

Recipe #	Recipe	Calories	Fat (g)	Saturated Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	# of Green Servings	Lean/Leaner/Leanest	Additional healthy fat serving
414	Sesame Chicken and Vegetables with Cauliflower Rice (Lean & Green)	286	5	1	2	2	0	1	1100	518	16	4	6	44	39%	123%	8%	5%	3	Leaner	0 healthy fat servings
417	Garlic-Mushroom Bolognese with Cauliflower Dippers (Lean & Green)	260	16	6	3	0	0	42	1000	530	15	6	6	18	27%	61%	35%	9%	3	Leanest	2 healthy fat servings
406	Scallion Beef Stir-Fry (Lean & Green)	395	22	9	1	0	0	105	985	311	12	2	5	36	23%	64%	6%	32%	3	Lean	0 healthy fat servings
405	Sheet Pan Shrimp Scampi (Lean & Green)	275	7	2	0	0	0	243	716	488	13	3	4	41	40%	33%	28%	20%	2	Leanest	1 healthy fat servings
404	Caprese Chicken (Lean & Green)	426	18	4	0	0	0	105	512	34	14	0	8	48	4%	15%	2%	6%	3	Lean	1 healthy fat servings
403	Spicy Cod with Spinach (Lean & Green)	260	7	1	4	1	0	73	446	1200	13	3	5	34	145%	82%	11%	20%	2	Leanest	1 healthy fat servings
402	Tofu Power Bowl (Lean & Green)	253	12	1	4	6	0	0	983	710	16	7	5	23	97%	178%	30%	23%	3	Lean	1 healthy fat servings
401	Mediterranean Chicken Salad (Lean & Green)	340	12	2	3	1	0	111	727	623	23	5	9	34	132%	184%	9%	18%	3	Leaner	2 healthy fat servings
400	Chilled Asparagus, Tomato + Fresh Mozzarella Salad (Lean & Green)	250	16	4	0	0	0	15	140	0	12	1	9	12	8%	4%	1%	5%	3	Mozzarella	0 healthy fat servings
399	Mediterranean Turkey Patties and Grilled Vegetables (Lean & Green)	282	11	2	0	0	0	90	417	346	11	3	4	38	37%	127%	3%	4%	2	Leaner	0 healthy fat servings