced crimini mushrooms, organic celery, organic garlic, organic olive oil, organic green peppers, organic yellow peppers, organic red peppers, salt

Disclaimer: Please note that the values calculated are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data.

## Soup, Cauliflower Stew (Regular Size)

<b>Nutrition Facts</b>	
Serving Size: 16 oz      2 servings per container	
<b>Amount Per Serving</b>	
<b>Calories</b> 212.0	Calories from Fat 84
<b>% Daily Values*</b>	
<b>Total Fat</b> 9.6g	<b>14%</b>
Saturated Fat 1.4g	<b>7.0%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 381.0mg	<b>15%</b>
<b>Total Carbohydrate</b> 29.0g	<b>9%</b>
Dietary Fiber 9.6g	<b>38%</b>
Sugars 14.4g	
<b>Protein</b> 8.0g	<b>16%</b>
Vitamin A 76.9%	* Vitamin C 231.5%
Calcium 11.0%	* Iron 13.4%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Ingredients: Ingredients: organic cauliflower, organic shredded carrots, organic zucchini , organic tomato paste , organic sliced crimini mushrooms, organic celery, organic garlic, organic olive oil, organic green peppers, organic yellow peppers, organic red peppers, salt

Disclaimer: Please note that the values calculated are only as accurate as the weight, ingredient and nutrition information provided. For guaranteed accuracy, please have your food items lab tested. Recipe Cost Calculator does not accept any liability resulting from inaccurately calculated nutrition data.