

Recipe #	Recipe	Calories	Fat (g)	Saturated Fat (g)	Monounsaturat	Polyunsaturate	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Allergen
388	Asian Broiled Cod with Sesame Stir-Fry	420	22	3	10	9	0	82	628	1225	19	5	12	36	144%	59%	26%	22%	Fish, Egg, Soy
400	Asparagus Salad (Lean & Green)	250	16	4	0	0	0	15	140	0	12	1	9	12	8%	4%	1%	5%	Milk
421	Bacon + Butternut Squash Pasta	480	18	6	2	1	0	101	779	652	59	6	4	23	394%	81%	9%	12%	Egg, Wheat, Milk
437	Bacon Spinach and Grape Quinoa	445	21	5	8	2	0	24	475	249	56	6	26	16	9%	26%	12%	21%	Milk
255	Bacon-Wrapped Chicken with Honey-Roasted Vegetables	525	30	6	14	5	0	109	955	43	17	3	10	45	94%	48%	7%	15%	Gluten, Soy, Milk, Eggs, Tree Nuts, Peanuts
357	Bang Bang Chicken with Stir-Fried Broccoli Rice	800	26	10	5	3	0	149	1468	356	87	4	8	50	27%	154%	11%	16%	Gluten, Soy, Milk, Eggs
435	Beyond Fajita Patties	570	44	8	17	3	0	0	1100	925	25	11	8	25	24%	145%	10%	40%	Tree Nuts
420	Black Bean, Spinach + Rice-Stuffed Poblano Peppers	575	28	8	11	3	0	30	1500	780	68	12	3	20	52%	45%	21%	24%	Milk
315	Blue Cheeseburgers with Balsamic Onions and Sweet Potato Fries	579	28	9	7	1	0	113	631	803	44	8	13	36	583%	12%	12%	12%	Milk
349	Broccoli and Edamame Sushi Bowls	468	9	1	4	1	0	0	1150	662	77	6	8	18	17%	164%	12%	18%	Soy
397	Broccoli Dijon Chicken (Lean & Green)	251	6	1	3	0	0	121	681	227	9	4	1	38	23%	84%	6%	6%	Soy
434	Buffalo Chicken Cali' flour Pizzas	710	44	20	6	4	0	199	1300	680	13	4	1	69	16%	126%	61%	44%	Milk, Egg
240	Buffalo Chicken Tacos	661	38	5	8	5	0	115	1782	101	39	5	9	42	57%	31%	16%	11%	Milk, Corn
258	Butternut Squash Chicken Flatbreads	741	43	10	18	2	0	104	1420	542	43	12	10	50	301%	54%	40%	18%	Gluten, Soy, Milk
404	Caprese Chicken (Lean & Green)	426	18	4	0	0	0	105	512	34	14	0	8	48	4%	15%	2%	6%	Milk
363	Caprese-Pesto Pizzas	466	28	4	5	1	0	14	481	38	29	8	9	23	1%	0%	25%	9%	Wheat (Flatbread), Soy (Flatbread) and Milk (Pesto and Mozzarella)
373	Caprese-Pesto Pizzas FAMILY MEAL	436	25	4	2	0	0	14	761	36	29	8	9	23	1%	0%	25%	9%	Wheat (Flatbread), Soy (Flatbread) and Milk (Pesto and Mozzarella)
383	Cast-Iron Coriander Chicken and Curry Rice Pilaf	608	15	2	7	1	0	98	521	257	66	3	5	46	51%	15%	9%	13%	Peanut Oil
384	Cast-Iron Coriander Chicken and Curry Rice Pilaf (FAMILY MEAL)	584	13	2	6	1	0	98	424	193	65	3	4	45	51%	12%	8%	12%	Peanut Oil
387	Cast-Iron Steaks with Rosemary Butter	522	35	8	10	1	0	133	438	117	8	3	3	47	22%	11%	6%	17%	Milk
361	Cheesy Polenta Bowls with Caramelized Brussels Sprouts and Must	453	16	3	10	2	0	4	1342	301	66	7	5	11	12%	106%	11%	25%	Milk, Corn
398	Chicken, Asparagus, and Warm Tomato Salad (Lean & Green)	257	6	1	3	1	0	110	395	267	13	3	6	38	28%	66%	8%	11%	Milk
362	Chili-Rubbed Fish Tacos with Corn Pico and Smashed Avocado	533	24	4	12	3	0	60	1047	492	51	12	7	36	14%	43%	5%	13%	Fish, Corn
394	Chop Chop Chipotle Pork Tacos	600	24	10	8	2	0	141	1000	244	39	7	9	45	31%	36%	26%	23%	Milk
395	Chop Chop Chipotle Pork Tacos (FAMILY MEAL)	537	23	8	9	2	0	119	1100	133	38	6	9	46	24%	19%	25%	20%	Milk
422	Creamy Cauliflower Soup with Bacon	375	30	15	6	1	0	91	978	800	18	7	11	15	16%	186%	9%	9%	Milk
433	Creamy Thyme-Mushroom Chicken + Rice	690	45	17	16	2	0	207	1100	636	38	1	2	37	19%	3%	11%	18%	Milk
371	Egg Roll in a Bowl	652	23	5	3	6	0	120	1087	261	70	4	8	39	55%	67%	10%	23%	Soy
366	Falafel Salad	340	21	3	15	2	0	3	243	333	21	6	4	14	76%	255%	15%	13%	Milk
424	Fall Nourish Bowl	780	35	3	17	2	0	60	300	500	65	12	21	50	400%	246%	16%	31%	
436	Fettuccine + Turkey-Spinach Meatballs	930	42	8	20	3	0	124	709	59	92	6	7	51	38%	54%	23%	43%	Milk, Wheat
221	Garlic Mushroom Smothered Chicken	438	26	4	18	3	0	89	121	8999	13	2	4	41	10%	21%	6%	13%	
431	Ginger-Lemon Cod + Roasted Broccoli	590	28	4	20	3	0	60	420	273	46	5	2	38	40%	133%	9%	25%	Seafood
185	Grilled Chicken and Caramelized Pineapple Salsa Rice Bowl	578	3	1	0	0	0	83	117	380	96	5	29	45	6%	263%	5%	30%	
146	Grilled Chicken Tacos with Avocado Goat Cheese Sauce	439	16	7	6	1	0	87	535	153	26	5	2	44	10%	17%	10%	5%	Milk
368	Hawaiian Chicken Tacos	483	14	2	2	8	0	105	1075	297	53	6	17	37	6%	41%	6%	14%	Soy
396	Honey Pecan Pork and Sweet Potato Mash with Red Cabbage Crunt	619	23	6	13	3	0	101	420	181	64	9	25	41	15%	54%	3%	13%	Milk, Tree Nuts
360	Indian Beef and Potato Stew	631	34	12	5	1	2	105	781	525	42	7	5	41	30%	88%	6%	32%	
385	Indian Butter Chicken	750	37	18	6	2	0	195	525	318	65	4	5	39	46%	29%	6%	14%	Milk
281	Italian Chicken Florentine Pasta	800	33	18	9	0	0	204	847	111	74	7	3	40	83%	22%	20%	29%	Gluten, Milk
391	Kale and Garlic-Mushroom Quinoa	486	16	2	5	1	0	5	349	325	72	10	12	19	88%	91%	21%	40%	Milk
178	Kale Corn Succotash over Cheesy Chicken	413	17	8	5	1	0	144	730	1077	13	3	7	49	15%	92%	11%	14%	Milk
314	Korean BBQ Cauliflower and Chickpeas	321	15	1	7	5	0	0	817	84	38	10	13	11	3%	242%	7%	11%	Gluten, Soy, Peanuts
358	Korean Bibimbap Bowls	550	37	9	12	4	0	97	735	313	22	3	14	35	66%	62%	9%	30%	Soy
426	Kug Pao Chicken	505	13	2	4	6	0	105	907	300	58	4	14	38	66%	219%	1%	14%	Soy
389	Lemon Dill Tofu Pasta	592	24	5	11	5	0	19	527	518	66	7	4	30	21%	76%	37%	27%	Wheat, Soy, Milk
339	Low Country Shrimp Bowls	446	9	4	2	0	0	210	455	70	59	7	4	32	20%	77%	8%	28%	Milk, Shellfish, Corn
401	Mediterranean Chicken Salad (Lean & Green)	340	12	2	3	1	0	111	727	623	23	5	9	34	132%	184%	9%	18%	
364	Mediterranean Lemon-Dill Pasta Salad (FAMILY MEAL)	453	44	11	6	3	0	50	1029	235	68	7	5	17	59%	38%	10%	10%	Milk, Wheat, Egg
438	Mediterranean Shrimp Pasta	740	23	5	11	2	0	274	938	280	80	1	4	50	35%	55%	29%	26%	Shellfish, Milk and Wheat
399	Mediterranean Turkey Patties and Grilled Vegetables (Lean & Gree	282	11	2	0	0	0	90	417	346	11	3	4	38	37%	127%	3%	4%	
418	Mexican Skillet	810	41	18	5	1	0	165	495	30	51	4	11	53	30%	134%	3%	47%	Milk
367	Monterey Chicken	563	18	7	5	1	0	145	691	64	44	10	7	53	10%	71%	7%	16%	Milk
372	Monterey Chicken FAMILY MEAL	452	16	6	5	1	0	140	1323	32	25	6	5	49	10%	46%	11%	16%	Milk
423	Mu Shu Chicken Tacos	555	17	1	2	5	0	60	500	189	56	9	21	43	26%	100%	10%	13%	Gluten, Soy
340	Mushroom Stroganoff	413	13	3	6	1	0	84	1251	118	62	4	6	13	14%	22%	8%	18%	Gluten, Soy, Milk, Egg
378	Mushroom Stroganoff (FAMILY MEAL)	329	11	3	6	1	0	13	1200	497	47	2	1	12	8%	14%	7%	9%	Gluten, Soy, Milk, Egg
341	One Pot Orzo and Shrimp	498	10	1	5	1	0	194	542	395	61	5	5	36	20%	37%	5%	22%	Gluten, Shellfish
233	One Pot Taco Pasta	986	51	22	11	2	0	160	2085	376	79	11	5	50	28%	18%	44%	18%	Gluten, Milk
425	One-Pan Chicken Parmesan	445	13	3	5	1	0	115	538	71	22	1	7	44	89%	33%	42%	17%	Milk, Wheat, Soy
430	One-Pan Chicken Parmesan (Four-Serving)	515	37	5	11	2	0	128	568	71	17	2	9	47	32%	42%	6%	26%	Milk, Gluten, Soy
369	One-Pot Green Bean and Bacon Pasta	557	57	17	0	0	0	91	1581	41	83	8	7	27	12%	42%	20%	9%	Milk, Wheat, Egg
429	One-Pot Taco Pasta (Four-Serving Meal)	1010	50	23	7	1	2	184	1372	734	69	6	5	63	16%	36%	9%	34%	Gluten, Milk
149	Pan Seared Chicken and Crisp Haricots Verts in a Sweet and Sour B	507	26	9	10	4	0	154	1534	705	11	4	6	52	62%	36%	6%	17%	
260	Pesto Goat Cheese Vegetable Flatbreads	576	40	11	10	1	0	15	1169	65	35	11	8	25	20%	78%	34%	17%	Gluten, Soy, Milk
379	Philly Cheesesteak Tacos	800	56	27	5	1	0	193	672	17	39	6	4	39	15%	2%	11%	22%	Milk, Soy
380	Philly Cheesesteak Tacos (FAMILY MEAL)	739	50	25	8	2	0	190	611	46	36	5	5	38	16%	2%	14%	21%	Milk, Soy
188	Salmon Piccata	610	24	8	10	1	0	128	786	694	63	2	1	33	24%	64%	5%	11%	Fish
406	Scallion Beef Stir-Fry (Lean & Green)	395	22	9	1	0	0	105	985	311	12	2	5	36	23%	64%	6%	32%	Soy
219	Seared Chicken with Creamy Avocado-Basil Pasta	747	30	5	18	3	0	94	184	365	75	10	2	45	5%	17%	11%	22%	Milk
427	Seared Salmon Salad with Sweet Chile Vinaigrette	520	33	5	18	4	0	0	244	197	24	3	18	32	17%	188%	14%	5%	Fish, Tree Nuts
356	Sheet Pan Chicken Souvlaki	562	26	6	10	1	0	105	907	523	47	6	6	39	8%	173%	7%	12%	
272	Sheet Pan Roasted Chicken with Lemon-Arugula Potato Salad	496	18	2	12	2	0	89	637	1029	40	4	3	41	13%	55%	10%	16%	
432	Sheet Pan Salmon + Bok Choy (Lean & Green)	260	7	2	2	2	0	80	1200	1000	10	3	2	38	56%	52%	8%	11%	Seafood, Soy
405	Sheet Pan Shrimp Scampi (Lean & Green)	275	7	2	0	0	0	243	716	488	13	3	4	41	40%	33%	28%	20%	Shellfish, Milk
249	Skillet Lemon-Garlic Chicken	620	23	5	10	1	0	131	1261	129	69	5	4	42	20%	213%	10%	21%	
403	Spicy Cod with Spinach (Lean & Green)	260	7	1	4	1	0	73	446	1200	13	3	5	34	145%	82%	11%	20%	Seafood
370	Spicy Garlic Shrimp and Summer Squash Skillet	371	17	2	10	1	0	233	538	42	15	3	7	38	7%	87%	13%	26%	Shellfish
377	Spicy Honey Lime Chicken + Edamame Rice (FAMILY MEAL)	584	10	0	3	1	0	105	1073	416	73	4	8	45	5%	34%	10%	20%	Milk
365	Spicy Tofu Steaks with Pepper-Broccoli Stir-Fry	371	19	2	3	6	0	0	1090	495	28	6	19	21	41%	33			