Recipe #	Recipe	Calories	Fat (g)	Saturated Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydr	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%	Iron (%)	Dietary Preference	Gluten	Soy	Milk	Eggs	Tree Nuts	Shellfish	Fish	Peanuts	Corn
346	Vietnamese Steak Salad	534	26	5	8	12	0	90	1373	333	15	3	10	36	207%	26%	4%	19%	Gluten-Free	No	No	No	No	No	No	yes	yes	No
345	Seared Tuna with Rustic Ginger-Tomato Sauce	569	13	1	6	2	0	75	1028	254	62	5	7	49	19%	26%	5%	14%	Seafood	Yes	No	No	No	No	No	Yes	No	No
344	Seared Cod with Fennel and Orange Salad	394	23	3	14	5	0	72	952	1062	15	2	7	31	22%	41%	9%	15%	Paleo, Seafood, Gluten-Free and Low Calorie	No	No	no	no	no	no	Yes	No	no
343	Sage Pork and Apples with Roasted Butternut Squash	385	11	2	7	1	0	90	342	790	39	6	17	37	393%	75%	10%	18%	Paleo, Gluten-Free and Low Calorie	no	no	no	no	no	no	no	no	no
342	Quick Vegetable Lo Mein	725	13	2	3	6	0	0	974	89	131	4	8	22%	65%	52%	8%	6%	Vegan	Yes	yes	no	No	No	No	No	No	No
341	One Pot Orzo and Shrimp	498	10	1	5	1	0	194	542	395	61	5	5	36	20%	37%	5%	22%	Seafood, Low Calorie	yes	No	no	No	no	yes	no	no	no
340	Mushroom Stroganoff	413	13	3	6	1	0	84	1251	118	62	4	6	13	14%	22%	8%	18%	Vegetarian, Low Calorie	yes	yes	Yes	yes	no	no	no	no	no
339	Low Country Shrimp Bowls	446	9	4	2	0	0	210	455	70	59	7	4	32	20%	77%	8%	28%	Seafood, Low Calorie, Gluten-Free	no	No	Yes	no	no	yes	no	no	yes
338	Indian Cauliflower, Kale, and Potato Stew	319	8	1	5	1	0	0	991	519	49	12	11	10	80%	146%	12%	19%	Vegan, Gluten-Free, Low Calorie	no	No	no	no	no	no	no	no	no
337	Grilled Lemon Chicken + Loaded Couscous Bowls	579	26	3	11	2	0	105	581	367	46	5	24	42	15%	33%	5%	14%		yes	No	no	no	yes	no	no	no	no
336	Green Curry Lentils + Sweet Potatoes	1008	16	6	5	1	0	16	1271	746	181	36	26	35	669%	58%	16%	64%	Vegan, Gluten-Free	no	yes	no	no	no	no	no	no	no
335	Crispy Lime Cod with Mango-Radish Salad	428	20	1	10	5	0	84	429	1256	21	4	10	44	19%	62%	18%	10%	Seafood, Gluten-Free, Paleo, Low Calorie	no	no	no	no	no	no	Yes	no	no
334	Chicken-Chickpea Posole	399	12	2	5	1	0	105	987	137	28	7	7	45	11%	43%	3%	11%	Gluten-Free, Low Calorie	no	no	no	no	no	no	no	no	no
333	Chicken with Mustard Pan Sauce and Roasted Brussels Sprouts (FAMILY MEAL)	392	17	8	5	1	0	133	409	43	13	4	3	43	12%	114%	4%	7%	Gluten-Free, Low Calorie	No	No	yes	No	no	No	No	No	no
332	Chicken with Cranberry Compote and Honey-Balsamic Carrots (FAMILY MEAL)	401	9	2	5	1	0	98	482	382	38	5	32	41	153%	40%	7%	11%	Paleo, Gluten-Free, Low Calorie	No	no	no	no	no	no	no	no	no
331	Beef and Cabbage Stir-Fry	685	28	9	3	6	0	110	1326	438	61	6	10	43	60%	220%	7%	33%	Gluten-Free	no	yes	no	no	no	no	no	no	no
330	Bacon + Black Bean Tacos (Family Meal)	369	14	2	4	2	0	10	454	540	50	13	5	13	3%	20%	7%	17%	Gluten-Free, Low Calorie	No	no	no	no	no	no	no	no	yes
329	Korean Beef Tacos	625	37	10	6	5	0	88	1332	97	42	5	10	32	3%	21%	6%	20%		Yes	Yes	No	No	No	No	No	No	yes
328	Watermelon-Glazed Chicken Thighs with Ginger Broccoli (FAMILY)	388	11	1	3	0	0	138	648	599	36	2	14	40	4%	25%	1%	7%		Yes	Yes	No	No	No	No	No	No	No
327	Quinoa, Brussels Sprouts, and Grape Salad	516	30	3	10	1	0	0	305	371	58	9	21	12	13%	125%	9%	27%	Vegan, Gluten-Free	No	No	No	No	yes	No	No	No	No
326	Stuffed Poblano Peppers	438	15	6	2	0	0	15	898	730	62	15	5	21	82%	8%	9%	29%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	No
325	Spice-Rubbed Steak and Vegetable Sauté Bowls	495	29	8	10	2	0	110	384	594	15	4	10	36	20%	100%	4%	24%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	No
324	Pinto Bean-Quinoa Cakes with Kale Salad	674	38	4	13	4	0	11	1083	473	73	13	12	17	107%	120%	14%	35%	Vegetarian, Gluten-Free	No	No	No	Yes	No	No	No	No	No
323	Honey-Lime Grilled Shrimp with Papaya Salsa	680	11	1	5	1	0	255	722	143	108	6	69	38	29%	100%	19%	34%	Seafood, Gluten-Free	No	No	No	No	No	yes	No	No	No
322	Paprika Chicken with Edamame Succotash	478	15	2	7	1	0	83	749	105	42	9	9	50	17%	39%	6%	23%	Gluten-Free	No	Yes	No	No	No	No	No	No	Yes
321	Indian Turkey Burgers with Mango Chutney	606	32	6	10	5	0	98	844	320	42	6	22	37	25%	58%	11%	17%		Yes	No	No	No	No	No	No	No	No
320	Honey-Sriracha Chicken Noodle Bowls	546	21	2	6	3	0	105	966	21	31	4	13	41	15%	44%	5%	4%		Yes	Yes	No	No	No	No	No	No	No
319	Seared Salmon Salad with Sesame-Ginger Dressing	468	27	4	6	4	0	64	314	786	21	3	13	35	104%	62%	11%	11%	Seafood, Gluten-Free	No	Yes	No	No	No	No	Yes	No	No
318	Grilled Tilapia and Zucchini with Parsley-Caper Sauce	529	18	3	10	1	0	50	415	481	57	4	6	35	16%	54%	3%	11%	Seafood	Yes	No	No	No	No	No	Yes	No	No
317	Cuban Pork with Rice and Black Beans (For Two)	610	11	2	2	0	0	110	752	617	79	12	12	51	12%	91%	8%	32%	Gluten-Free	No	No	No	No	No	No	No	No	No
316	Cuban Pork with Rice and Black Beans (FAMILY)	547	8	2	3	1	0	90	488	499	72	10	8	47	6%	46%	7%	27%	Gluten-Free	No	No	No	No	No	No	No	No	No
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%	Gluten-Free	No	No	Yes	No	No	No	No	No	No
314	Korean BBQ Cauliflower and Chickpeas	321	15	1	7	5	0	0	817	84	38	10	13	11	3%	242%	7%	11%	Vegan	yes	yes	no	no	no	no	no	yes	no
313	Turkey Taco Bowl (Family Meal)	798	35	8	11	6	0	86	540	225	87	7	2	31	7%	3%	28%	15%	Gluten-Free	no	no	yes	no	no	no	no	no	yes
312	BLT (Bacon, Leek + Tomato) Pasta	509	14	4	0	0	0	25	561	352	77	5	7	23	40%	44%	12%	30%		Yes	No	Yes	No	No	No	No	No	No
311	Grilled Pork and Romaine Salad with Creamy Basil Dressing	450	25	4	11	5	0	133	748	19	12	2	9	38	176%	45%	2%	17%		yes	yes	no	yes	no	no	no	no	no
310	Spicy Szechuan Noodles	952	26	6	0	0	0	117	1831	156	128	6	5	58	37%	36%	12%	41%		yes	yes	no	no	yes	no	no	no	no
309	Asian Turkey Burgers with Sesame Slaw	383	22	6	3	3	0	135	936	193	10	3	4	33	13%	66%	5%	5%		yes	yes	no	no	no	no	no	no	no
308	Cheesy Bacon and Broccoli Pasta (Family Meal)	625	31	15	11	2	0	80	594	405	65	5	9	26	25%	131%	29%	23%		yes	yes	yes	no	no	no	no	no	no
307	Wagyu Beef Ramen	703	29	9	8	3	0	289	1427	175	61	3	3	49	8%	9%	6%	25%		yes	yes	no	yes	no	no	no	no	no
306	Grilled Avocado and Turkey Tacos with Poblano-Corn Salsa (Family Meal)	547	29	5	13	3	0	68	381	471	53	12	6	22	20%	20%	4%	13%	Gluten-Free	no	no	no	no	no	no	no	no	yes
305	Spicy Noodle Salad with Tofu	476	26	3	11	2	0	0	550	635	33	5	11	15	99%	30%	4%	3%	vegan	yes	yes	no	no	no	no	no	no	no
304	Grilled Salmon with Watermelon-Sugar Snap Pea Salad	403	22	5	10	1	0	83	766	576	12	2	6	35	13%	62%	13%	17%	seafood, Gluten-Free	no	no	yes	no	no	no	yes	no	no
303	Bacon-Chicken Pesto Pasta (FAMILY)	449	11	2	0	0	0	58	403	18	56	4	5	33	19%	23%	3%	19%		Yes	No	Yes	No	Yes	No	No	No	No
302	Grilled Flank Steak with Charred Red Pepper Steak Sauce	513	26	2	10	1	0	83	402	212	17	8	9	47	80%	226%	7%	38%	paleo, Gluten-Free	no	no	no	no	no	no	no	no	no
301	Curried Chicken Salad Flatbreads	637	30	4	9	10	0	134	816	347	45	11	20	52	3%	23%	29%	18%		yes	yes	no	yes	yes	no	no	no	no
300	Seared Tuna Poke Bowls	747	20	2	9	4	0	60	897	573	81	10	9	59	106%	26%	12%	22%	seafood	yes	yes	no	no	no	no	yes	no	no
299	French-Style Grilled Tuna Salad	499	23	2	11	3	0	225	548	210	20	3	3	54	33%	30%	5%	18%	Seafood, Gluten-Free	no	no	no	yes	no	no	yes	no	no
298	Grilled Vegetable Bowtie Pasta with Cilantro-Pepita Pesto	539	14	2	7	1	0	5	667	174	77	8	5	16	33%	108%	10%	18%		yes	no	yes	no	no	no	no	no	no
297	Italian Shrimp with Tomato-Bacon Gravy and Creamy Polenta (Family Meal)	365	11	3	4	1	0	244	911	530	20	3	7	39	24%	45%	11%	28%	seafood, Gluten-Free	no	no	yes	no	no	yes	no	no	yes
296	Mayan Pork Carnitas Burrito Bowls (SLOW COOKER; Family Meal)	593	21	9	7	1	0	91	748	258	65	6	6	33	36%	15%	28%	13%	Gluten-Free	no	no	yes	no	no	no	no	no	no
295	Cajun Lemony Shrimp and Red Rice	563	12	1	8	1	0	194	516	580	76	6	9	34	55%	105%	15%	35%	seafood, Gluten-Free	no	no	no	no	no	yes	no	no	no
294	Honey-Balsamic Glazed Pork with Strawberry-Cucumber Topping	662	28	5	17	2	0	103	425	521	62	9	7	39	7%	102%	4%	8%	Gluten-Free	no	no	no	no	no	no	no	no	no
293	Mexican Skillet Shrimp Chilaquiles	639	35	5	20	4	0	243	1031	390	44	10	8	39	23%	28%	20%	32%	Seafood, Gluten-Free	no	no	yes	no	no	yes	no	no	yes
292	Lebanese Kofta Wraps	497	20	6	3	0	0	99	850	59	26	9	4	54	9%	12%	32%	31%		yes	yes	yes	no	no	no	no	no	no
291	Mediterranean Grilled Cod, Couscous, and Tomato Packets with Vegetable Kabobs	459	20	3	13	3	0	72	802	874	31	5	2	36	17%	23%	4%	18%	Seafood	yes	no	no	no	no	no	yes	no	no
290	Chicken, Orzo, and Asparagus Toss with Lemon-Dill Vinaigrette	683	25	5	13	2	0	114	857	231	62	5	8	49	17%	61%	7%	13%		yes	no	yes	no	no	no	no	no	no
289	Spicy Cantonese Orange Beef with Cashews	727	25	7	11	3	0	123	1100	270	69	7	14	56	18%	125%	9%	21%		yes	yes	no	no	yes	no	no	no	no
288	Oaxacan Chipotle Chicken and Mango Tacos (Family Meal)	452	14	2	5	1	0	105	695	133	41	8	9	40	8%	26%	4%	11%	Gluten-Free	no		no	no	no	no	no	no	yes
287	Cheeseburger Pizzas (Family Meal)	545	28	13	2	0	0	103	927	203	28	9	7	46	28%	23%	59%	22%		yes	yes	yes	no	no	no	no	no	no
286	Cantaloupe, Fennel, and Mint Salad with Grilled Chicken	448	24	7	8	1	0	15	506	454	18	2	11	44	117%	65%	7%	4%	Gluten-Free	no	no	yes	no	no	no	no	no	no
285	Barbecued Chicken with Summer Tomato-Corn Salad (For Two)	616	30	5	19	3	0	98	706	766	45	10	21	46	48%	78%	12%	17%		yes	yes	no	no	no	no	no	no	yes
285	Tandoori Chicken	580	14	3	2	0	0	125	1058	340	69	6	4	42	67%	23%	18%	26%	Gluten-Free	no	no	yes	no	no	no	no	no	no
284	Barbecued Chicken with Summer Tomato-Corn Salad	506	20	3	12	2	0	98	510	405	40	7	13	45	24%	56%	7%	13%		Yes	Yes	No	no	no	no	no	no	no
283	Vietnamese Turkey Banh Mi Bowl	577	13	3	0	0	0	96	928	395	72	3	8	39	100%	36%	6%	22%		Yes	Yes	No	No	No	No	No	No	No
282	Three Bean-Quinoa Salad	789	30	4	15	2	0	9	821	630	117	24	19	30	110%	372%	19%	59%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	No
281	Italian Chicken Florentine Pasta	804	33	18	9	0	0	204	847	111	74	7	3	40	83%	22%	20%	29%		Yes	No	Yes	No	No	No	No	No	No
280	Sheet Pan Fish and Chips	651	34	10	12	4	0	94	962	731	59	10	12	31	606%	82%	10%	16%	Seafood	Yes	Yes	Yes	Yes	No	No	Yes	No	No
279	Chinese Honey-Sesame Chicken with Vegetable Stir-Fry	733	24	5	7	3	0	124	4593	265	87	8	18	40	33%	87%	14%	26%		Yes	Yes	No	No	No	No	No	No	No
278	BBQ Salmon with Caramelized Pineapple Relish	651	15	3	8	1	0	75	786	674	76	6	19	36	9%	19%	13%	15%	Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	No
277	Pecan-Crusted Chicken with Strawberry Fields Salad	585	37	9	17	5	0	108	784	698	23	9	10	42	66%	95%	8%	17%	Gluten-Free	No	No	Yes	No	Yes	No	No	No	No
276	Orange-Glazed Salmon with Minted Spring Vegetables	358	19	3	10	2	0	75	814	756	16	4	9	33	23%	94%	8%	27%	Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	No
275	Crunchy Lemon-Parsley Tilapia	557	22	6	8	1	0	65	580	167	61	7	4	35	32%	57%	6%	28%	Seafood	Yes	Yes	Yes	No	No	No	Yes	No	No
274	Ginger Carrot-Parsnip Soup	289	11	5	3	2	0	13	1217	557	37	11	19	12	193%	27%	9%	11%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	No
273	Mexican Fiesta Turkey Soup	398	19	5	5	1	0	91	1277	458	28	8	5	31	11%	17%	5%	17%	Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
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%	Gluten-Free	No	No	No	No	No	No	No	No	No
271	Malaysian Chicken Satay Bowl	722	24	5	11	3	0	96	1680	356	86	8	14	42	40%	139%	16%	23%		Yes	Yes	No	No	Yes	No	No	No	No
270	Balsamic Portabello-Pepper Steaks	475	29	8	7	2	0	94	1455	586	20	4	10	38	23%	83%	10%	22%		Yes	Yes	No	No	No	No	No	No	No
268	Ultimate Vegetable Tofu Tacos	596	29	4	15	6	0	0	600	727	72	17	7	25	106%	88%	40%	31%	Vegan, Gluten-Free	No	Yes	No	No	No	No	No	No	Yes
267	Spicy Sofritas Burrito Bowl	718	26	4	15	5	0	0	1613	774	95	15	10	28	33%	28%	46%	42%	Vegan, Gluten-Free	No	Yes	No	No	No	No	No	No	No
266	Spicy Chilte Garlic Cod	354	14	2	8	1	0	92	1301	825	17	6	5	45	124%	242%	11%	12%	Paleo, Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	No
265	Sweet and Sour Shrimp	414	8	1	4	1	0	0	895	347	74	6	15	9	12%	47%	15%	13%	Seafood	Yes	Yes	No	No	No	Yes	No	No	No
264	*Curry Vegetable Soup*	179	1	0	0	0	0	0	1088	965	37	6	7	5	161%	83%	6%	16%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	No
263	Meaty Red Sauce and Pasta	497	17	6	0	0	1	64	1060	421	58	7	7	25	167%	42%	4%	25%		Yes	No	Yes	No	No	No	No	No	No
262	Bison Vegetable Stew	336	18	8	0	0	0	75	1126	228	5	1	2	31	15%	22%	3%	27%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	No
261	Chicken Tagine	467	14	3	4	1	0	70	455	693	59	7	23	28	519%	55%	7%	12%		Yes	No	No	No	No	No	No	No	No
260	Pesto Goat Cheese Vegetable Flatbreads	593	42	11	10	1	0	15	1441	65	35	11	8	25	20%	78%	34%	17%	Vegetarian	Yes	Yes	Yes	No	No	No	No	No	No
259	Fishermans Cod Stew	353	14	7	2	3	0	92	1198	919	19	5	9	40	89%	66%	12%	18%	Paleo, Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	No
258	Butternut Squash Chicken Flatbreads	741	43	10	18	2	0	104	1420	542	43	12	10	50	301%	54%	40%	18%		Yes	Yes	Yes	No	No	No	No	No	No
257	Barbacoa Street Tacos	526	22	8	0	1	1	105	1371	147	45	8	11	40	15%	32%	13%	12%	Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
256	Autumn Vegetable and Chicken Couscous Bowl	504	17	2	10	1	0	89	870	957	46	7	6	44	412%	79%	18%	29%		Yes	No	No	No	No	No	No	No	No
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%	Paleo, Gluten-Free	No	Yes	Yes	Yes	Yes	No	No	Yes	No
254	Vegetable Quesadillas	544	33	10	15	3	0	35	1563	451	52	13	11	15	36%	92%	32%	19%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
253	Sweet Potato, Spinach, Apple, and Quinoa Bowl	477	23	3	12	3	0	3	428	133	61	10	16	11	351%	15%	10%	22%	Vegetarian	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No
252	Collard Green, Bacon, and White Bean Soup	280	10	3	2	0	0	20	1259	180	32	9	4	21	48%	19%	10%	17%	Gluten-Free	No	No	No	No	No	No	No	No	No
251	Hearty Sweet Potato Chili	418	19	7	9	1	0	63	744	614	42	9	14	21	452%	49%	9%	20%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	No
250	Butternut Squash Soup	752	45	14	12	15	0	50	1950	943	72	8	19	20	407%	77%	38%	28%		Yes	No	Yes	No	Yes	No	No	No	No
249	Skillet Lemon-Garlic Chicken	620	23	5	10	1	0	131	1261	129	69	5	4	42	68%	213%	10%	21%	Gluten-Free	No	No	No	No	No	No	No	No	No
248	Crispy Shrimp Salad with Curry-Mustard Dressing	632	34	8	16	4	0	31	446	100	75	11	28	9	91%	228%	12%	17%	Seafood	Yes	No	Yes	Yes	No	Yes	No	No	No
247	Seared Cod with Mustard Caper Sauce	388	21	3	15	2	0	0	1272	59	11	4	4	37	24%	129%	4%	6%	Paleo, Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	No
246	Curried Chickpea and Spinach Bowl	460	7	1	5	1	0	0	871	398	80	7	4	11	90%	32%	14%	19%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	No
245	Shrimp Tacos with Pineapple Slaw and Spicy Aioli Drizzle	640	37	4	21	6	0	14	761	290	70	12	15	7	2%	103%	6%	14%	Seafood, Gluten-Free	No	No	No	Yes	No	Yes	No	No	Yes
244	Sicilian Cod and Arugula Salad	360	22	3	15	2	0	74	496	118	10	3	4	32	41%	47%	8%	14%	Paleo, Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	No
243	Creamy Polenta Bowls	343	7	1	5	2	0	0	749	513	56	5	7	5	62%	202%	2%	8%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
242	Skinny Shrimp and Corn Chowder	615	25	14	11	1	0	75	1117	1094	73	9	6	11	17%	65%	3%	15%	Seafood, Gluten-Free	No	No	Yes	No	No	Yes	No	No	Yes
241	Brussels Sprouts Pasta	777	41	11	10	14	0	30	2363	391	81	10	5	25	13%	77%	26%	25%	Vegetarian	Yes	No	Yes	No	Yes	No	No	No	No
240	Buffalo Chicken Tacos	661	38	5	8	5	0	115	1782	101	39	5	9	42	57%	31%	16%	11%	Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
239	Layered Vegetable Tamale Stack	209	9	1	6	1	0	0	682	399	27	10	3	6	5%	45%	6%	11%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	Yes
238	Mexican Chicken Chili	402	8	4	0	0	0	121	1507	139	31	8	4	53	30%	44%	14%	24%	Gluten-Free	No	No	Yes	No	No	No	No	No	No
237	Sweet Potato, Bacon and Kale Hash	386	13	3	5	1	0	10	709	1097	62	10	23	10	680%	108%	15%	13%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	No
236	Steak and Vegetable Kabobs with Skillet Roasted Corn	609	28	9	13	2	0	130	1236	1883	33	10	14	20	1%	147%	3%	91%		Yes	Yes	No	No	No	No	No	No	Yes
235	Crispy Sesame Tofu and Bok Choy Stir-Fry	608	22	2	7	12	0	0	792	288	74	3	6	23	81%	36%	30%	22%	Vegetarian	Yes	Yes	No	No	No	No	No	No	No
234	Cuban-Style Picadillo and Cauliflower "Rice"	544	39	10	12	2	1	88	1153	435	19	5	8	30	45%	70%	7%	25%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	No
233	One Pot Taco Pasta	986	51	22	11	2	0	160	2085	376	79	11	5	50	28%	18%	44%	18%		Yes	No	Yes	No	No	No	No	No	No
232	One Pan Roasted Salmon, Sweet Potatoes and Asparagus	584	26	5	11	6	0	71	491	1164	50	11	13	33	603%	34%	12%	30%	Paleo, Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	No
231	Grilled Chicken and Broccoli Salad	431	20	3	6	7	0	101	443	166	26	5	19	38	59%	159%	6%	11%	Gluten-Free	No	No	No	Yes	Yes	No	No	No	No
230	Mediterranean Mezze Salad with Hummus Dressing	336	15	1	1	1	0	0	683	175	38	10	4	10	128%	31%	10%	20%	Vegan	Yes	No	No	No	No	No	No	No	No
229	Seared Lamb with Chickpea and Cucumber Salad	602	32	11	12	2	0	159	680	167	18	4	1	57	5%	1%	11%	24%	Gluten-Free	No	No	Yes	No	No	No	No	No	No
228	Chicken with Apple-Onion Chutney and Wilted Kale	605	35	5	21	6	0	89	547	443	35	7	24	40	85%	103%	13%	14%	Paleo, Gluten-Free	No	No	No	No	Yes	No	No	No	No
227	Butternut Squash Pasta with Walnuts and Browned Butter	793	36	10	8	14	0	32	1142	931	98	14	6	13	434%	76%	25%	39%	Vegetarian	Yes	No	Yes	No	Yes	No	No	No	No
226	Charred Broccoli, Arugula and Apple Salad	320	23	3	12	2	0	0	813	248	36	6	23	8	60%	160%	7%	18%	Vegetarian, Paleo, Gluten-Free	No	No	No	No	Yes	No	No	No	No
225	Cauliflower Fried Rice	339	21	3	5	12	0	0	673	255	33	7	8	9	177%	181%	15%	17%	Vegan	Yes	Yes	No	No	No	No	No	No	Yes
224	Swedish Meatballs	728	28	11	3	0	1	94	502	482	82	7	5	38	16%	22%	3%	30%		Yes	No	Yes	No	No	No	No	No	No
223	Parmesan Tilapia with Roasted Vegetable Couscous	594	14	2	4	2	0	69	197	974	63	11	7	48	220%	54%	14%	6%	Seafood	Yes	No	Yes	Yes	No	No	Yes	No	No
222	Loaded Turkey Nachos	765	49	13	17	7	0	137	598	262	37	8	5	44	71%	12%	31%	26%	Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
221	Garlic Mushroom Smothered Chicken	438	26	4	18	3	0	89	121	8999	13	2	4	41	10%	21%	6%	13%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	No
220	Couscous, Mango and Black Bean Salad	654	26	3	15	2	0	0	94	99	91	15	26	18	51%	130%	7%	12%	Vegan	Yes	No	No	No	Yes	No	No	No	No
219	Seared Chicken with Creamy Avocado-Basil Pasta	753	30	5	18	3	0	94	184	365	75	10	2	45	5%	17%	11%	22%		Yes	No	Yes	No	No	No	No	No	No
218	Black and Blue Steak Salad	402	23	7	8	2	0	84	248	161	10	3	5	43	98%	27%	9%	23%	Gluten-Free	No	No	Yes	No	No	No	No	No	No
217	Beef Ragu with Spinach-Parmesan Polenta	629	29	10	5	1	1	88	686	602	51	6	5	35	29%	34%	7%	27%	Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
216	Thai Grilled Chicken Salad	416	22	4	11	3	0	131	1026	624	28	5	18	39	173%	40%	13%	19%		Yes	Yes	No	No	Yes	No	No	Yes	No
215	Pesto Chicken and Pasta	644	35	4	2	2	0	109	574	393	55	4	5	39	28%	40%	25%	25%		Yes	No	Yes	No	Yes	No	No	No	No
214	One Skillet Buffalo Tacos	731	34	15	6	2	0	104	1230	365	59	12	9	43	34%	12%	33%	71%	Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
213	Strawberry-Balsamic Chicken and Spinach Quinoa	681	41	8	12	5	0	117	387	436	47	6	17	35	71%	22%	18%	6%	Gluten-Free	No	No	Yes	No	Yes	No	No	No	No
212	Grilled Steak with Chimichurri and Crispy Potatoes	603	31	7	12	2	0	83	381	1094	39	6	8	42	540%	24%	9%	35%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	No
211	Steak Fajita Rice Bowl	784	35	9	7	3	0	90	511	280	71	8	4	48	18%	66%	11%	34%	Gluten-Free	No	No	Yes	No	No	No	No	No	No
210	Grilled Sirloin, Warm Tomato Salad and Sweet Pecans	503	26	2	8	2	0	86	122	14	11	2	7	54	16%	21%	1%	5%	Paleo, Gluten-Free	No	No	No	No	Yes	No	No	No	No
209	Paprika-Rubbed Salmon Tostadas with Avocado-Orange Salsa	794	51	6	19	8	0	100	274	910	45	10	8	42	15%	39%	7%	17%	Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	Yes
208	Pecan-Crusted Tilapia with Lemony Fennel-Arugula Salad	723	65	19	25	9	0	129	674	157	6	2	2	29	32%	16%	4%	10%	Seafood, Gluten-Free	No	No	Yes	No	Yes	No	Yes	No	No
207	Pasta Puttanesca	590	26	4	15	4	0	4	541	638	78	6	9	15	41%	56%	10%	11%	Vegetarian	Yes	No	Yes	No	No	No	No	No	No
206	Mediterranean Quinoa Toss	466	25	4	12	5	0	0	380	194	50	8	9	13	20%	22%	5%	23%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	No
205	Turkey Meatball, Kale and Orzo Soup	727	34	7	16	7	0	162	1025	901	48	5	7	61	271%	68%	19%	30%		Yes	No	Yes	No	No	No	No	No	No
204	Honey-Soy Salmon and Stir-Fry Vegetables	481	23	3	6	4	0	100	709	1017	28	3	20	42	16%	77%	4%	19%	Seafood	Yes	Yes	No	No	No	No	Yes	No	No
203	Asian Beef and Broccoli	746	26	6	6	4	0	83	1069	498	77	5	11	49	9%	144%	10%	33%		Yes	Yes	No	No	No	No	No	No	No
202	Chicken Schnitzel with Sweet and Sour Apple Cabbage	378	17	1	5	5	0	85	441	641	26	3	17	35	37%	490%	11%	14%		Yes	No	No	Yes	No	No	No	No	No
201	Chicken Souvlaki Bowl	655	30	5	16	5	0	105	528	230	50	5	4	44	19%	24%	4%	22%		Yes	No	Yes	No	No	No	No	No	No
200	Spicy Honey Lime Chicken & Edamame Rice	561	8	1	3	1	0	105	451	80	74	4	8	49	8%	23%	4%	7%		Yes	Yes	No	No	No	No	No	No	No
199	Oven-Fried Chicken and Lemon Rainbow Slaw	507	32	17	3	1	0	186	497	245	21	4	8	35	95%	90%	6%	8%		Yes	No	Yes	No	No	No	No	No	No
198	Cheesesteak Sliders	597	27	7	6	2	0	105	877	145	41	2	8	47	9%	60%	16%	35%		Yes	No	Yes	No	No	No	No	No	No
197	Vegetarian Tacos	433	15	4	5	3	0	19	314	465	64	13	7	14	3%	36%	20%	21%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
196	Sugar and Spice Salmon, Avocado Mash & Black Beans	490	32	5	18	6	0	63	208	859	35	13	5	38	27%	28%	7%	17%	Seafood, Gluten-Free	No	No	Yes	No	No	No	Yes	No	No
195	Vegetarian Rainbow Kabobs	459	9	1	5	2	0	1	35	746	89	7	19	7	31%	60%	6%	9%	Vegetarian, Gluten-Free	No	No	No	No	No	No	No	No	No
194	Mediterranean Pasta Salad	447	22	5	11	1	0	19	216	50	51	6	10	13	53%	60%	16%	16%	Vegetarian	Yes	No	Yes	No	Yes	No	No	No	No
193	Tilapia Salad with Arugula and Apples	536	32	3	17	8	0	50	607	354	27	7	8	32	14%	32%	15%	10%	Paleo, Gluten-Free	No	No	No	No	Yes	No	Yes	No	No
192	Turkey Taco Bowl	1049	51	11	25	12	1	146	409	729	94	9	1	53	8%	3%	29%	22%	Gluten-Free	No	No	Yes	No	No	No	No	No	Yes
191	Grilled Chicken with Radish Apple Salad	355	19	5	4	1	0	114	369	644	25	4	17	26	9%	39%	6%	11%	Gluten-Free	No	No	Yes	No	No	No	No	No	No
	Chicken Paprikash	719	32	12	8	1	0	206	1010	165	60	5	9	48	54%	143%	10%	16%		Yes	No	Yes	Yes	No	No	No	No	No
	Asian Skirt Steak Tacos	647	21	6	9	2	0	100	457	793	63	8	26	51	17%	78%	10%	37%	Gluten-Free	No	No	No	No	No	No	No	No	
	Asian Spiced Turkey Burgers	485	31	5	15	8	0	132	604	763	11	3	2	44	58%	15%	12%	20%	sea	Yes	Yes	No	No	Yes	No	No	No	
	AUGUST 2016 RECIPES																											
	Avocado Lime Corn Soup	254	14	2	3	2	0	0	1986	580	28	7	5	6	1%	33%	10%	12%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	
	Ball Hawk Sliders	631	27	8	8	7	0	173	825	540	38	0	7	56	14%	18%	19%	27%		Yes	No	Yes	No	No	No	No	No	
	Blackened Tilapia Tacos with Mango Blueberry Salsa	306	8	2	3	2	0	69	502	137	27	5	7	30	22%	32%	7%	22%	Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	
	BLT Rosti	645	40	10	12	5	0	22	1771	1496	46	12	4	32	9%	75%	3%	16%	Gluten-Free	No	No	No	No	No	No	No	No	
	Buffalo Chicken Tacos	413	21	12	3	1	0	157	820	221	16	2	11	46	115%	26%	15%	13%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Chickpea Chili	311	15	2	8	1	0	0	833	336	45	13	7	15	32%	27%	10%	47%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	
	Chuck's Pasta Party Bowl	824	67	31	11	2	0	222	637	177	18	2	5	37	47%	19%	27%	25%		Yes	No	Yes	No	No	No	No	No	
	Corn and Zucchini Cakes	345	25	3	14	6	0	93	704	346	25	3	6	7	36%	44%	7%	9%	Vegetarian	Yes	No	No	Yes	No	No	No	No	
	Cowgirl Chili	540	19	6	8	2	0	153	641	1192	31	8	3	60	16%	8%	5%	38%	Gluten-Free	No	No	No	No	No	No	No	No	
	Creamy Black Bean Sliders	614	23	6	4	3	0	99	1065	837	84	16	8	24	18%	43%	21%	36%	Vegetarian	Yes	No	Yes	Yes	No	No	No	No	
	Creamy Squash Nests with Blistered Tomato "Eggs"	536	18	7	7	1	0	20	340	3480	74	18	36	26	188%	278%	23%	47%	Vegetarian, Gluten-Free	No	No	Yes	No	No	No	No	No	
	Crispy Citrus Chicken and Garlic Broccoli Skillet	543	31	6	7	4	0	0	477	527	34	7	4	40	14%	173%	11%	19%	Gluten-Free	No	No	No	No	No	No	No	No	
	Crispy Salmon and Watermelon Salsa	483	28	8	10	5	0	142	149	737	29	2	19	32	42%	75%	2%	8%	Seafood, Gluten-Free	No	No	No	No	Yes	No	Yes	No	
	Crunchy Asian-Style Turkey Burgers	711	24	3	4	6	0	90	995	558	71	13	14	59	33%	33%	19%	40%		Yes	Yes	No	No	No	No	No	No	
	Curried chicken, cauliflower, and Chard	370	12	2	1	1	0	45	736	783	41	9	6	25	43%	122%	15%	20%	Paleo, Gluten-Free	No	No	No	No	Yes	No	No	No	
	Date Night (or any night) Dinner	605	32	7	17	2	0	98	131	1209	38	5	4	42	3%	38%	6%	29%	Gluten-Free	No	No	No	No	No	No	No	No	
	Everything's Coming Up Green	509	38	4	12	5	0	0	1930	713	18	11	4	36	16%	14%	15%	11%	Paleo, Gluten-Free	No	No	No	No	Yes	No	Yes	No	
	Garlic and Ginger Lime Poached Fish Bowl	277	13	2	5	3	0	97	1094	153	11	2	2	29	11%	18%	4%	6%	Seafood	Yes	Yes	No	No	No	No	Yes	No	
	Green Stir Fry and Toasted Edamame Rice	403	20	2	8	5	0	0	642	654	41	10	7	18	40%	201%	15%	31%	Vegan	Yes	Yes	No	No	No	No	No	No	
	Grill NY Strip with Raw Corn and Radish Salad	422	20	8	8	1	0	126	592	815	22	4	7	40	16%	74%	7%	21%	Gluten-Free	No	No	No	No	No	No	No	No	
	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%	Gluten-Free	No	No	No	No	No	No	No	No	
	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%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Grilled Lamb with Pan-Roasted Asparagus, Olives and Tomatoes	398	25	6	13	2	0	95	206	829	12	4	6	34	36%	44%	13%	34%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Grilled Mediterranean Turkey Sliders	682	23	5	3	2	0	95	997	1956	108	28	4	35	7%	380%	41%	47%		Yes	No	Yes	No	No	No	No	No	
	Grilled Skirt Steak with Shaved Brussels Sprout Salad	625	42	10	13	14	1	137	631	828	17	5	7	50	36%	91%	12%	31%	Gluten-Free	No	No	Yes	No	Yes	No	No	No	
	Grilled Zucchini and Creamy Penne	503	16	7	4	2	0	21	240	630	71	12	9	23	35%	96%	13%	28%	Vegetarian, Gluten-Free	No	No	Yes	No	Yes	No	No	No	
	Happy Chicken Salad Bowl	468	31	6	18	3	0	113	246	455	22	3	10	30	12%	45%	2%	14%	Gluten-Free	No	No	No	No	No	No	No	No	
	Honey Mango Glazed Salmon and Blueberry Citrus Rice	478	5	0	0	0	0	25	1713	752	46	4	18	37	25%	81%	9%	13%	Gluten-Free	No	No	No	No	No	No	Yes	No	
	Kale Corn Succotash over Cheesy Chicken	413	17	8	5	1	0	144	450	1077	13	3	7	49	15%	92%	11%	14%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	KeenWOW Bowl	283	18	2	11	4	0	0	266	396	28	4	11	4	31%	46%	5%	9%	Vegetarian, Gluten-Free	No	No	No	No	No	No	No	No	
	Layered Vegetable Tamale Stack	371	19	2	5	1	0	0	1488	681	42	11	5	8	12%	62%	5%	18%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	
	Mediterranean Chicken Couscous Salad	362	12	1	3	1	0	68	950	110	25	2	2	37	22%	57%	2%	5%		Yes	No	No	No	No	No	No	No	
	Miso Glazed Broiled Tilapia and Root Vegetables	452	12	2	5	2	0	60	1490	889	55	11	18	35	23%	79%	11%	18%	Seafood	Yes	Yes	No	No	No	No	Yes	No	
	Mojo Tacos	731	48	11	20	3	0	88	114	114	43	6	7	33	5%	22%	7%	30%	Gluten-Free	No	No	No	No	No	No	No	No	
	Mole-rubbed Chicken and Butternut Squash Mash	421	19	4	4	2	0	128	427	604	34	7	14	34	261%	72%	10%	13%	Paleo, Gluten-Free	No	No	No	No	Yes	No	No	No	
	Opa! Taco	614	23	9	8	2	0	180	427	740	41	5	11	58	4%	5%	19%	27%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Pan Seared Chicken and Crisp Haricots Verts in a Sweet and Sour Bacon Sauce	507	26	9	10	4	0	154	1534	705	11	4	6	52	62%	36%	6%	17%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	
	Pasta with Kale and Sweet Browned Onions	384	13	3	6	2	0	12	1181	639	99	19	10	23	68%	155%	29%	27%	Vegetarian	Yes	No	Yes	No	No	No	No	No	
	Penne with Bacon, Kale and Caramelized Onions	468	24	10	0	0	0	73	1210	311	34	4	7	29	87%	91%	24%	16%		Yes	No	Yes	No	No	No	No	No	
	Pistachio-crusted Tilapia and Four Green Salad	509	38	4	12	5	0	0	1930	713	18	11	4	36%	16%	14%	15%	11%	Paleo, Gluten-Free	No	No	No	No	Yes	No	Yes	No	
	Power Bowl	591	15	2	7	5	0	0	1696	1508	106	35	17	23	961%	96%	35%	74%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	
	Pucker and Spice Quinoa, Kale and Black Bean Bowl	515	5	1	1	2	0	0	428	1190	99	14	13	21	3%	70%	19%	59%	Vegetarian, Gluten-Free	No	No	No	No	No	No	No	No	
	Purple Haze Tacos	629	23	10	1	2	0	122	260	1549	52	11	15	54	45%	119%	17%	40%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Rainbow Salad	292	13	7	2	0	0	20	183	341	39	3	30	13	122%	107%	11%	16%	Vegetarian, Gluten-Free	No	No	Yes	No	Yes	No	No	No	
	Roasted Brown Sugar Salmon with Orange Jicama Salad	430	24	5	6	2	0	85	83	309	17	8	5	39	8%	40%	6%	8%	Seafood, Gluten-Free	No	No	No	No	Yes	No	Yes	No	
	Roasted Brussels Sprouts and Grapes Over Tender Chicken	483	22	2	4	14	0	90	23	984	27	6	15	42	47%	99%	9%	24%	Paleo, Gluten-Free	No	No	No	No	Yes	No	No	No	
	Roasted Pork Tenderloin and Butternut Squash on Wilted Winter Greens	570	23	4	13	5	0	94	1724	1810	61	13	26	35	881%	173%	25%	32%		Yes	Yes	No	No	No	No	No	No	
	Roasted Tomato Pesto Pizza	623	53	10	34	7	0	25	745	758	30	7	6	22	43%	36%	42%	18%	Vegetarian, Gluten-Free	No	No	Yes	No	Yes	No	No	No	
	Salmon Piccata	553	19	8	5	1	0	142	517	755	61	1	1	34	24%	64%	3%	6%	Seafood, Gluten-Free	No	No	No	No	No	No	Yes	No	
	Seared Sirloin, Dijon Shallot Smear and Asparagus Salad	368	24	8	5	1	0	94	342	97	6	1	2	29	12%	29%	4%	15%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	
	Seared Strip Steak with Lemon Caper Berry Dressed Greens	871	62	24	9	1	0	250	1940	218	6	1	2	71	18%	69%	36%	30%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Smokey BBQ Turkey Sliders	685	31	7	12	5	0	118	666	692	62	6	26	44	7%	20%	25%	23%		Yes	No	Yes	No	No	No	No	No	
	Southwestern Steak and Sweet Potato Bowl	644	36	8	21	5	0	97	276	1641	40	9	12	41	640%	75%	15%	33%	Paleo, Gluten-Free	No	No	No	No	No	No	No	No	
	Soy Salmon with Cucumber Carrot Slaw	413	27	5	4	3	0	63	594	384	13	3	7	31	238%	13%	9%	7%	Seafood	Yes	Yes	No	No	No	No	Yes	No	
	Soy-Ginger Tofu, Glazed Carrots and Jasmine Rice	294	11	1	4	5	0	10	1018	349	34	5	10	15	316%	10%	33%	23%	Vegan	Yes	Yes	No	No	No	No	No	No	
	Spring Potato Bowl	508	32	4	13	15	0	0	46	1393	49	10	11	13	45%	124%	12%	33%	Vegan, Gluten-Free	No	No	No	No	Yes	No	No	No	
	Sweet Potato Tacos	404	11	1	4	1	0	0	164	964	69	13	10	8	585%	40%	11%	10%	Vegan, Gluten-Free	No	No	No	No	Yes	No	No	No	
	Sweet Shepherd's Pie	628	17	6	7	2	0	151	1179	2235	61	9	17	57	646%	15%	13%	44%		Yes	Yes	No	No	No	No	No	No	
	Tender Chicken, Strawberry Jalapeno Dressed Greens and Goat Cheese Pom-Poms	429	24	8	9	1	0	101	287	69	14	1	10	41	22%	15%	12%	11%	Gluten-Free	No	No	Yes	No	Yes	No	No	No	
	Terra Buddha Bowl	407	26	4	15	6	0	0	100	620	42	11	5	7	33%	21%	5%	7%	Vegan, Gluten-Free	No	No	No	No	No	No	No	No	
	Terrachilada	526	27	9	2	2	1	88	615	242	41	7	6	30	16%	44%	5%	21%	Gluten-Free	No	No	No	No	No	No	No	No	
	The Big Island Steak Bowl	560	28	8	5	3	0	88	337	277	47	3	20	32	3%	119%	3%	22%		Yes	Yes	No	No	No	No	No	No	
	Tostada Stack	763	39	10	14	5	0	129	931	554	59	16	8	44	19%	46%	11%	39%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Tulum Tacos	422	9	3	2	2	0	9	143	140	45	6	5	33	5%	23%	8%	9%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Turkey Spinach Meatballs in Skinny Sunday Gravy	632	48	9	28	7	0	134	207	1078	9	3	5	43	44%	106%	15%	24%	Gluten-Free	No	No	Yes	No	No	No	No	No	
	Tuscan Pasta	260	3	1	0	0	0	5	135	880	47	12	8	13	13%	96%	14%	36%	Vegetarian	Yes	No	Yes	No	No	No	No	No	
	Vegetable Fried Rice	660	14	1	9	5	0	0	665	347	122	3	4	12	145%	40%	12%	10%	Vegan	Yes	Yes	No	No	No	No	No	No	