

EVERYTABLE



Nutrition Information

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SALADS

RANCH COBB SALAD

INGREDIENTS

Boneless skinless chicken breasts, asparagus, multicolor cherry tomatoes, baby spinach, mesclun, buttermilk, hard boiled egg, shredded carrot, best foods mayonnaise (soybean oil, water, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), heavy cream dairy, peeled garlic, lemon juice, dried unsweetened coconut, extra virgin olive oil, green onion, canola oil, olive oil, Kikkoman Low Sodium Soy Sauce (water, wheat, salt, lactic acid, sodium benzoate (less than 1/10 of 1% as a preservative)), kosher salt, Italian parsley, fresh dill, ground black pepper, maple syrup, smoked paprika, xanthan gum

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 14g (5% DV)
Calories: 430	Dietary Fiber: 4g (16% DV)
Total Fat: 30g (39% DV)	Total Sugars: 5g
Saturated Fat: 10g (49% DV)	Protein: 24g
Trans Fat: 0g	Vitamin A: (4% DV)
Cholesterol: 175mg (58% DV)	Vitamin C: (70% DV)
Sodium: 880mg (38% DV)	Vitamin D: (0% DV)
	Calcium: (10% DV)
	Iron: (25% DV)

Contains: Eggs & Milk, Wheat, Tree Nuts (Coconut), Soy

KALE CAESAR SALAD WITH CHICKEN (GF)

INGREDIENTS

Boneless skinless chicken breasts, baby kale, shredded green cabbage, shredded red cabbage, plain yogurt (cultured pasteurized grade A reduced fat milk, skim milk, pectin, carrageenan), grape tomatoes, shredded parmesan cheese (Cucina Andolina) (imported parmesan cheese: (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes), powdered cellulose, natamycin (mold inhibitor)), lemon, canola oil, olive oil, lemon juice, peeled garlic, best foods mayonnaise (soybean oil, water, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), vegan worcestershire sauce (apple cider vinegar, molasses, tamari (water, soybeans, salt), water, cane sugar, salt, tamarind, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), red wine vinegar, extra virgin olive oil, kosher salt, ground black pepper, xanthan gum

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 22g (8% DV)
Calories: 500	Dietary Fiber: 5g (18% DV)
Total Fat: 31g (39% DV)	Total Sugars: 5g
Saturated Fat: 8g (41% DV)	Protein: 36g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 120mg (40% DV)	Vitamin C: (0% DV)
Sodium: 1210mg (53% DV)	Vitamin D: (0% DV)
	Calcium: (35% DV)
	Iron: (20% DV)

Contains: Milk, Eggs, Soy

THAI NOODLE SALAD (VG, GF)

INGREDIENTS

Rice noodles (water, rice noodles, canola oil, olive oil), glazed oyster mushrooms (king oyster mushroom, water, maple syrup, canola oil, olive oil, sambal oelek, fresh ginger, lime juice, peeled garlic, kosher salt, sesame oil, Thai Basil), shredded green cabbage, cooked sugar snap peas (water, sugar snap peas), red pepper julienne (red bell pepper), roasted peanuts (dry roasted peanuts), baby spinach, shredded carrot, Thai basil tamari (water, soybeans, salt), kosher salt, fresh cilantro, xanthan gum

NUTRITION FACTS

Calories: 620	Total Carbohydrate: 65g (24% DV)
Total Fat: 34g (44% DV)	Dietary Fiber: 9g (33% DV)
Saturated Fat: 4.5g (22% DV)	Total Sugars: 21g
Trans Fat: 0g	Protein: 19g
Cholesterol: 0mg (0% DV)	Vitamin A: (0% DV)
Sodium: 990mg (43% DV)	Vitamin C: (0% DV)
	Calcium: (15% DV)
	Iron: (35% DV)

Contains: Peanuts, Soy

SALMON SUPERFOOD SALAD

INGREDIENTS

Water, Atlantic Salmon, Broccoli, Sweet Potato, Arugula, Shredded Red Cabbage, Cashews, Extra Virgin Olive Oil, Shredded Carrot, Lentils, Cider Vinegar, Quinoa, Pumpkin Seeds, Canola Oil, Olive Oil, Red Quinoa, Distilled White Vinegar, Lemon Juice, Honey, Hemp Seeds, Fresh Ginger, Kosher Salt, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Sodium Bisulfite), Nutritional Yeast (Dry Yeast, Niacin, Pyroxidine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Folic Acid and B12), Ground Black Pepper, Tamari (Water, Soybeans, Salt), Peeled Garlic, Brown Sugar, Ground Turmeric, Pickling Spice

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 45g (16% DV)
Calories: 660	Dietary Fiber: 8g (30% DV)
Total Fat: 40g (51% DV)	Total Sugars: 7g
Saturated Fat: 6g (29% DV)	Protein: 33g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 55mg (18% DV)	Vitamin C: (0% DV)
Sodium: 950mg (41% DV)	Vitamin D: (0% DV)
	Calcium: (10% DV)
	Iron: (30% DV)

Contains: Fish (Salmon), Soy, Seeds, Tree Nuts (Cashews)

CHINESE CHICKEN SALAD

INGREDIENTS

Marinated Chicken Breast (boneless skinless chicken breasts, extra virgin olive oil, Roasted Garlic Puree (peeled garlic, extra virgin olive oil), lemon juice, kosher salt, ground black pepper), napa, fresh cabbage, Asian Dressing (sesame oil, brown sugar, fresh ginger, rice vinegar, Low Sodium Kikkoman Soy Sauce, peeled garlic, ground black pepper, xanthan gum), shredded red cabbage, Pickled Radish & Carrot Slaw (Shredded Pickled Radish (watermelon radish, Sweet Pickle Brine (rice vinegar, brown sugar, water, kosher salt)), shredded carrot), Cooked Sugar Snap Peas (water, sugar snap peas), crispy wonton strips, fresh cilantro, white sesame seeds

NUTRITION FACTS

Calories: 590	Total Carbohydrate: 41g (15% DV)
Total Fat: 38g (48% DV)	Dietary Fiber: 4g (14% DV)
Saturated Fat: 5g (27% DV)	Total Sugars: 21g
Trans Fat: 0g	Protein: 25g
Cholesterol: 75mg (25% DV)	Vitamin A: (0% DV)
Sodium: 620mg (27% DV)	Vitamin C: (0% DV)
	Calcium: (10% DV)
	Iron: (20% DV)

Contains: Sesame Seeds, Soy, Wheat

CHIPOTLE CHIMICHURRI SALAD - CHICKEN (GF)

INGREDIENTS

Boneless skinless chicken breasts, yellow squash, shredded red cabbage, arugula, grape tomatoes, fire roasted corn (Super Sweet Corn, Vegetable Oil (Canola Oil, Olive Oil)), black beans (black beans, water, salt), plain yogurt (cultured pasteurized grade A reduced fat milk, skim milk, pectin, carrageenan), red onion, canola oil, olive oil, poblano pepper, lemon juice, extra virgin olive oil, fresh cilantro, peeled garlic, red wine vinegar, chipotle in adobo (chipotle peppers, water tomato paste, vinegar, iodized salt, sugar, RBD vegetable soybean oil, starch, dressing concentrate and spices), best foods mayonnaise (soybean oil, water, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), vegan worcestershire sauce (apple cider vinegar, molasses, tamari (water, soybeans, salt), water, cane sugar, salt, tamarind, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), jalapeño pepper, kosher salt, ground black pepper, xanthan gum

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 35g (13% DV)
Calories: 510	Dietary Fiber: 8g (28% DV)
Total Fat: 30g (39% DV)	Total Sugars: 7g
Saturated Fat: 4.5g (22% DV)	Protein: 29g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 90mg (30% DV)	Vitamin C: (0% DV)
Sodium: 700mg (30% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (20% DV)

Contains: Dairy, Soy

SALADS

PESTO COUSCOUS SALAD (V)

INGREDIENTS

Israeli toasted couscous, water, grape tomatoes, chickpeas (organic chickpeas, water, sea salt), canola oil, olive oil, arugula, zucchini, yellow squash, shredded parmesan cheese (Cucina Andolina) (imported parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes), powdered cellulose, natamycin (mold inhibitor)), green, castelvetrano olives, lemon juice, red bell pepper, fresh basil, cider vinegar, peeled garlic, extra virgin olive oil, Italian parsley, kosher salt, ground black pepper

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 61g (22% DV)
Calories: 640	Dietary Fiber: 7g (26% DV)
Total Fat: 38g (49% DV)	Total Sugars: 2g
Saturated Fat: 6g (28% DV)	Protein: 18g
Trans Fat: 0g	Vitamin A: (50% DV)
Cholesterol: 15mg (5% DV)	Vitamin C: (80% DV)
Sodium: 790mg (34% DV)	Vitamin D: (0% DV)
	Calcium: (25% DV)
	Iron: (20% DV)

Contains: Milk, Wheat

HOT PLATES

SESAME TERIYAKI CHICKEN

INGREDIENTS

Brown Rice (Water, Brown Rice, Canola Oil, Olive Oil), Low Sodium Teriyaki Chicken (Boneless Skinless Chicken Thighs, Low Sodium Teriyaki Sauce (Low Sodium Soy Sauce, Brown Sugar, Water, Cornstarch, Honey, Garlic Powder, Ground Ginger, Sesame Oil)), Blanched Broccoli (Broccoli Florets, Water), Low Sodium Teriyaki Sauce (Low Sodium Soy Sauce, Brown Sugar, Water, Cornstarch, Honey, Garlic Powder, Ground Ginger, Sesame Oil), Pickled Ginger (Pickled Ginger [Ginger Water, Sorbitol, Distilled Vinegar, Salt, Citric Acid, Acetic Acid, Malic Acid, Aspartame, Sucralose, and Potassium Sorbate], Beet Juice [Beet Juice, Purified Water]), Roasted Scallions (Green Onion, Canola Oil, Olive Oil, Kosher Salt), White Sesame Seeds

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 94g (31% DV)
Calories: 830	Dietary Fiber: 8g (31% DV)
Total Fat: 32g (50% DV)	Total Sugars: 22g
Saturated Fat: 8g (41% DV)	Protein: 39g
Trans Fat: 0g	Vitamin A: (4% DV)
Cholesterol: 135mg (45% DV)	Vitamin C: (220% DV)
Sodium: 1409mg (58% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (35% DV)

Contains: Soy, Wheat

SESAME TERIYAKI CHICKEN
[without sauce]

INGREDIENTS

Brown Rice (Water, Brown Rice, Canola Oil, Olive Oil), Low Sodium Teriyaki Chicken (Boneless Skinless Chicken Thighs, Low Sodium Teriyaki Sauce (Low Sodium Soy Sauce, Brown Sugar, Water, Cornstarch, Honey, Garlic Powder, Ground Ginger, Sesame Oil)), Blanched Broccoli (Broccoli Florets, Water), Pickled Ginger (Pickled Ginger [Ginger Water, Sorbitol, Distilled Vinegar, Salt, Citric Acid, Acetic Acid, Malic Acid, Aspartame, Sucralose, and Potassium Sorbate], Beet Juice [Beet Juice, Purified Water]), Roasted Scallions (Green Onion, Canola Oil, Olive Oil, Kosher Salt), White Sesame Seeds

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 77g (26% DV)
Calories: 740	Dietary Fiber: 8g (31% DV)
Total Fat: 32g (49% DV)	Total Sugars: 9g
Saturated Fat: 8g (40% DV)	Protein: 38g
Trans Fat: 0g	Vitamin A: (4% DV)
Cholesterol: 135mg (45% DV)	Vitamin C: (220% DV)
Sodium: 1010mg (42% DV)	Vitamin D: (0% DV)
	Calcium: (10% DV)
	Iron: (30% DV)

Contains: Soy, Wheat

TRAP KITCHEN CURRY CHICKEN (GF)

INGREDIENTS

Boneless Skinless Chicken Thighs, Water, Brown Rice, Carrots, Yukon Gold Potatoes, Baby Spinach, Spanish Onion, Canned Coconut Milk, Canola Oil, Olive Oil, Green Onion, Lemon Juice, Peeled Garlic, Kosher Salt, Curry Powder, Ground Black Pepper, Habanero Chili, Dried Thyme

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 68g (23% DV)
Calories: 850	Dietary Fiber: 8g (33% DV)
Total Fat: 53g (82% DV)	Total Sugars: 7g
Saturated Fat: 15g (73% DV)	Protein: 29g
Trans Fat: 0g	Vitamin A: (15% DV)
Cholesterol: 100mg (34% DV)	Vitamin C: (70% DV)
Sodium: 1200mg (50% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (40% DV)

Contains: Tree Nuts (Coconut)

JAMAICAN JERK CHICKEN (GF)

INGREDIENTS

Coconut Grains and Beans (Coconut Rice [Canned Coconut Milk, Water, Brown Rice, Kosher Salt], Cooked Red Beans (Water, Kidney Beans), Lentil & Quinoa Mix (Cooked Lentils [Water, Lentils]), Quinoa Mix [Water, Tricolor Quinoa, Kosher]), Jerk Chicken (Boneless Skinless Chicken Thighs, Jerk Marinade (Canola Oil, Distilled White Vinegar, Fresh Ginger, Spanish Onion, Brown Sugar, Water, Peeled Garlic, Habanero Chili, Ground Allspice, Dried Thyme, Ground Black Pepper), Frozen Plantains, Jerk BBQ Sauce (Tomato Puree, Brown Sugar, Distilled White Vinegar, Jerk Marinade (Canola Oil, Distilled White Vinegar, Fresh Ginger, Spanish Onion, Brown Sugar, Water, Peeled Garlic, Habanero Chili, Ground Allspice, Dried Thyme, Ground Black Pepper), Water, Tamari), Collard Greens (Collards, Kombu Vegetable Stock [Water, Kombu Seaweed, Spanish Onion, Carrot, Celery, Peeled Garlic, Bay Leaf], Spanish Onion, Canola Oil, Peeled Garlic, Kosher Salt, Ground Black Pepper, Smoked Paprika), Green Onions

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 81g (27% DV)
Calories: 850	Dietary Fiber: 10g (42% DV)
Total Fat: 42g (65% DV)	Total Sugars: 38g
Saturated Fat: 14g (70% DV)	Protein: 38g
Trans Fat: 0g	Vitamin A: (6% DV)
Cholesterol: 130mg (44% DV)	Vitamin C: (60% DV)
Sodium: 920mg (38% DV)	Vitamin D: (0% DV)
	Calcium: (20% DV)
	Iron: (40% DV)

Contains: Soy, Tree Nuts

PUEBLA CHICKEN TINGA (GF)

INGREDIENTS

Chicken Tinga (Boneless Skinless Chicken Thighs, Tomato Puree, Water, Spanish Onion, Chipotle In Adobo, Cider Vinegar, Peeled Garlic, Kosher Salt, Cornstarch), Black Beans (Water, Black Dry Beans, Spanish Onion, Peeled Garlic, Canola Oil, Olive Oil, Chipotle Chili Powder, Ground Cumin, Kosher Salt, Ground Black Pepper, Ground Coriander, Smoked Paprika), Chayote Blend (Chayote Squash, Green Bell Pepper, Red Bell Pepper, Spanish Onion, Canola Oil, Olive Oil, Ground Black Pepper, Chipotle Chili Powder, Ground Cumin), Lentil & Quinoa Mix (Cooked Lentils [Water, Lentils], Tricolor Quinoa, Fresh Cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 41g (14% DV)
Calories: 510	Dietary Fiber: 9g (36% DV)
Total Fat: 24g (38% DV)	Total Sugars: 6g
Saturated Fat: 6g (31% DV)	Protein: 35g
Trans Fat: 0g	Vitamin A: (2% DV)
Cholesterol: 115mg (38% DV)	Vitamin C: (60% DV)
Sodium: 1020mg (42% DV)	Vitamin D: (0% DV)
	Calcium: (10% DV)
	Iron: (30% DV)

Contains: Soy

CAJUN BLACKENED FISH (GF)

INGREDIENTS

Water, Sweet Potatoes, Collard Greens, Spanish Onion, Black-Eyed Peas, Pecan Pieces, Tomato Purée (Ground Tomatoes, Tomato Purée and Citric Acid), Peeled Garlic, Celery, Maple Syrup, Canola Oil, Sherry Vinegar, Kosher Salt, Kombu Seaweed, Smoked Paprika, Carrot, Brown Sugar, Jalapeño Pepper, Ground Black Pepper, Garlic Powder, Onion Powder, Dried Thyme, Dried Oregano, Bay Leaf

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 58g (21% DV)
Calories: 470	Dietary Fiber: 12g (43% DV)
Total Fat: 19g (25% DV)	Total Sugars: 9g
Saturated Fat: 2.5g (12% DV)	Protein: 28g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 20mg (7% DV)	Vitamin C: (0% DV)
Sodium: 1520mg (66% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (10% DV)

Contains: Tree Nuts, Fish

HOT PLATES

SPAGHETTI (SQUASH) & MEATBALLS (GF)

INGREDIENTS

Cooked Spaghetti Squash (Spaghetti Squash), Turkey Meatballs (Ground Turkey, Spanish Onion, Pasteurized Egg, Peeled Garlic, Italian Parsley, Kosher Salt, Garlic Powder, Onion Powder, Fresh Sage, Ground Black Pepper), Marinara (Tomato Puree, Spanish Onion, Tomato Paste, Canola Oil, Olive Oil, Peeled Garlic, Fresh Basil, Sherry Vinegar, Xanthan Gum, Kosher Salt, Ground Black Pepper), Parmesan Cheese, Italian Parsley

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 28g (10% DV)
Calories: 410	Dietary Fiber: 5g (19% DV)
Total Fat: 20g (25% DV)	Total Sugars: 9g
Saturated Fat: 6g (28% DV)	Protein: 32g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 145mg (48% DV)	Vitamin C: (0% DV)
Sodium: 1030mg (45% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (15% DV)

Contains: Milk, Eggs

YUCATAN CHILI (VG, GF)

INGREDIENTS

Water, Button Mushrooms, Red Bell Pepper, Spanish Onion, Fire Roasted Corn (Super Sweet Corn, Vegetable Oil (Canola Oil, Olive Oil)), Corn Tortillas, Black-Eyed Peas, Garbanzo Beans, White Beans, Kidney Beans (Dark Red Kidney Beans, Water Salt), Canola Oil, Olive Oil, Cider Vinegar, Canned Red Pepper, Peeled Garlic, Achiote Paste, Ground Cumin, Tamari (Water, Soybeans, Salt), Kosher Salt, Dried Shiitake Mushroom, Brown Sugar, Garlic Powder, Onion Powder, Smoked Paprika, Ground Ginger, Green Onion, Lime Juice, Chipotle Chili Powder, Ground Black Pepper, Fresh Chives

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 65g (24% DV)
Calories: 450	Dietary Fiber: 16g (57% DV)
Total Fat: 15g (20% DV)	Total Sugars: 9g
Saturated Fat: 1.5g (6% DV)	Protein: 18g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 830mg (36% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (40% DV)

HOMEGIRL SALMON ADOBO (GF)

INGREDIENTS

Roasted cauliflower rice (riced cauliflower (cauliflower), Sautéed Onion (Spanish onion, canola oil, olive oil, kosher salt), lime juice, canola oil, olive oil, peeled garlic, fresh cilantro, kosher salt, ground black pepper), Adobo Salmon (Atlantic Salmon, Adobo Spice Mix (kosher salt, smoked paprika, onion powder, ground black pepper, garlic powder, ground cumin, chipotle chili powder, dried oregano), canola oil, olive oil), Homeboy Salsa Verde (Cooked Tomatillos (tomatillo, canola oil, olive oil), water, fresh cilantro, serrano chili, kosher salt, peeled garlic), Chili Lime Chickpeas (chickpeas, lime juice, canola oil, olive oil, smoked paprika, kosher salt, cayenne pepper), baby spinach, Homeboy Pickled Onion (red onion), lime juice, kosher salt, habanero chili), fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 40g (15% DV)
Calories: 440	Dietary Fiber: 12g (44% DV)
Total Fat: 20g (25% DV)	Total Sugars: 11g
Saturated Fat: 2g (10% DV)	Protein: 31g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 55mg (18% DV)	Vitamin D: (0% DV)
Sodium: 1200mg (52% DV)	Calcium: (15% DV)
	Iron: (30% DV)

Contains: Fish (Salmon)

KIDS' SPAGHETTI (SQUASH) & MEATBALLS (GF)

INGREDIENTS Contains: Soy

Cooked Spaghetti Squash (Spaghetti Squash), Turkey Meatballs (Ground Turkey, Spanish Onion, Pasteurized Egg, Peeled Garlic, Italian Parsley, Kosher Salt, Garlic Powder, Onion Powder, Fresh Sage, Ground Black Pepper), Marinara (Tomato Puree, Spanish Onion, Tomato Paste, Canola Oil, Olive Oil, Peeled Garlic, Fresh Basil, Sherry Vinegar, Xanthan Gum, Kosher Salt, Ground Black Pepper), Parmesan Cheese, Italian Parsley

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 18g (7% DV)
Calories: 250	Dietary Fiber: 3g (12% DV)
Total Fat: 12g (15% DV)	Total Sugars: 6g
Saturated Fat: 3.5g (16% DV)	Protein: 19g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 85mg (29% DV)	Vitamin C: (0% DV)
Sodium: 630mg (28% DV)	Vitamin D: (0% DV)
	Calcium: (8% DV)
	Iron: (10% DV)

Contains: Milk, Eggs

CURRY LENTIL SOUP

INGREDIENTS

Curry Lentil & Sweet Potato Stew Base (water, tomato puree, Spanish onion, black lentils, yam, canned coconut milk, canola oil, fresh ginger, peeled garlic, kosher salt, ground coriander, curry powder, ground cumin, ground turmeric, cayenne pepper), fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 39g (14% DV)
Calories: 270	Dietary Fiber: 7g (26% DV)
Total Fat: 10g (12% DV)	Total Sugars: 4g
Saturated Fat: 2g (11% DV)	Protein: 11g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 860mg (38% DV)	Vitamin D: (0% DV)
	Calcium: (6% DV)
	Iron: (25% DV)

Contains: Tree Nuts

MEDITERRANEAN GRAIN BOWL

INGREDIENTS

Mediterranean Grain Salad (Steamed Farro (New) (water, farro), red onion, lemon juice, canola oil, olive oil, Italian parsley, fresh cilantro, kosher salt, ground black pepper), Cooked Souvlaki Chicken (boneless skinless chicken breasts, Souvlaki Marinade (peeled garlic, lemon juice, canola oil, olive oil, kosher salt, dried oregano, ground black pepper, smoked paprika)), Souvlaki Veggie Medley (yellow squash, zucchini, button, pre-sliced mushroom, Souvlaki Marinade (peeled garlic, lemon juice, canola oil, olive oil, kosher salt, dried oregano, ground black pepper, smoked paprika)), Tzatziki (greek style yogurt, Grated & Drained Cucumber (hothouse cucumber), canola oil, olive oil, lemon juice, peeled garlic, kosher salt, leaves mint (fresh mint), fresh dill), Roasted Red Pepper (red bell pepper, extra virgin olive oil, peeled garlic, kosher salt, ground black pepper), feta, mt. olympus cheese, Italian parsley

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 47g (17% DV)
Calories: 530	Dietary Fiber: 9g (32% DV)
Total Fat: 23g (29% DV)	Total Sugars: 5g
Saturated Fat: 6g (28% DV)	Protein: 33g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 80mg (27% DV)	Vitamin D: (0% DV)
Sodium: 1170mg (51% DV)	Calcium: (10% DV)
	Iron: (15% DV)

Contains: Milk, Wheat

HOT PLATES

CARNITAS BOWL (GF)

INGREDIENTS

Cooked Brown Rice (water, brown rice, canola oil, olive oil), BBQ Pulled Pork (boneless pork butt, water, BBQ Pulled Pork Marinade (ketchup, molasses, lemon juice, brown sugar, vegan worcestershire sauce, tomato paste, chipotle in adobo), kosher salt, garlic powder, ground black pepper), Roasted Corn & Black Bean Salsa (Black Bean Salad (black beans, red onion, Roasted Poblano (poblano pepper, extra virgin olive oil), fresh cilantro, kosher salt, ground black pepper), fire roasted corn, red canned pepper, lime juice, fresh cilantro, kosher salt), Homeboy Salsa Verde (Revised) (Cooked Tomatillos (tomatillo, canola oil, olive oil), water, fresh cilantro, serrano chili, kosher salt, peeled garlic), feta cheese, Homeboy Pickled Onion (Yield Red Onion (red onion), lime juice, kosher salt, habanero chili), fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 69g
Calories: 710	(25% DV)
Total Fat: 29g	Dietary Fiber: 8g
(38% DV)	(28% DV)
Saturated Fat: 11g	Total Sugars: 9g
(54% DV)	Protein: 42g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 115mg	Vitamin D: (6% DV)
(39% DV)	Calcium: (15% DV)
Sodium: 1480mg	Iron: (25% DV)
(64% DV)	

Contains: Milk, Soy

BIBIMBAP (V)

INGREDIENTS

Water, baby bok choy, broccolini, king oyster mushroom, forbidden black rice (organic black rice), brown rice, vegan kimchi (napa cabbage, sea vegetable, chili pepper, green onions, water, sea salt, sesame seeds, garlic, ginger), hard boiled egg, watermelon radish, rice vinegar, shredded carrot, canola oil, olive oil, gluten free gochujang (tapioca syrup, water, brown rice, red pepper powder, salt, alcohol (to preserve freshness), soybean, garlic, onion), brown sugar, sesame oil, peeled garlic, fresh ginger, Thai Basil, white sesame seeds, Kikkoman Low Sodium Soy Sauce (water, wheat, salt, lactic acid, sodium benzoate (less than 1/10 of 1% as a preservative)), sambal oelek (chili, salt, distilled vinegar, potassium sorbate, sodium bisulfite as a preservative, xanthan gum), red miso paste (filtered water, organic whole soybeans, cultured rice, sea salt), kosher salt, ground black pepper

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 80g
Calories: 560	(29% DV)
Total Fat: 24g	Dietary Fiber: 8g
(30% DV)	(30% DV)
Saturated Fat: 3g	Total Sugars: 15g
(15% DV)	Protein: 14g
Trans Fat: 0g	Vitamin A: (100% DV)
Cholesterol: 85mg	Vitamin D: (4% DV)
(28% DV)	Calcium: (15% DV)
Sodium: 1170mg	Iron: (35% DV)
51% DV)	

Contains: Eggs, Soy, Wheat

TURKEY TACO BOWL (GF)

INGREDIENTS

Cooked Brown Rice (water, brown rice, canola oil, olive oil), Taco Style Turkey (ground, 90/10 turkey, fire roasted tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), Spanish onion, water, lime juice, canola oil, olive oil, Adobo Spice Mix (kosher salt, smoked paprika, onion powder, ground black pepper, garlic powder, ground cumin, chipotle chili powder, dried oregano), chipotle in adobo (chipotle peppers, water tomato paste, vinegar, iodized salt, sugar, RBD vegetable soybean oil, starch, dressing concentrate and spices), peeled garlic, fresh cilantro, cornstarch, kosher salt), Black Beans (water, black dry beans, Spanish onion, peeled garlic, canola oil, olive oil, chipotle chili powder, ground cumin, kosher salt, ground black pepper, ground coriander, smoked paprika), Roasted Corn Salad (fire roasted corn (Super Sweet Corn, Vegetable Oil (Canola Oil, Olive Oil)), red canned pepper, lime juice, fresh cilantro, kosher salt), Chili-Lime Crema (cream, sour, rockview (cultured pasteurized grade a milk, grade a cream, stabilizer), lime juice, peeled garlic, chipotle chili powder, kosher salt), cheddar, sharp, pre-shredded cheese, fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 83g
Calories: 700	(30% DV)
Total Fat: 28g	Dietary Fiber: 9g
(36% DV)	(31% DV)
Saturated Fat: 11g	Total Sugars: 6g
(55% DV)	Protein: 29g
Trans Fat: 0g	Vitamin A: (20% DV)
Cholesterol: 95mg	Vitamin C: (15% DV)
(32% DV)	Vitamin D: (0% DV)
Sodium: 1080mg	Calcium: (20% DV)
(47% DV)	Iron: (25% DV)

Contains: Milk, Soy

SNACKS

GRAPES

INGREDIENTS

Red Seedless Grapes

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 26g (9% DV)
Calories: 100	Dietary Fiber: 1g (5% DV)
Total Fat: 0.5g (1% DV)	Total Sugars: 24g
Saturated Fat: 0g (0% DV)	Protein: 1g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 0mg (0% DV)	Vitamin D: (0% DV)
	Calcium: (2% DV)
	Iron: (2% DV)

PINEAPPLE

INGREDIENTS

Pineapple

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 20g (7% DV)
Calories: 80	Dietary Fiber: 2g (7% DV)
Total Fat: 0g (0% DV)	Total Sugars: 15g
Saturated Fat: 0g (0% DV)	Protein: 1g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 0mg (0% DV)	Vitamin D: (0% DV)
	Calcium: (2% DV)
	Iron: (2% DV)

SUPERFOOD COOKIE (VG, GF)

INGREDIENTS

Rolled Oats, Dried Cranberries, Pumpkin Seeds, Soy Free Buttery Spread, Potato Flour, Palm Oil, Rice Flour, Brown Sugar, Organic Hemp Base, Organic Hemp Oil, Hemp Seed, Evaporated Cane Juice, Coconut Flour, Tapioca Flour, Baking Soda, Vanilla Extract, Kosher Salt, Egg Replacer, Distilled Vinegar

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 19g (6% DV)
Calories: 160	Dietary Fiber: 1g (4% DV)
Total Fat: 9g (14% DV)	Total Sugars: 13g
Saturated Fat: 3g (15% DV)	Protein: 2g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 10mg (3% DV)	Vitamin C: (0% DV)
Sodium: 160mg (7% DV)	Vitamin D: (0% DV)
	Calcium: (2% DV)
	Iron: (2% DV)

Contains: Seeds, Soy, Tree Nuts (Coconut)

GLUTEN FREE CHOCOLATE CHIP COOKIE (V, GF)

INGREDIENTS

Almond Butter, Coconut Sugar, Chocolate Chips, Eggs, Vanilla Extract, Baking Soda.

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 21g (8% DV)
Calories: 210	Dietary Fiber: 2g (8% DV)
Total Fat: 13g (16% DV)	Total Sugars: 18g
Saturated Fat: 2.5g (11% DV)	Protein: 5g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 20mg (7% DV)	Vitamin C: (0% DV)
Sodium: 150mg (7% DV)	Vitamin D: (0% DV)
	Calcium: (6% DV)
	Iron: (6% DV)

Contains: Tree Nuts, Egg

SALAD DRESSINGS & SAUCES

SESAME GINGER DRESSING

(Served with Chinese Chicken Salad)

Sesame oil, brown sugar, fresh ginger, rice vinegar, Low Sodium Kikkoman Soy Sauce, Peeled garlic, Ground black pepper, xanthan gum

NUTRITION FACTS

Serving Size: 2.3 oz	Total Carbohydrate: 18g (6% DV)
Calories: 270	Dietary Fiber: 0g (0% DV)
Total Fat: 22g (29% DV)	Total Sugars: 15g
Saturated Fat: 3g (16% DV)	Protein: 1g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 310mg (14% DV)	Vitamin D: (0% DV)
	Calcium: (2% DV)
	Iron: (2% DV)

CHIPOTLE CHIMICHURRI DRESSING

(Served with Chipotle Chimichurri Salads)

Plain yogurt (cultured pasteurized grade A reduced fat milk, skim milk, pectin, carrageenan), canola oil, olive oil, lemon juice, fresh cilantro, chipotle in adobo (chipotle peppers, water tomato paste, vinegar, iodized salt, sugar, RBD vegetable soybean oil, starch, dressing concentrate and spices), best foods mayonnaise (soybean oil, water, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), vegan worcestershire sauce (apple cider vinegar, molasses, tamari (water, soybeans, salt), water, cane sugar, salt, tamarind, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), red wine vinegar, peeled garlic, jalapeño pepper, kosher salt, ground black pepper, xanthan gum

NUTRITION FACTS

Serving Size: 2oz	Total Carbohydrate: 3g (1% DV)
Calories: 150	Dietary Fiber: 0g (0% DV)
Total Fat: 15g (19% DV)	Total Sugars: 0g
Saturated Fat: 1.5g (8% DV)	Protein: 1g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 5mg (2% DV)	Vitamin C: (0% DV)
Sodium: 340mg (15% DV)	Vitamin D: (0% DV)
	Calcium: (2% DV)
	Iron: (2% DV)

Contains: Milk, Soy

CAESAR DRESSING

(Served with Kale Caesar Salad)

plain yogurt (cultured pasteurized grade A reduced fat milk, skim milk, pectin, carrageenan), canola oil, olive oil, best foods mayonnaise (soybean oil, water, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), vegan worcestershire sauce (apple cider vinegar, molasses, tamari (water, soybeans, salt), water, cane sugar, salt, tamarind, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), red wine vinegar, lemon juice, kosher salt, peeled garlic, ground black pepper, xanthan gum

NUTRITION FACTS

Serving Size: 2.5oz	Total Carbohydrate: 3g (1% DV)
Calories: 130	Dietary Fiber: 0g (0% DV)
Total Fat: 12g (16% DV)	Total Sugars: 2g
Saturated Fat: 2g (10% DV)	Protein: 2g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 10mg (3% DV)	Vitamin C: (0% DV)
Sodium: 0mg (0% DV)	Vitamin D: (0% DV)
	Calcium: (4% DV)
	Iron: (0% DV)

Contains: Milk, Soy

DILL RANCH DRESSING

(Served with Ranch Cobb Salad)

Buttermilk, best foods mayonnaise (soybean oil, water, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), heavy cream dairy, lemon juice, green onion, peeled garlic, Italian parsley, kosher salt, fresh dill, smoked paprika, ground black pepper, xanthan gum

NUTRITION FACTS

Serving Size: 2.1oz	Total Carbohydrate: 3g (1% DV)
Calories: 140	Dietary Fiber: 0g (0% DV)
Total Fat: 12g (16% DV)	Total Sugars: 0g
Saturated Fat: 3.5g (19% DV)	Protein: 1g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 25mg (8% DV)	Vitamin C: (0% DV)
Sodium: 370mg (16% DV)	Vitamin D: (0% DV)
	Calcium: (4% DV)
	Iron: (2% DV)

Contains: Milk, Soy

SPICY PEANUT SAUCE

(Served with Thai Noodle Salad)

Red bell pepper, organic peanut butter, lime juice, brown sugar, fresh ginger, sesame oil, sambal oelek (chili, salt, distilled vinegar, potassium sorbate, sodium bisulfite as a preservative, xanthan gum), tamari (water, soybeans, salt), peeled garlic, fresh cilantro, kosher salt, xanthan gum

NUTRITION FACTS

Serving Size: 2.75oz	Total Carbohydrate: 16g (6% DV)
Calories: 200	Dietary Fiber: 0g (0% DV)
Total Fat: 13g (16% DV)	Total Sugars: 2g
Saturated Fat: 2g (9% DV)	Protein: 1g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 290mg (12% DV)	Vitamin D: (0% DV)
	Calcium: (4% DV)
	Iron: (2% DV)

Contains: Milk, Soy

HOMEBY SALSAS VERDE

(Served with Homegirl Salmon Adobo)

Cooked Tomatillos (tomatillo, canola oil, olive oil), water, fresh cilantro, serrano chili, kosher salt, peeled garlic

NUTRITION FACTS

Serving Size: 2oz	Total Carbohydrate: 3g (1% DV)
Calories: 30	Dietary Fiber: 1g (4% DV)
Total Fat: 2g (2% DV)	Total Sugars: 2g
Saturated Fat: 0g (0% DV)	Protein: 1g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 240mg (11% DV)	Vitamin D: (0% DV)
	Calcium: (0% DV)
	Iron: (2% DV)

Contains: Milk, Soy

SALAD DRESSINGS & SAUCES

TURMERIC GINGER DRESSING*(Served with Salmon Superfood Salad)*

Water, cashews, extra virgin olive oil, cider vinegar, lemon juice, honey, fresh ginger, kosher salt, dijon mustard (water, mustard seeds, vinegar, salt, sodium bisulfite), nutritional yeast (dry yeast, niacin, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, folic acid and B12), ground black pepper, peeled garlic, ground turmeric

NUTRITION FACTS

Serving Size: 2.4oz	Total Carbohydrate: 10g
Calories: 240	(4% DV)
Total Fat: 22g	Dietary Fiber: 1g
(29% DV)	(4% DV)
Saturated Fat: 3.5g	Total Sugars: 0g
(17% DV)	Protein: 3g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg	Vitamin C: (0% DV)
(0% DV)	Vitamin D: (0% DV)
Sodium: 530mg	Calcium: (2% DV)
(23% DV)	Iron: (10% DV)

LOW SODIUM TERIYAKI SAUCE (V)**INGREDIENTS**

Low Sodium Kikkoman Soy Sauce, Brown Sugar, Water, Cornstarch, Honey, Garlic Powder, Ground Ginger, Sesame Oil

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 18g
Calories: 80	(6% DV)
Total Fat: 0.5g	Dietary Fiber: 0g
(1% DV)	(0% DV)
Saturated Fat: 0g	Total Sugars: 13g
(0% DV)	Protein: 2g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg	Vitamin C: 0% DV)
(0% DV)	Vitamin D: (0% DV)
Sodium: 840mg	Calcium: (2% DV)
(35% DV)	Iron: (2% DV)

Contains: Soy, Wheat