



EVERYTABLE



Nutrition Information

SALMON SUPERFOOD SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 36g	46%	Total Carb. 51g	19%
Serving Size 14.06 oz (399g)	Sat. Fat 3.5g	18%	Fiber 8g	30%
Calories per serving 620	Trans Fat 0g		Total Sugars 15g	
	Cholesterol 45mg	16%	Incl.0g Added Sugars	0%
	Sodium 750mg	33%	Protein 27g	
Vitamin D 0% • Calcium 10% • Iron 20% • Potassium 0%				

Ingredients: Roasted Salmon (salmon, canola oil, olive oil, salt, black pepper), Lentil & Quinoa Mix (lentil, quinoa, water, salt), Carrot Ginger Dressing (carrot, canola oil, olive oil, rice vinegar, honey, ginger, orange juice, sesame oil, salt, xanthan gum), arugula, broccoli, Roasted Sweet Potatoes (sweet potato, canola oil, olive oil, salt, black pepper), Pickled Red Cabbage (red cabbage, rice vinegar, brown sugar, water, salt), carrot, Tamari Pumpkin Seeds (pumpkin seed, tamari (water, soybean, salt))

CONTAINS: Fish (Salmon), Soy

VEGAN RAINBOW SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 24g	31%	Total Carb. 54g	19%
Serving Size 11.06 oz (314g)	Sat. Fat 2g	11%	Fiber 9g	31%
Calories per serving 450	Trans Fat 0g		Total Sugars 16g	
	Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
	Sodium 490mg	21%	Protein 10g	
Vitamin D 0% • Calcium 10% • Iron 20% • Potassium 25%				

Ingredients: Lentil & Quinoa Mix [lentils (water, black lentil), quinoa (water, quinoa)], Carrot Ginger Dressing (carrot, canola oil, olive oil, rice vinegar, honey, ginger, orange juice, sesame oil, salt, xanthan gum), arugula, broccoli, Roasted Sweet Potatoes (sweet potato, canola oil, olive oil, salt, black pepper), Pickled Red Cabbage [red cabbage, brine (rice vinegar, brown sugar, water, salt)], carrot, Tamari Pepitas [pepitas, tamari (water, soybean, salt)]

CONTAINS: Soy

TANGY BBQ CHICKEN SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 14g	18%	Total Carb. 34g	12%
Serving Size 13.9 oz (394g)	Sat. Fat 3.5g	18%	Fiber 5g	18%
Calories per serving 380	Trans Fat 0g		Total Sugars 11g	
	Cholesterol 105mg	34%	Incl.0g Added Sugars	0%
	Sodium 1000mg	43%	Protein 28g	
Vitamin D 0% • Calcium 10% • Iron 20% • Potassium 20%				

Ingredients: BBQ Chicken (chicken, marinade [ketchup, unsulphered molasses, lemon juice, brown sugar, worcestershire sauce (apple cider vinegar, unsulphered molasses, tamari [water, soybeans, salt], water, 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), tomato paste, chipotle in adobo (chipotle peppers, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices)], salt, garlic powder, black pepper), romaine, BBQ Ranch Dressing [mayonnaise [soybean oil, water, egg, vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors], mustard [distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder], sour cream, cider vinegar, ketchup, brown sugar, buttermilk, lemon juice, green onion, salt, parsley, worcestershire sauce [apple cider vinegar, unsulphered molasses, tamari (water, soybeans, salt), water, 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], chili powder, black pepper, onion powder, garlic powder, smoked paprika, chipotle in adobo [chipotle peppers, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices]], cherry tomatoes, Fire Roasted Corn & Scallion Mix [fire roasted corn (corn, canola oil, olive oil), green onion, parmesan cheese, cilantro, salt, black pepper], cucumber, red cabbage, red bell pepper, spinach, carrot, Tortilla Strips (corn masa flour, safflower and/or sunflower oil, salt, trace of lime)

CONTAINS: Eggs, Milk, Soy

ROASTED CHICKEN & ROTINI SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 30g	38%	Total Carb. 35g	13%
Serving Size 12.01 oz (340g)	Sat. Fat 3.5g	17%	Fiber 7g	26%
Calories per serving 510	Trans Fat 0g		Total Sugars 5g	
	Cholesterol 85mg	28%	Incl.1g Added Sugars	5%
	Sodium 540mg	24%	Protein 26g	
Vitamin D 0% • Calcium 8% • Iron 30% • Potassium 15%				

Ingredients: Garlic Herb Chicken (chicken, marinade [canola oil, olive oil, onion, garlic, water, vegetable base (carrots, onions, celery, salt, sugar, maltodextrin, corn oil, less than 2% of: yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), salt, dried thyme], salt, ground black pepper), Marinated Rotini Pasta (rotini pasta [whole grain durum wheat flour], vinaigrette [cherry tomatoes, canola oil, olive oil, rice vinegar, red miso paste (water, soybeans, cultured rice, salt), tomato paste, honey, soy sauce, dried thyme]), grape tomatoes, tomatoes, Roasted Tomato Vinaigrette [cherry tomatoes, canola oil, olive oil, rice vinegar, red miso paste (water, soybeans, cultured rice, salt), tomato paste, honey, soy sauce, dried thyme], mixed spring lettuce, almonds, basil, mint

CONTAINS: Soy, Wheat, Tree Nuts (Almonds)
MAY CONTAIN: Egg

LEMON PEPPER CHICKEN CAESAR

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 44g	56%	Total Carb. 25g	9%
Serving Size 17.73 oz (389g)	Sat. Fat 8g	41%	Fiber 6g	21%
Calories per serving 660	Trans Fat 0g		Total Sugars 5g	
	Cholesterol 140mg	46%	Incl.0g Added Sugars	0%
	Sodium 1000mg	44%	Protein 42g	
Vitamin D 0% • Calcium 15% • Iron 40% • Potassium 20%				

Ingredients: Caesar Salad Mix (romaine, red cabbage, arugula), Lemon Pepper Chicken [chicken, marinade (canola oil, olive oil, lemon juice, garlic, black pepper, salt)], Parmesan & Black Pepper Dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l.bulgaris, l.acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum], Pita Crisps [enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, safflower oil, honey, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium), canola oil, olive oil, z'atar (sesame seeds, sumac, spices, salt), salt, cayenne pepper], lemon, thai basil

CONTAINS: Milk, Wheat

BUFFALO CHICKEN SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 17g	22%	Total Carb. 16g	6%
Serving Size 12.23 oz (347g)	Sat. Fat 5g	27%	Fiber 4g	16%
Calories per serving 350	Trans Fat 0g		Total Sugars 5g	
	Cholesterol 115mg	38%	Incl.0g Added Sugars	0%
	Sodium 1450mg	63%	Protein 31g	
Vitamin D 0% • Calcium 10% • Iron 20% • Potassium 20%				

Ingredients: Romaine Lettuce, Red Cabbage, Arugula, Buffalo-Style Chicken (chicken, marinade (garlic, lemon juice, canola oil, olive oil, salt, dried oregano, black pepper, smoked paprika)), Pickled Cucumbers and Shallots (cucumber, pickling liquid (white vinegar, water, salt, mustard seed, dried dill), shallot), Buffalo Blue Cheese Dressing (buffalo sauce [vinegar, cayenne pepper, salt, water, modified food starch, canola oil, paprika, carrot fiber, xanthan gum, natural butter flavor, garlic powder], gorgonzola cheese [pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin], parmesan dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l.bulgaris, l.acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum], buttermilk, xanthan gum), carrot, radish, parsley

CONTAINS: Milk

ELOTE CAESAR SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 36g	46%	Total Carb. 32g	12%
Serving Size 12.9 oz (365g)	Sat. Fat 7g	33%	Fiber 5g	17%
Calories per serving 570	Trans Fat 0g		Total Sugars 4g	
	Cholesterol 120mg	39%	Incl.2g Added Sugars	4%
	Sodium 900mg	39%	Protein 33g	
Vitamin D 0% • Calcium 10% • Iron 20% • Potassium 15%				

Ingredients: Mixed Greens (romaine, red cabbage, arugula), Chili-Lime Chicken (chicken, canola oil, olive oil, seasoning (chili powder, hungarian paprika, garlic powder, cumin, black pepper, coriander, dried oregano, smoked paprika), lime juice, salt), Cotija-Lime Caesar Dressing [mayonnaise (soybean oil, water, egg, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), buttermilk, lime juice, cotija cheese, canola oil, olive oil, sour cream, garlic, black pepper, salt, cayenne pepper], grape tomatoes, Chili Pita Crisps (tortilla [enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, safflower oil, honey, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium)], canola oil, olive oil, tajin, brown sugar, chili powder, garlic powder, onion powder), cotija cheese, cilantro

CONTAINS: Eggs, Milk, Soy, Wheat



PORTABELLA STIR-FRY

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 27g	35%	Total Carb. 79g	29%	
1 serving per container	Sat. Fat 1.5g 8%	Fiber 9g 33%		
Serving Size 11.99 oz (340g)	Trans Fat 0g	Total Sugars 11g		
Calories per serving 590	Cholesterol 0mg 0%	Incl.0g Added Sugars 0%		
	Sodium 1170mg 51%	Protein 15g		
	Vitamin D 0% • Calcium 15% • Iron 30% • Potassium 15%			

Ingredients: Black Rice (water, black rice), Marinated Mushrooms & Peppers (roasted mushrooms [mushrooms, canola oil, olive oil], marinade [soy sauce, yamasa (water, wheat, soybeans, salt, alcohol, vinegar, lactic acid), brown sugar, rice vinegar, ginger, garlic, xanthan gum], roasted peppers and onions [bell pepper, onion, canola oil, olive oil, black pepper, salt], green onion, salt), Roasted Green Beans (green bean, sesame oil, shallot, garlic, ginger, salt, black pepper), baby spinach, Soy Dressing [soy sauce, yamasa (water, wheat, soybeans, salt, alcohol, vinegar, lactic acid), brown sugar, rice vinegar, ginger, garlic, xanthan gum], Crispy Onions [onions, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower, safflower and/or canola oil, salt], thai basil

CONTAINS: Soy, Wheat

CARNITAS BOWL

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 29g	38%	Total Carb. 69g	25%	
1 serving per container	Sat. Fat 11g 54%	Fiber 8g 28%		
Serving Size 15.31 oz (434g)	Trans Fat 0g	Total Sugars 9g		
Calories per serving 710	Cholesterol 115mg 39%	Incl.0g Added Sugars 0%		
	Sodium 1480mg 64%	Protein 42g		
	Vitamin D 6% • Calcium 15% • Iron 25% • Potassium 20%			

Ingredients: Cooked Brown Rice (water, brown rice, canola oil, olive oil), Slow Cooked Pork (boneless pork butt, water, Slow Cooked 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), Salsa Verde (Cooked Tomatillos (tomatillo, canola oil, olive oil), water, fresh cilantro, serrano chili, kosher salt, peeled garlic), feta cheese, Habanero pickled onion (yield red onion (red onion), lime juice, kosher salt, habanero chili), fresh cilantro

CONTAINS: Milk, Soy

PUEBLA CHICKEN TINGA

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 24g	38%	Total Carb. 41g	14%	
1 serving per container	Sat. Fat 6g 31%	Fiber 9g 36%		
Serving Size 17.08 oz (484g)	Trans Fat 0g	Total Sugars 6g		
Calories per serving 510	Cholesterol 115mg 38%	Incl.0g Added Sugars 0%		
	Sodium 1020mg 42%	Protein 35g		
	Vitamin D 0% • Calcium 10% • Iron 30% • Potassium 25%			

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

CONTAINS: Soy

SPAGHETTI SQUASH & MEATBALLS

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 20g	25%	Total Carb. 28g	10%	
1 serving per container	Sat. Fat 6g 28%	Fiber 5g 19%		
Serving Size 12.82 oz (363g)	Trans Fat 0g	Total Sugars 9g		
Calories per serving 410	Cholesterol 145mg 48%	Incl.0g Added Sugars 0%		
	Sodium 1030mg 45%	Protein 32g		
	Vitamin D 0% • Calcium 15% • Iron 15% • Potassium 25%			

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

CONTAINS: Milk, Eggs

WARM BOWLS

TRAP KITCHEN CURRY CHICKEN

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 53g	82%	Total Carb. 68g	23%	
1 serving per container	Sat. Fat 15g 73%	Fiber 8g 33%		
Serving Size 16.68oz (473g)	Trans Fat 0g	Total Sugars 7g		
Calories per serving 850	Cholesterol 100mg 34%	Incl.0g Added Sugars 0%		
	Sodium 1200mg 50%	Protein 29g		
	Vitamin D 0% • Calcium 15% • Iron 40% • Potassium 30%			

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

CONTAINS: Tree Nuts (Coconut)

TURKEY TACO BOWL

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 28g	36%	Total Carb. 83g	30%	
1 serving per container	Sat. Fat 11g 55%	Fiber 9g 31%		
Serving Size 17.38 oz (493g)	Trans Fat 0g	Total Sugars 6g		
Calories per serving 700	Cholesterol 95mg 32%	Incl.1g Added Sugars 6%		
	Sodium 1080mg 47%	Protein 29g		
	Vitamin D 0% • Calcium 20% • Iron 25% • Potassium 15%			

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

CONTAINS: Milk, Soy

MEDITERRANEAN GRAIN BOWL

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 23g	29%	Total Carb. 47g	17%	
1 serving per container	Sat. Fat 6g 28%	Fiber 9g 32%		
Serving Size 13.11 oz (372g)	Trans Fat 0g	Total Sugars 5g		
Calories per serving 530	Cholesterol 80mg 27%	Incl.0g Added Sugars 0%		
	Sodium 1170mg 51%	Protein 33g		
	Vitamin D 0% • Calcium 10% • Iron 15% • Potassium 15%			

Ingredients:Farro grain salad (steamed farro (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, marinade (peeled garlic, lemon juice, canola oil, olive oil, kosher salt, dried oregano, ground black pepper, smoked paprika), souvlaki veggie medley (yellow squash, zucchini, buttern, pre-sliced mushroom, 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

CONTAINS: Milk, Wheat

GOLDEN COUSCOUS BOWL

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 51g	66%	Total Carb. 80g	29%	
1 serving per container	Sat. Fat 3.5g 18%	Fiber 12g 44%		
Serving Size 14.7 oz (416g)	Trans Fat 0g	Total Sugars 17g		
Calories per serving 840	Cholesterol 0mg 0%	Incl.0g Added Sugars 17%		
	Sodium 890mg 39%	Protein 15g		
	Vitamin D 0% • Calcium 15% • Iron 35% • Potassium 25%			

Ingredients: Israeli Couscous Salad [couscous (water, couscous), canola oil, olive oil, golden raisins, lemon juice, parsley, ras-el-hanout, salt, mint, turmeric, black pepper], Spiced Chickpeas and Carrots (carrots (carrots, chickpeas (chickpeas, water, salt), canola oil, olive oil, sesame seeds, brown sugar, cumin, garlic powder, smoked paprika, coriander, black pepper, salt), Roasted Onions and Peppers (bell pepper, onion, canola oil, olive oil, salt, black pepper), Lemon Herb Sauce [veganaise (canola oil, water, brown rice syrup, apple cider vinegar, soy protein, salt, mustard flour, lemon juice concentrate), lemon juice, garlic, mint, parsley, dill, brown sugar, salt, black pepper], spinach, parsley, almonds

CONTAINS: Soy, Wheat, Tree Nuts (Almonds)



BALSAMIC CHICKEN GRAIN BOWL

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 23g	30%	Total Carb. 57g	21%
1 serving per container	Sat. Fat 5g	27%	Fiber 6g	22%
	Trans Fat 0g		Total Sugars 24g	
Serving Size	Cholesterol 90mg	30%	Incl.7g Added Sugars	24%
12.25 oz (347g)	Sodium 600mg	26%	Protein 32g	
Calories per serving 560	Vitamin D 0% • Calcium 15% • Iron 25% • Potassium 15%			

Ingredients: Chickpea Grain Salad [couscous (water, couscous), lentils (water, lentils), quinoa (water, quinoa), chickpeas (chickpeas, water, salt), red bell pepper, butter, lemon juice, canola oil, olive oil, black pepper, salt], Balsamic Chicken [chicken, honey, balsamic vinegar (contains naturally occurring sulfites), soy sauce, garlic], Oven Blistered Tomatoes (cherry tomatoes, canola oil, olive oil), baby spinach, Balsamic Glaze [balsamic vinegar (contains naturally occurring sulfites), brown sugar], almonds, parmesan cheese, parsley

CONTAINS: Milk, Soy, Wheat, Tree Nuts (Almonds)

HOMEGIRL SALMON ADOBO

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 20g	25%	Total Carb. 40g	15%
1 serving per container	Sat. Fat 2g	10%	Fiber 12g	44%
	Trans Fat 0g		Total Sugars 11g	
Serving Size	Cholesterol 55mg	18%	Incl.0g Added Sugars	0%
12.64 oz (358g)	Sodium 1200mg	52%	Protein 31g	
Calories per serving 440	Vitamin D 0% • Calcium 15% • Iron 30% • Potassium 30%			

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

CONTAINS: Fish (Salmon)



PESTO CHICKEN WRAP

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 46g	70%	Total Carb. 61g	20%
	Sat. Fat 10g	50%	Fiber 4g	16%
	Trans Fat 0g		Total Sugars 4g	
Serving Size 10.05 oz (285g)	Cholesterol 110mg	37%	Incl.0g Added Sugars	0%
	Sodium 1050mg	44%	Protein 34g	
Calories per serving 810	Vitamin D 0% • Calcium 20% • Iron 30% • Potassium 0%			

Ingredients: Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Pesto Chicken (chicken, canola oil, olive oil, lemon juice, garlic, black pepper, salt, pesto aioli [mayonnaise (soybean oil, water, egg, vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), canola oil, olive oil, basil, mint, water, garlic, parmesan, lemon juice, salt]), Mozzarella (mozzarella, canola oil, olive oil, salt, black pepper), Mixed Greens (romaine, red cabbage, arugula), Roasted Red Pepper (red bell pepper, canola oil, olive oil, garlic, salt, black pepper), sun dried to

CONTAINS: Milk, Eggs, Soy, Wheat

SPICED POTATO & CHICKPEA WRAP

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 30g	38%	Total Carb. 116g	42%
	Sat. Fat 3g	15%	Fiber 15g	55%
	Trans Fat 0g		Total Sugars 15g	
Serving Size 11.45 oz (325g)	Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
	Sodium 1060mg	46%	Protein 20g	
Calories per serving 810	Vitamin D 0% • Calcium 10% • Iron 50% • Potassium 25%			

Ingredients: Low Sodium Tortilla [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Spiced Potato Salad [roasted yukon gold potatoes (potato, canola oil, olive oil, garlic, salt, dried thyme), peas, roasted sweet potatoes (yam, canola oil, olive oil, salt, black pepper), golden raisins, veganaise (expeller-pressed canola oil, water, brown rice syrup, apple cider vinegar, soy protein, salt, mustard flour, lemon juice concentrate), lemon juice, ginger, lime juice, coriander, cumin, fennel, garam masala (cardamom, black pepper, cumin, cinnamon, cayenne), serrano chili, cayenne pepper], Cilantro Ginger Chickpeas (chickpeas, cilantro ginger sauce [cilantro, veganaise (expeller-pressed canola oil, water, brown rice syrup, apple cider vinegar, soy protein, salt, mustard flour, lemon juice concentrate), ginger, lemon juice, brown sugar, canola oil, olive oil, mint, cumin, salt, serrano chili, coriander, black pepper], hummus [chickpeas (water, chickpeas), water, tahini (ground sesame), soybean oil, garlic, salt, citric acid, potassium sorbate), lemon juice, salt), cucumber, Pickled Carrots [carrots, pickling liquid (brown sugar, distilled white vinegar)], green onion

CONTAINS: Soy, Wheat

BUFFALO CHICKEN WRAP

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 26g	40%	Total Carb. 61g	20%
	Sat. Fat 6g	31%	Fiber 4g	17%
	Trans Fat 0g		Total Sugars 3g	
Serving Size 11.38 oz (323g)	Cholesterol 100mg	33%	Incl.7g Added Sugars	24%
	Sodium 1280mg	53%	Protein 32g	
Calories per serving 620	Vitamin D 6% • Calcium 8% • Iron 30% • Potassium 0%			

Ingredients: Buffalo Chicken Mix (chicken breast [chicken, marinade (canola oil, olive oil, lemon juice, garlic, black pepper, salt)], buffalo dressing [buffalo sauce (distilled vinegar, cayenne, salt, water, food starch, canola oil, paprika, carrot fiber, xanthan gum, natural butter type flavor, garlic powder), gorgonzola cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin)], parmesan dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaris, l. acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum, buttermilk]), Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), water, vegetable shortening (Contains one of more of the following: Palm oil and/or Corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening) Sodium acid pyrophosphate, Sodium bicarbonate, Corn starch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono-and Diglycerides, Sodium metabisulphite), Caesar Salad Mix (romaine, red cabbage, arugula), carrot, cucumber

CONTAINS: Milk, Soy, Wheat

CARNITAS BURRITO

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 34g	53%	Total Carb. 86g	29%
	Sat. Fat 12g	58%	Fiber 6g	22%
	Trans Fat 0g		Total Sugars 5g	
Serving Size 11.14 oz (316g)	Cholesterol 80mg	26%	Incl.0g Added Sugars	17%
	Sodium 1210mg	50%	Protein 33g	
Calories per serving 780	Vitamin D 4% • Calcium 25% • Iron 30% • Potassium 0%			

Ingredients: Verde Rice [brown rice (water, brown rice, canola oil, olive oil), onion, cilantro, salsa verde (tomatillo, green bell pepper, onion, lime juice, canola oil, olive oil, garlic, cilantro, jalapeño, salt, water)], Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Pulled Pork {pork, water, marinade [ketchup, molasses, lemon juice, brown sugar, worcestershire sauce (apple cider vinegar, molasses, tamar, 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), tomato paste, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate and spices)], salt, garlic powder, black pepper}, cheddar cheese, Roasted Peppers & Onions (red bell pepper, onion, canola oil, olive oil, black pepper, salt), Salsa Roja [tomato, garlic, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices), urfa chili, dried chipotle, canola oil, olive oil]

CONTAINS: Milk, Soy, Wheat

SOUTHWEST CHICKEN BURRITO

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 31g	39%	Total Carb. 86g	31%
	Sat. Fat 8g	38%	Fiber 8g	27%
	Trans Fat 0g		Total Sugars 4g	
Serving Size 12.3oz (348g)	Cholesterol 100mg	33%	Incl.0g Added Sugars	0%
	Sodium 860mg	37%	Protein 35g	
Calories per serving 760	Vitamin D 0% • Calcium 15% • Iron 35% • Potassium 15%			

Ingredients: Low Sodium Tortilla [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Southwest Rice [brown rice (water, brown rice, canola oil, olive oil), black beans (black beans, water, salt), fire roasted corn (corn, canola oil, olive oil), cilantro, lime juice, cumin, black pepper, salt], Chili-Lime Chicken [chicken, canola oil, olive oil, seasoning (chili powder, hungarian paprika, garlic powder, cumin, black pepper, coriander, dried oregano, smoked paprika), lime juice, salt], Fajita Peppers and Onions (onion, green bell pepper, red bell pepper, canola oil, olive oil, black pepper, salt), Pickled Onion (onion, lime juice), white cheddar cheese, Chipotle Lime Sauce [mayonnaise (soybean oil, water, egg, vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), fire roasted tomatoes (tomato, tomato juice, salt, calcium chloride, citric acid), sour cream, chipotle in adobo (chipotle peppers, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices), lime juice, brown sugar, salt, coriander, chipotle chili powder, cumin, garlic powder, black pepper]

CONTAINS: Eggs, Milk, Soy, Wheat



MONICA'S BREAKFAST BURRITO

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 12g	15%	Total Carb. 78g	28%
	Sat. Fat 11g	55%	Fiber 6g	23%
	Trans Fat 0g		Total Sugars 1g	
Serving Size 9.89 oz (280g)	Cholesterol 185mg	61%	Incl.0g Added Sugars	0%
Calories per serving 610	Sodium 840mg	36%	Protein 31g	
	Vitamin D 6% • Calcium 6% • Iron 15% • Potassium 0%			

Ingredients: Chile & Onion Wrap [enriched unbleached wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono & diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), onion powder, red pepper flakes, white vinegar, oat fiber, sugar, malted barley flour, cellulose gum], Black Beans (black beans, water, salt), Scrambled Eggs [whole egg (whole egg, citric acid, water), salt], Brown Rice Mix [brown rice (water, brown rice, canola oil, olive oil), onion, cilantro], Monterey Jack Cheese (pasteurized milk, cheese culture, salt, enzymes, potato starch, corn starch, powdered cellulose), Salsa Roja [tomato, garlic, canola oil, olive oil, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices), urfa chili, rehydrated dried chipotle]

CONTAINS: Milk, Eggs, Soy, Wheat

SCRAMBLED EGGS & VEGGIES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 26g	34%	Total Carb. 31g	11%
	Sat. Fat 9g	43%	Fiber 5g	19%
	Trans Fat 0g		Total Sugars 3g	
Serving Size 9.9 oz (281g)	Cholesterol 240mg	80%	Incl.0g Added Sugars	0%
Calories per serving 420	Sodium 820mg	36%	Protein 20g	
	Vitamin D 8% • Calcium 25% • Iron 20% • Potassium 25%			

Ingredients: Roasted Potato Hash (sweet potato, yukon gold potato, canola oil, olive oil, salt, black pepper, garlic, dried thyme), Scrambled Eggs [whole egg (whole egg, citric acid, water), salt], Roasted Mushrooms (mushrooms, canola oil, olive oil, salt, black pepper), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto, potato starch, powdered cellulose) Salsa Roja [tomato, garlic, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, RBD vegetable soybean oil, starch, dressing concentrate, spices), urfa chili, dried chipotle, canola oil, olive oil], spinach

CONTAINS: Milk, Eggs

SOUTHWEST BREAKFAST BOWL

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 24g	31%	Total Carb. 23g	8%
	Sat. Fat 7g	35%	Fiber 4g	15%
	Trans Fat 0g		Total Sugars 5g	
Serving Size 7.63 oz (216g)	Cholesterol 210mg	70%	Incl.0g Added Sugars	0%
Calories per serving 360	Sodium 1110mg	48%	Protein 15g	
	Vitamin D 6% • Calcium 15% • Iron 15% • Potassium 15%			

Ingredients: Roasted Peppers and Onions (red bell pepper, onion, canola oil, olive oil, black pepper, salt), Roasted Potatoes (potato, canola oil, olive oil, garlic, salt, dried thyme), Scrambled Eggs [whole egg (whole egg, citric acid, water), salt], Salsa Verde (tomatillo, canola oil, olive oil, water, cilantro, serrano chili, salt, garlic), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color), potato starch, powdered cellulose (added to prevent caking)), green onion

CONTAINS: Milk, Eggs

TURKEY SAUSAGE & EGG WHITE WRAP

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 28g	37%	Total Carb. 71g	26%
	Sat. Fat 9g	44%	Fiber 4g	14%
	Trans Fat 0g		Total Sugars 4g	
Serving Size 10.1 oz (286g)	Cholesterol 50mg	16%	Incl.0g Added Sugars	0%
Calories per serving 660	Sodium 1170mg	51%	Protein 31g	
	Vitamin D 0% • Calcium 2% • Iron 30% • Potassium 10%			

Ingredients: Low Sodium Tortilla [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Scrambled Egg Whites (liquid egg whites), mozzarella cheese (mozzarella cheese (pasteurized milk, skim milk, salt, cheese cultures, enzymes, powdered cellulose, natamycin), turkey maple sausage [turkey, maple syrup, seasoning (salt, dextrose, spice extractives), sodium nitrite, natural sheep casings), spinach, crispy onions (onions, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower, safflower and/or canola oil, salt), sundried tomatoes (tomato, sulfur dioxide)

CONTAINS: Milk, Eggs

OATS WITH FRUIT & NUTS

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 20g	25%	Total Carb. 67g	24%
	Sat. Fat 2.5g	13%	Fiber 11g	38%
	Trans Fat 0g		Total Sugars 28g	
Serving Size 10.46 oz (297g)	Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Calories per serving 480	Sodium 105mg	5%	Protein 12g	
	Vitamin D 0% • Calcium 36% • Iron 10% • Potassium 8%			

Ingredients: Overnight Quinoa & Oats [almond milk (water, almonds), tricalcium phosphate, salt, sunflower lecithin, xanthan gum, guar gum, vitamin a palmitate, vitamin d2 (ergocalciferol), quinoa (water, quinoa), rolled oats, maple syrup, chia seed, vanilla extract], dried cranberries, cashews, peptias

CONTAINS: Tree Nuts (Cashews, Almonds)

CHOCOLATE BROWNIE

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 13g	16%	Total Carb. 39g	14%
	Sat. Fat 3.5g	17%	Fiber 3g	12%
	Trans Fat 0g		Total Sugars 25g	
Serving Size 2.4 oz (68g)	Cholesterol 0mg	0%	Incl. 21g Added Sugars	41%
Calories per serving 260	Sodium 160mg	7%	Protein 3g	
Vitamin D 0% • Calcium 2% • Iron 8% • Potassium 2%				

Ingredients: Sugar, Gluten-Free Flours (Garbanzo Bean Flour, Tapioca Flour, Sorghum Flour, Fava Bean Flour, Potato Starch), Water, Rice Bran Oil, Semisweet Chocolate Chips (Sugar, Unsweetened Cocoa, Cocoa Butter, Dextrose, Sunflower Lecithin), Cocoa Powder, Salt

MAY CONTAIN: Milk

CHOCOLATE CHIP COOKIE BAR

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 14g	18%	Total Carb. 38g	14%
	Sat. Fat 4.5g	22%	Fiber 3g	11%
	Trans Fat 0g		Total Sugars 22g	
Serving Size 2.3 oz (64g)	Cholesterol 0mg	0%	Incl. 16g Added Sugars	31%
Calories per serving 270	Sodium 420mg	18%	Protein 3g	
Vitamin D 0% • Calcium 2% • Iron 8% • Potassium 2%				

Ingredients: Sorghum Flour, Sugar, Semisweet Chocolate Chips (Sugar, Unsweetened Cocoa, Cocoa Butter, Dextrose, Sunflower Lecithin), Rice Bran Oil, Brown Sugar, Water, Butter (High Oleic Sunflower Oil, Cocoa Butter, Coconut Cream (Coconut Extract, Water), Coconut Oil, Natural Flavors, Sea Salt, Cultured Dextrose, Sunflower Lecithin, Nutritional Yeast, Lactic Acid, Chickpeas, Vitamin A Palmitate, Vitamin D2, Annatto Extract), Vanilla Extract, Baking Soda (Sodium Bicarbonate), Flaxseeds, Xanthan Gum, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate)

CONTAINS: Tree Nuts (Coconut)

MAY CONTAIN: Milk

PEANUT BUTTER COOKIE BAR

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 15g	19%	Total Carb. 29g	10%
	Sat. Fat 2.5g	12%	Fiber 1g	4%
	Trans Fat 0g		Total Sugars 17g	
Serving Size 2.3 oz (64g)	Cholesterol 0mg	0%	Incl. 16g Added Sugars	32%
Calories per serving 420	Sodium 320mg	14%	Protein 9g	
Vitamin D 0% • Calcium 4% • Iron 8% • Potassium 4%				

Ingredients: Peanut Butter (Roasted Peanuts, Sea Salt), Brown Sugar, Gluten-Free Flours (Garbanzo Bean Flour, Tapioca Flour, Sorghum Flour, Fava Bean Flour, Potato Starch), Water, Organic Flaxseed Meal, Vanilla Extract, Baking Soda (Sodium Bicarbonate), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt

CONTAINS: Peanuts