

Nutrition Facts

Organic Raspberry Protein Smoothie

calories 191

% Daily Value *

Total Fat 3 g	4 %
Saturated Fat 0 g	2 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 159 mg	7 %
Potassium 399 mg	11 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 5 g	21 %
Sugars 10 g	
Protein 15 g	30 %
Vitamin A	36 %
Vitamin C	39 %
Calcium	54 %

Blue Chickpea Taco

calories 194

Total Fat 8 g	12 %
Saturated Fat 1 g	3 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 170 mg	7 %
Potassium 496 mg	14 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 8 g	32 %
Sugars 7 g	
Protein 7 g	14 %
Vitamin A	131 %
Vitamin C	44 %
Calcium	5 %
Iron	15 %

Meal Replacement Salad

calories 199

% Daily Value *

Total Fat 7 g	11 %
Saturated Fat 1 g	3 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 124 mg	5 %
Potassium 287 mg	8 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 7 g	27 %
Sugars 11 g	
Protein 8 g	16 %
Vitamin A	221 %
Vitamin C	222 %
Calcium	19 %
Iron	18 %

High Protein Burger

calories 247 (Beef Burger has 354 calories)

% Daily Value *

Total Fat 3 g	4 % (Beef Burger has 17%)
Saturated Fat 0 g	1 %
Trans Fat 0 g	
Cholesterol 0 mg	0 % (Beef Burger has 18%)
Sodium 186 mg	8 % (Beef Burger has 20%)
Potassium 873 mg	25 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 20 g	82 % (Beef Burger has 4%)
Sugars 11 g	
Protein 22 g	45 % (Beef Burger has 20g)
Vitamin A	12 % (Beef Burger has 0)
Vitamin C	78 % (Beef Burger has 0)
Calcium	5 %
Iron	45 % (Beef burger has 18%)

Steamed Squash

calories 49

% Daily Value *

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 8 mg 0 %

Potassium 195 mg 6 %

Total Carbohydrate 7 g 2 %

Dietary Fiber 3 g 11 %

Sugars 3 g

Protein 5 g 9 %

Vitamin A 6 %

Vitamin C 35 %

Cauliflower Salad

calories 190

% Daily Value *

Total Fat 12 g 18 %

Saturated Fat 2 g 9 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 111 mg 5 %

Potassium 411 mg 12 %

Total Carbohydrate 13 g 4 %

Dietary Fiber 6 g 24 %

Sugars 4 g

Protein 10 g 20 %

Vitamin A 3 %

Vitamin C 79 %

Zucchini Salad

calories 183

% Daily Value *

Total Fat 11 g 17 %

Saturated Fat 2 g 8 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 27 mg 1 %

Potassium 711 mg 20 %

Total Carbohydrate 13 g 4 %

Dietary Fiber 8 g 31 %

Sugars 3 g

Protein 6 g 12 %

Vitamin A 12 %

Vitamin C 40 %

Purple Cabbage Burrito

calories 331

% Daily Value *

Total Fat 20 g 31 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 250 mg 10 %

Potassium 849 mg 24 %

Total Carbohydrate 33 g 11 %

Dietary Fiber 13 g 50 %

Sugars 12 g

Protein 12 g 25 %

Vitamin A 160 %

Vitamin C 302 %

Calcium 10 %

Iron 25 %

Red Beans and Rice

calories 307

% Daily Value *

Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 426 mg	18 %
Potassium 476 mg	14 %
Total Carbohydrate 51 g	17 %
Dietary Fiber 9 g	34 %
Sugars 3 g	
Protein 13 g	26 %
Vitamin A	2 %
Vitamin C	2 %
Calcium	5 %
Iron	15 %

Pita Pizza

calories 342

% Daily Value *

Total Fat 12 g	18 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 326 mg	14 %
Potassium 1236 mg	35 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 10 g	40 %
Sugars 9 g	
Protein 14 g	27 %
Vitamin A	76 %
Vitamin C	23 %
Calcium	6 %
Iron	24 %

Mock Chik Wrap

calories 370

% Daily Value *

Total Fat 16 g 24 %

Saturated Fat 2 g 11 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 492 mg 20 %

Potassium 344 mg 10 %

Total Carbohydrate 45 g 15 %

Dietary Fiber 12 g 47 %

Sugars 6 g

Protein 20 g 40 %

Vitamin A 41 %

Vitamin C 17 %

Calcium 7 %

Iron 26 %