



**AvoHealth:** Offers a healthy balance of foods, recipes and meal plans that focus on incorporating avocados as the predominant source of healthy fats throughout the day.

**Balanced:** Provides foods, recipes and meals that offer a healthy balance and variety of nutrients. The overall weekly macronutrient percentages follow the DRI (Dietary Reference Guidelines), and they are approximately the median of the Acceptable Macronutrient Distribution Range (AMDR) with Carbohydrates (55%), Protein (23%) and Fat (22%).

**Carb Focused:** Provides foods, recipes and meals that offer a healthy balance and variety of nutrients. The overall weekly macronutrient percentages are within the Acceptable Macronutrient Distribution Range (AMDR) but provide the higher end of the range for carbohydrates with Carbohydrates (60%), Protein (20%) and Fat (20%).

**Gluten Free:** Gluten-free items for all foods, recipes and meals that offer a healthy balance and variety of nutrients. Created specifically for individuals with gluten intolerance/sensitivities, or those who simply choose to eliminate gluten products from their diets.

**Gluten & Lactose Free:** Includes only foods & recipes that do not contain gluten or lactose (see individual descriptions).

**Gluten, Lactose & Soy Free:** Includes only foods & recipes that do not contain gluten or lactose (see individual descriptions), or soy-based ingredients.

**Gluten & Soy Free:** Includes only foods & recipes that do not contain gluten (see individual description), or soy-based ingredients.

**Holistic Nutrition:** Foods, recipes and meals that offer a healthy balance and variety of nutrients that exist in their "natural state" and have not been altered (such as reduced fat or carbohydrate options). Follows the nutritional philosophies of the National Association of Nutrition Professionals (NANP).

**Keto-Protein Focused:** Foods, recipes and meals that offer a healthy balance while following the Ketogenic principles for daily carbohydrates (5%). The overall daily macronutrient percentages provide a higher ratio for Protein/Fat (45/50%), than traditional Ketogenic Diets.

**Lactose Free:** Created specifically for individuals who are lactose intolerant, have lactose sensitivities, or those who simply choose not to consume dairy or lactose-containing foods.

**Low Carb:** The overall weekly macronutrient percentages provide the higher end of the range for protein and the lower end for carbohydrates with Carbohydrates (25%), Protein (40%) and Fat (35%).

**Low Glycemic:** Foods, recipes and meals that minimize the glycemic or blood sugar response and offer a healthy balance and variety of nutrients. Ideal for individuals with diabetes/metabolic syndrome, or those who simply choose to follow a low to moderate glycemic diet.

**Protein Focused:** The overall weekly macronutrient percentages are within the Acceptable Macronutrient Distribution Range (AMDR) but provide the higher end of the range for protein and the lower end for carbohydrates with Carbohydrates (45%), Protein (35%) and Fat (20%).

**Teen Friendly:** Food choices and meals cater to the younger population and follow the daily DRI macronutrient percentages with Carbohydrates (55%), Protein (20%), and Fat (25%).

**Vegan:** Foods, recipes and meals that offer a healthy balance and variety of nutrients with no animal products or by-products (i.e.: animal meat or dairy). Caters specifically to individuals who have adopted a vegan lifestyle.

**Vegetarian:** Foods, recipes and meals that offer a healthy balance and variety of nutrients with no animal products (i.e.: meat or fish). Caters specifically to individuals who have adopted a vegetarian lifestyle and choose to still include eggs and dairy products in their diets

**Anti-Inflammatory:** Offers a healthy balance of foods & recipes that are widely accepted by the medical & nutrition communities as having reduced inflammation in the body with regards to digestion & metabolism. Foods provided are mostly in their raw state and include fruits, vegetables, legumes, as well as prepared whole grains, legumes and essential fatty acids from fish & seafood.

**DASH:** Foods, recipes and meals that offer a healthy balance while following the DASH (Dietary Approaches to Stop Hypertension) principles. Ideal for individuals needing diets higher in fruits/vegetables, whole grains & healthy fats, while limiting sodium, simple carbohydrates and red meat.

**Mediterranean:** Foods and recipes emphasize plant-based foods with focusing on fruits/vegetables, legumes, fish/seafood and healthy fats.

**Paleo:** Foods and recipes follow the Paleo principles of nutrition, and emphasize lean meats, fruits, vegetables, vegetable oils and nuts/seeds. Macronutrient percentages provide an evenly balanced ratio for Carbohydrates (35%), Protein (30%), and Fat (35%).

