

Visionary Kitchen Nutrition Facts	Asparagus & Bell Pepper Frittata	Blueberry Bread Pudding	Breakfast Fajitas	Chia Berry Sauce	Chia Jam	Greek Yogurt & Chia Jam Parfait	Do-Ahead Brunch Strata	Huevos Rancheros for 1 (Egg)
	Breakfast pg. 49	Breakfast pg. 42	Breakfast pg. 52	Breakfast pg. 38	Breakfast pg. 38	Breakfast pg. 39	Breakfast pg. 47	Breakfast pg. 41
Servings Per Recipe	6	6	6	12	2	1	12	1
Calories (kcal)	158	262	323	23	28	507	162	144
Fat (g)	11	9	10	1	1	21	7	8
Saturated Fat (g)	4	2	2	0	0	7	2	3
Cholesterol (mg)	254	144	0	0	0	4	147	219
Sodium (mg)	310	213	461	1	1	204	323	301
Carbohydrate (g)	5	34	44	4	5	66	15	9
Dietary Fiber (g)	1	3	10	1	2	16	2	4
Sugar (g)	3	23	10	3	3	35	5	4
Protein (g)	12	14	17	0	1	20	11	11
Vitamin A (%DV)	32	5	106	0	0	2	64	157
Beta Carotene (mcg)	712	21	3,004	4	4	48	1,731	4,503
Lycopene (mcg)	390	0	772	0	0	0	160	2,119
Lutein+Zeaxanthin (mcg)	513	165	192	18	18	206	6,762	9,138
Omega-3 (mg)	305	769	122	304	494	2,848	207	464
Vitamin B6 (%DV)	10	10	25	1	1	17	11	13
Vitamin B9 (%DV)	15	11	35	1	1	21	11	28
Vitamin B12 (%DV)	16	18	0	0	0	19	12	12
Vitamin C (%DV)	69	9	132	14	14	91	57	24
Vitamin E (%DV)	8	4	12	1	1	8	4	15
Calcium (%DV)	14	26	11	1	1	50	16	18
Iron (%DV)	11	9	21	1	1	20	9	15
Zinc (%DV)	8	16	14	1	1	32	9	8

Visionary Kitchen Nutrition Facts	Huevos Rancheros for 1 (Tofu)	Kale & Salsa Huevos Rancheros	Broccoli & Quinoa Mini Quiches	Omega-3 Pancakes	Orange & Cardamom Granola	Pumpkin Quinoa Breakfast Pudding	Tomato Juice & Smoked Salmon	Turkey Sausage
	Breakfast pg. 41	Breakfast pg. 44	Breakfast pg. 53	Breakfast pg. 48	Breakfast pg. 40	Breakfast pg. 50	Breakfast pg. 44	Breakfast pg. 51
Servings Per Recipe	1	6	9	4	22	6	4	10
Calories (kcal)	145	198	95	359	240	198	226	60
Fat (g)	7	12	6	17	15	8	8	1
Saturated Fat (g)	1	4	2	2	6	2	1	0
Cholesterol (mg)	0	221	148	109	0	141	31	28
Sodium (mg)	258	590	158	340	58	150	128	198
Carbohydrate (g)	10	14	4	41	24	28	25	1
Dietary Fiber (g)	4	3	1	7	4	3	5	0
Sugar (g)	4	3	1	16	8	16	5	0
Protein (g)	12	12	7	16	6	7	15	11
Vitamin A (%DV)	151	247	12	4	1	131	33	5
Beta Carotene (mcg)	4,492	7,186	204	10	24	2,846	864	150
Lycopene (mcg)	2,119	961	0	0	0	0	3,474	0
Lutein+Zeaxanthin (mcg)	8,972	29,878	299	176	49	125	373	121
Omega-3 (mg)	248	416	179	2500	670	589	1,237	16
Vitamin B6 (%DV)	10	20	6	13	7	8	34	14
Vitamin B9 (%DV)	22	16	8	14	8	11	14	2
Vitamin B12 (%DV)	0	12	9	16	0	7	30	4
Vitamin C (%DV)	24	177	36	15	7	12	69	4
Vitamin E (%DV)	16	6	3	7	2	5	6	1
Calcium (%DV)	14	22	8	33	3	6	5	1
Iron (%DV)	17	16	5	14	14	13	11	5
Zinc (%DV)	8	9	5	22	14	11	8	5

Visionary Kitchen Nutrition Facts	Iced Chai	Mean Green Smoothie	Chocolate Mint Smoothie	Matcha Coconut Smoothie	Pumpkin Pie Smoothie	Morning Rise & Shine Smoothie	Yogurt Berry Smoothie	Holiday Hot Spiced Wine
	Drinks pg. 62	Drinks pg. 56	Drinks pg. 59	Drinks pg. 58	Drinks pg. 58	Drinks pg. 56	Drinks pg. 59	Drinks pg. 63
Servings Per Recipe	4	1	1	2	2	2	1	4
Calories (kcal)	34	312	217	249	192	161	254	120
Fat (g)	1	6	3	11	5	3	4	0
Saturated Fat (g)	0	1	1	4	1	0	1	0
Cholesterol (mg)	0	0	0	0	0	0	2	0
Sodium (mg)	16	386	144	149	165	147	48	4
Carbohydrate (g)	5	39	41	31	27	24	45	9
Dietary Fiber (g)	1	12	8	7	4	6	9	2
Sugar (g)	3	16	28	20	19	12	28	1
Protein (g)	2	32	14	14	15	13	16	0
Vitamin A (%DV)	2	360	1	43	99	23	12	1
Beta Carotene (mcg)	1	9,387	40	1,278	2,152	30	342	9
Lycopene (mcg)	0	1	0	0	0	0	0	0
Lutein+Zeaxanthin (mcg)	1	25,826	17	670	10	80	166	14
Omega-3 (mg)	1	1,557	1,176	898	372	1204	1,725	30
Vitamin B6 (%DV)	1	33	11	16	8	4	17	1
Vitamin B9 (%DV)	1	33	9	25	11	9	11	4
Vitamin B12 (%DV)	9	25	0	0	12	0	12	0
Vitamin C (%DV)	1	242	4	19	5	115	84	11
Vitamin E (%DV)	0	8	0	4	2	4	7	1
Calcium (%DV)	7	33	10	7	13	9	19	9
Iron (%DV)	5	44	18	19	18	14	9	4
Zinc (%DV)	1	16	9	8	7	6	5	1

Visionary Kitchen Nutrition Facts	Sum- mertime Gingerade	Apricot & Goji Energy Bites	Chocolate & Coffee Energy Bites	Mango, Cherry & Goji Energy Bites	Matcha & Ginger Energy Bites	Mexican Energy Bites	Carrots & Kale Chips	Mush- room Lentil Pâté To Go!
	Drinks pg. 61	Snacks pg. 67	Snacks pg. 67	Snacks pg. 67	Snacks pg. 67	Snacks pg. 67	Snacks pg. 72	Snacks pg. 75
Servings Per Recipe	2	24	24	24	24	24	6	6
Calories (kcal)	184	51	55	78	54	71	183	133
Fat (g)	5	3	4	4	4	5	12	5
Saturated Fat (g)	0	0	1	1	1	1	2	1
Cholesterol (mg)	0	0	0	0	0	0	0	27
Sodium (mg)	7	25	13	36	25	37	257	389
Carbohydrate (g)	37	4	4	7	4	5	17	14
Dietary Fiber (g)	8	1	1	2	1	1	4	4
Sugar (g)	22	2	1	3	1	3	1	4
Protein (g)	4	2	2	4	2	3	7	10
Vitamin A (%DV)	18	4	0	4	0	1	405	9
Beta Carotene (mcg)	485	30	1	20	1	42	11,834	18
Lycopene (mcg)	6,889	0	0	0	0	0	0	2066
Lutein+Zeaxanthin (mcg)	74	2,060	8	2,060	7	9	44,287	283
Omega-3 (mg)	2,328	547	614	692	614	684	794	310
Vitamin B6 (%DV)	7	2	2	3	2	3	20	10
Vitamin B9 (%DV)	3	2	3	4	2	3	11	20
Vitamin B12 (%DV)	0	0	0	0	0	0	0	28
Vitamin C (%DV)	57	1	0	2	0	4	232	15
Vitamin E (%DV)	3	1	0	1	0	1	5	4
Calcium (%DV)	11	1	2	2	1	2	17	10
Iron (%DV)	4	3	3	5	3	5	23	14
Zinc (%DV)	7	2	2	3	2	3	10	8

Visionary Kitchen Nutrition Facts	Salmon & Black Beans To Go!	Spiced Pepitas	Spiced Walnuts	Trail Mix Sample Recipe	Avocado & Salmon Salad	Carrots & Kale Salad	Shrimp & Roasted Vegetable Salad	Rainbow Coleslaw
	Snacks pg. 71	Snacks pg. 69	Snacks pg. 69	Snacks pg. 70	Salads pg. 79	Salads pg. 78	Salads pg. 87	Salads pg. 84
Servings Per Recipe	4	32	8	17	4	6	6	6
Calories (kcal)	198	49	177	205	353	190	293	76
Fat (g)	5	4	16	13	21	17	11	5
Saturated Fat (g)	1	1	2	4	3	2	3	1
Cholesterol (mg)	40	0	0	0	80	3	149	0
Sodium (mg)	184	2	44	57	359	162	388	94
Carbohydrate (g)	18	2	6	18	10	8	29	8
Dietary Fiber (g)	6	0	2	4	4	3	7	2
Sugar (g)	1	0	2	5	3	4	11	4
Protein (g)	20	2	4	8	31	4	23	1
Vitamin A (%DV)	11	1	0	2	53	128	300	129
Beta Carotene (mcg)	290	20	4	61	1,520	3,574	6,990	3,214
Lycopene (mcg)	585	0	0	0	959	959	639	5
Lutein+Zeaxanthin (mcg)	47	0	4	17	671	5,046	1,778	180
Omega-3 (mg)	1,518	19	2,271	701	3,001	1,318	402	61
Vitamin B6 (%DV)	31	1	7	9	64	9	39	7
Vitamin B9 (%DV)	31	1	6	11	23	14	39	6
Vitamin B12 (%DV)	28	0	0	0	57	0	19	0
Vitamin C (%DV)	18	0	1	5	23	44	262	48
Vitamin E (%DV)	1	0	1	1	10	8	23	5
Calcium (%DV)	4	0	4	4	6	6	16	4
Iron (%DV)	13	7	5	14	13	7	29	3
Zinc (%DV)	9	4	6	10	10	4	17	1

Visionary Kitchen Nutrition Facts	Roasted Summer Squash Salad	Sesame Cucumber "Noodle" Salad	South-western Salad	Sprouted Layer Salad	Steak Salad with Cumin Jalapeño Vinaigrette	Asian Leek & Mushroom Soup	Bison Chili	Kale & Farro Beef Soup
	Salads pg. 81	Salads pg. 82	Salads pg. 80	Salads pg. 84	Salads pg. 89	Soups pg. 96	Soups pg. 102	Soups pg. 99
Servings Per Recipe	6	4	10	10	4	6	8	7
Calories (kcal)	305	263	89	125	432	127	238	158
Fat (g)	26	19	4	8	22	5	9	7
Saturated Fat (g)	7	3	1	1	4	1	3	2
Cholesterol (mg)	28	0	0	0	57	5	39	49
Sodium (mg)	652	440	119	101	319	364	432	230
Carbohydrate (g)	11	23	11	15	21	12	22	4
Dietary Fiber (g)	4	5	3	4	6	1	6	1
Sugar (g)	5	9	2	4	4	5	6	1
Protein (g)	9	6	3	3	39	8	20	19
Vitamin A (%DV)	83	72	15	28	45	10	26	66
Beta Carotene (mcg)	2,407	1,885	394	727	1,323	294	694	1,757
Lycopene (mcg)	639	1	317	874	0	0	7,397	0
Lutein+Zeaxanthin (mcg)	7,426	861	169	335	761	516	256	2,876
Omega-3 (mg)	1483	206	65	95	175	56	106	63
Vitamin B6 (%DV)	28	14	6	14	49	10	27	33
Vitamin B9 (%DV)	33	30	13	16	28	8	23	4
Vitamin B12 (%DV)	8	0	0	0	27	0	23	48
Vitamin C (%DV)	62	18	45	92	15	8	72	18
Vitamin E (%DV)	14	20	5	8	13	3	12	4
Calcium (%DV)	23	10	2	2	6	4	6	3
Iron (%DV)	16	22	5	4	21	8	25	16
Zinc (%DV)	12	12	3	4	48	5	27	25

Visionary Kitchen Nutrition Facts	Roasted Tomato & Butternut Squash Soup	Seafood Medley Stew	Vegetable Stock	Fish Stock	Poultry Stock	Beef Stock	Caponata Stuffed Zucchini Cups	Seared Scallops w/ Caviar & Red Pepper Aioli
	Soups pg. 98	Soups pg. 101	Soups pg. 94	Soups pg. 94	Soups pg. 95	Soups pg. 95	Appetizer pg. 115	Appetizer pg. 123
Servings Per Recipe	4	8	4	4	8	8	10	12
Calories (kcal)	259	293	30	38	33	31	89	43
Fat (g)	9	7	2	2	1	1	5	3
Saturated Fat (g)	2	1	0	0	0	1	1	1
Cholesterol (mg)	5	149	0	2	8	7	17	19
Sodium (mg)	570	789	38	363	100	74	139	83
Carbohydrate (g)	39	16	2	1	1	2	7	1
Dietary Fiber (g)	6	3	0	0	0	0	2	0
Sugar (g)	15	6	2	1	1	2	3	0
Protein (g)	8	42	1	4	5	4	5	2
Vitamin A (%DV)	385	39	90	62	49	33	18	3
Beta Carotene (mcg)	7,854	979	2,418	1,513	746	842	451	66
Lycopene (mcg)	4,323	1,404	791	1	1	1,151	937	0
Lutein+Zeaxanthin (mcg)	214	985	967	491	231	301	1,897	37
Omega-3 (mg)	117	735	63	1,125	247	228	246	353
Vitamin B6 (%DV)	31	25	8	26	25	25	14	2
Vitamin B9 (%DV)	25	26	13	9	12	5	11	1
Vitamin B12 (%DV)	0	201	0	89	24	52	18	11
Vitamin C (%DV)	102	80	25	11	9	8	39	8
Vitamin E (%DV)	22	11	5	4	1	2	6	3
Calcium (%DV)	12	11	4	4	3	2	8	1
Iron (%DV)	13	32	6	10	11	16	6	2
Zinc (%DV)	6	32	2	4	14	26	4	1

Visionary Kitchen Nutrition Facts	Jalapeño Mango Ceviche	Curried Cod Bites	Spicy Green Chili Dev- iled Eggs	Shrimp Gazpacho Cucumber Cups	Guaca- mole Cucumber Cups	Italian Dipping Sauce	Pesto Roasted Tomato Bruchetta	Portabello Pizza
	Appetizer pg. 111	Appetizer pg. 120	Appetizer pg. 118	Appetizer pg. 113	Appetizer pg. 113	Appetizer pg. 106	Appetizer pg. 107	Appetizer pg. 116
Servings Per Recipe	4	8	6	10	8	10	9	6
Calories (kcal)	82	127	94	63	79	48	181	105
Fat (g)	1	4	7	2	5	4	9	6
Saturated Fat (g)	0	1	2	0	1	1	1	2
Cholesterol (mg)	21	27	216	66	0	1	35	11
Sodium (mg)	112	191	215	195	92	76	352	362
Carbohydrate (g)	7	1	1	4	8	2	16	8
Dietary Fiber (g)	1	0	0	1	3	0	3	2
Sugar (g)	3	0	1	2	3	1	4	3
Protein (g)	12	18	7	8	2	1	11	7
Vitamin A (%DV)	11	3	11	13	7	3	23	7
Beta Carotene (mcg)	272	0	165	300	192	77	628	164
Lycopene (mcg)	0	0	0	232	293	0	2,342	5,098
Lutein+Zeaxanthin (mcg)	54	0	235	151	213	70	391	110
Omega-3 (mg)	221	452	304	133	43	43	474	139
Vitamin B6 (%DV)	14	15	6	6	8	1	9	7
Vitamin B9 (%DV)	4	3	8	4	11	1	9	6
Vitamin B12 (%DV)	28	17	11	8	1	0	36	7
Vitamin C (%DV)	41	0	8	28	16	3	29	6
Vitamin E (%DV)	3	5	4	4	4	3	9	6
Calcium (%DV)	3	4	4	3	4	2	15	13
Iron (%DV)	2	5	8	8	4	2	11	8
Zinc (%DV)	2	3	5	5	3	1	7	7

Visionary Kitchen Nutrition Facts	Roasted Eggplant Hummus	Salmon Bean Dip	Smoked Salmon Stuffed Celery	Tomato Salmon Poppers	Carrots & Kale Cous-cous With Salmon	Coconut, Garlic & Ginger Mussels	Curried Vegetables & Tofu	Eggplant Lasagna
	Appetizer pg. 108	Appetizer pg. 114	Appetizer pg. 119	Appetizer pg. 118	Entrées pg. 136	Entrées pg. 143	Entrées pg. 145	Entrées pg. 155
Servings Per Recipe	7	9	8	6	6	12	4	8
Calories (kcal)	169	180	87	132	417	154	188	369
Fat (g)	9	5	4	5	16	5	12	15
Saturated Fat (g)	1	1	1	1	2	2	6	5
Cholesterol (mg)	0	27	20	20	92	42	0	58
Sodium (mg)	217	97	172	164	295	499	339	480
Carbohydrate (g)	20	18	3	12	27	7	17	37
Dietary Fiber (g)	8	6	1	3	3	0	6	11
Sugar (g)	6	3	2	3	1	1	6	14
Protein (g)	5	16	10	10	38	18	8	24
Vitamin A (%DV)	7	19	5	24	141	15	142	87
Beta Carotene (mcg)	195	496	144	639	3,838	273	3,586	2,273
Lycopene (mcg)	885	520	0	3,191	0	0	202	7,016
Lutein+Zeaxanthin (mcg)	198	139	130	256	8,929	26	1013	354
Omega-3 (mg)	95	1043	728	748	3,473	727	196	215
Vitamin B6 (%DV)	9	25	15	20	76	7	21	44
Vitamin B9 (%DV)	25	29	6	11	15	18	19	36
Vitamin B12 (%DV)	0	20	14	14	89	299	0	30
Vitamin C (%DV)	13	51	8	31	48	53	177	222
Vitamin E (%DV)	8	3	1	6	4	5	10	50
Calcium (%DV)	4	5	4	3	7	4	16	22
Iron (%DV)	10	11	5	7	12	35	16	24
Zinc (%DV)	6	8	4	5	10	16	8	32

Visionary Kitchen Nutrition Facts	Falafel with Tahini Slaw	Fresh Salmon Burgers	Open Faced Salmon Pan Bagnat	Italian Sausage & Fresh Pesto Pappardelle	Rainbow Trout Tacos	Roasted Asian Wild Salmon	Roasted Vegetables & Israeli Couscous	Saffron, Thyme & Shallot Mussels
	Entrées pg. 152	Entrées pg. 131	Entrées pg. 132	Entrées pg. 149	Entrées pg. 129	Entrées pg. 126	Entrées pg. 147	Entrées pg. 142
Servings Per Recipe	6	4	4	4	6	4	6	12
Calories (kcal)	243	351	292	341	349	531	262	147
Fat (g)	16	13	12	16	16	21	6	5
Saturated Fat (g)	3	2	2	3	3	3	1	1
Cholesterol (mg)	41	62	46	76	66	77	0	42
Sodium (mg)	352	469	349	676	229	785	337	692
Carbohydrate (g)	19	28	23	15	24	50	43	7
Dietary Fiber (g)	7	5	6	5	7	2	5	0
Sugar (g)	4	6	7	6	4	4	5	1
Protein (g)	9	31	23	35	30	38	10	18
Vitamin A (%DV)	110	69	44	29	122	54	150	17
Beta Carotene (mcg)	3,136	2,021	1,160	829	3,539	1,369	4,426	316
Lycopene (mcg)	1	1,171	2,600	0	528	0	320	0
Lutein+Zeaxanthin (mcg)	1,486	1,393	456	5,232	1,505	81	227	106
Omega-3 (mg)	1,004	2,343	1,767	502	1,303	2,927	48	734
Vitamin B6 (%DV)	10	57	49	65	29	79	17	6
Vitamin B9 (%DV)	41	29	23	25	48	28	15	18
Vitamin B12 (%DV)	4	59	45	12	100	74	0	299
Vitamin C (%DV)	50	26	109	83	104	177	97	53
Vitamin E (%DV)	6	6	11	13	8	12	6	6
Calcium (%DV)	11	10	8	20	13	7	11	5
Iron (%DV)	18	16	14	23	20	20	11	34
Zinc (%DV)	15	13	10	19	13	16	7	17

Visionary Kitchen Nutrition Facts	Striped Bass & Mediterranean Tapenade	Shiitake Sesame Salmon & Veggies	Shrimp, Bell Pepper & Snow Peas	Spaghetti Squash & Grass-Fed Beef Ragu	Shrimp & Sweet Potato Spring Rolls	Stuffed Peppers	Easy Smoked Salmon Sushi	Tilapia with California Chili Molé
	Entrées pg. 128	Entrées pg. 139	Entrées pg. 130	Entrées pg. 150	Entrées pg. 135	Entrées pg. 141	Entrées pg. 133	Entrées pg. 138
Servings Per Recipe	6	6	4	4	4	8	4	6
Calories (kcal)	244	439	393	462	329	202	402	237
Fat (g)	9	16	9	17	5	8	13	10
Saturated Fat (g)	2	2	1	6	1	3	2	2
Cholesterol (mg)	69	62	170	81	164	42	62	70
Sodium (mg)	313	244	556	694	616	164	599	339
Carbohydrate (g)	7	46	47	43	45	15	42	7
Dietary Fiber (g)	4	4	4	6	7	5	3	3
Sugar (g)	2	4	8	13	7	5	1	2
Protein (g)	33	27	32	35	26	18	27	32
Vitamin A (%DV)	8	82	93	155	315	39	17	181
Beta Carotene (mcg)	68	2,081	2,351	3,905	9,303	989	470	4,927
Lycopene (mcg)	1,549	0	0	14,965	0	657	0	0
Lutein+Zeaxanthin (mcg)	292	807	478	691	3,536	980	559	10,635
Omega-3 (mg)	1,184	2,343	691	588	471	117	1,965	477
Vitamin B6 (%DV)	36	60	36	53	27	33	61	26
Vitamin B9 (%DV)	10	22	28	23	59	19	18	52
Vitamin B12 (%DV)	8	60	22	48	23	22	59	37
Vitamin C (%DV)	7	87	331	75	63	212	27	44
Vitamin E (%DV)	9	7	20	21	17	9	4	16
Calcium (%DV)	4	10	13	32	14	9	7	11
Iron (%DV)	8	17	33	37	40	15	16	22
Zinc (%DV)	6	15	18	50	25	25	9	8

Visionary Kitchen Nutrition Facts	Coconut Turkey Tenders	Turmeric Chicken	Veggie Burger	Asian Vegetable Stir Fry	Simply Baked Beets	Baked Acorn Squash	Baked Butternut Squash	Baked Spaghetti Squash
	Entrées pg. 146	Entrées pg. 140	Entrées pg. 144	Veg&Grn pg. 164	Veg&Grn pg. 161	Veg&Grn pg. 172	Veg&Grn pg. 172	Veg&Grn pg. 172
Servings Per Recipe	4	4	4	6	6	4	4	4
Calories (kcal)	416	298	201	66	35	53	136	97
Fat (g)	23	12	12	2	0	1	1	3
Saturated Fat (g)	15	2	2	0	0	0	0	0
Cholesterol (mg)	71	82	53	0	0	0	0	0
Sodium (mg)	740	269	417	283	64	3	11	48
Carbohydrate (g)	20	11	18	9	8	11	33	19
Dietary Fiber (g)	5	3	6	2	2	2	6	0
Sugar (g)	11	5	5	3	6	0	6	0
Protein (g)	33	35	7	2	1	1	3	2
Vitamin A (%DV)	11	38	38	60	1	8	595	3
Beta Carotene (mcg)	212	1,021	1,016	1,515	16	237	11,832	0
Lycopene (mcg)	0	0	0	0	0	0	0	0
Lutein+Zeaxanthin (mcg)	101	871	646	134	0	41	0	0
Omega-3 (mg)	86	159	1,772	38	4	37	82	426
Vitamin B6 (%DV)	43	51	14	11	3	8	22	14
Vitamin B9 (%DV)	6	16	17	10	22	5	19	8
Vitamin B12 (%DV)	15	10	3	0	0	0	0	0
Vitamin C (%DV)	12	171	97	93	7	20	98	10
Vitamin E (%DV)	7	14	11	4	0	1	21	1
Calcium (%DV)	16	9	8	3	1	4	13	6
Iron (%DV)	17	13	15	5	4	4	11	5
Zinc (%DV)	18	12	8	4	2	1	3	4

Visionary Kitchen Nutrition Facts	Baked Sweet Potato	Black Beans & Yellow Rice	Braised Carrots & Fennel with Peas	Curried Cauliflower	Garlic & Lemon Broccoli & Cauliflower	German Style Cabbage & Apple Slaw	Parmesan Roasted Asparagus	Quinoa Tabbouleh
	Veg&Grn pg. 172	Veg&Grn pg. 167	Veg&Grn pg. 163	Veg&Grn pg. 165	Veg&Grn pg. 163	Veg&Grn pg. 169	Veg&Grn pg. 162	Veg&Grn pg. 166
Servings Per Recipe	6	6	4	4	8	4	4	4
Calories (kcal)	167	205	99	122	61	168	38	152
Fat (g)	1		4	6	4	4	1	3
Saturated Fat (g)	0	3	1	3	0	1	1	0
Cholesterol (mg)	0	1	0	0	0	0	2	0
Sodium (mg)	103	0	127	212	103	338	39	168
Carbohydrate (g)	38	211	15	15	7	28	5	27
Dietary Fiber (g)	6	5	5	5	2	5	3	5
Sugar (g)	8	3	4	7	2	15	2	3
Protein (g)	3	6	3	4	2	3	3	6
Vitamin A (%DV)	530	80	171	37	6	45	19	55
Beta Carotene (mcg)	15,883	2,339	4,291	1,093	169	1,278	531	1,572
Lycopene (mcg)	0	0	1	0	0	28	0	394
Lutein+Zeaxanthin (mcg)	0	108	1,077	2,355	656	492	845	1,308
Omega-3 (mg)	426	68	37	108	54	111	17	17
Vitamin B6 (%DV)	20	16	7	24	10	19	6	14
Vitamin B9 (%DV)	5	17	12	34	15	9	15	23
Vitamin B12 (%DV)	0	0	0	0	0	0	1	0
Vitamin C (%DV)	7	57	23	127	113	143	12	109
Vitamin E (%DV)	1	6	4	5	4	4	7	7
Calcium (%DV)	6	3	5	8	3	8	5	6
Iron (%DV)	6	8	7	12	3	9	14	17
Zinc (%DV)	4	7	3	5	2	3	5	10

Visionary Kitchen Nutrition Facts	Roasted Vegetable Medley	Turmeric Pearl Onions & Sautéed Kale	Layered Eggplant Tomato Bake	Achiote Lime Marinade	Achiote Lime Vinaigrette	Asian Cucumber Mignonette	Asian Miso Dressing	Barbecue Sauce
	Veg&Grn pg. 170	Veg&Grn pg. 160	Veg&Grn pg. 158	C,D&M pg. 186	C,D&M pg. 176	C,D&M pg. 197	C,D&M pg. 186	C,D&M pg. 178
Servings Per Recipe	6	4	4	4	8	16	8	12
Calories (kcal)	137	111	98	37	47	11	81	50
Fat (g)	5	6	7	3	5	0	7	3
Saturated Fat (g)	1	2	2	0	1	0	1	0
Cholesterol (mg)	4	0	6	0	0	0	0	0
Sodium (mg)	336	330	248	146	83	60	130	74
Carbohydrate (g)	20	15	7	2	1	1	3	7
Dietary Fiber (g)	5	3	2	0	0	0	0	2
Sugar (g)	7	3	4	0	0	0	2	4
Protein (g)	5	3	4	0	0	0	0	1
Vitamin A (%DV)	235	206	17	1	0	2	26	17
Beta Carotene (mcg)	6,508	6,185	458	24	7	12	653	459
Lycopene (mcg)	1	0	2,342	0	0	0	0	4,027
Lutein+Zeaxanthin (mcg)	691	26,503	198	10	2	4	24	59
Omega-3 (mg)	96	149	55	48	44	1	64	36
Vitamin B6 (%DV)	14	13	6	1	0	1	1	6
Vitamin B9 (%DV)	17	9	5	1	0	1	1	3
Vitamin B12 (%DV)	2	0	2	0	0	0	0	0
Vitamin C (%DV)	63	144	24	6	3	2	1	36
Vitamin E (%DV)	6	3	6	3	4	0	5	7
Calcium (%DV)	11	12	9	1	0	0	1	2
Iron (%DV)	9	11	3	2	1	1	1	5
Zinc (%DV)	5	3	3	0	0	0	1	2

Visionary Kitchen Nutrition Facts	California Chili Mole	Chipotle Garlic Spread	Cocktail Sauce	Cumin Jalapeño Dressing	Fresh Marinara	Garlic Achioté Oil	Avocado Goat Cheese Dressing	Guacamole
	C,D&M pg. 177	C,D&M pg. 190	C,D&M pg. 197	C,D&M pg. 183	C,D&M pg. 195	C,D&M pg. 184	C,D&M pg. 177	C,D&M pg. 189
Servings Per Recipe	10	6	5	12	10	54	12	8
Calories (kcal)	84	43	26	58	44	60	55	68
Fat (g)	6	2	0	5	2	7	4	5
Saturated Fat (g)	1	0	0	1	0	1	2	1
Cholesterol (mg)	0	0	0	0	0	0	5	0
Sodium (mg)	200	310	12	70	135	0	95	91
Carbohydrate (g)	8	3	7	2	7	0	2	5
Dietary Fiber (g)	2	0	0	0	2	0	1	3
Sugar (g)	3	2	6	2	4	0	0	1
Protein (g)	2	4	1	0	1	0	3	1
Vitamin A (%DV)	35	2	7	1	19	0	8	5
Beta Carotene (mcg)	52	49	202	24	538	0	146	138
Lycopene (mcg)	0	775	4,011	0	5,757	0	0	293
Lutein+Zeaxanthin (mcg)	18	44	99	11	178	0	264	191
Omega-3 (mg)	29	1	2	47	40	52	15	39
Vitamin B6 (%DV)	12	2	2	1	6	0	4	7
Vitamin B9 (%DV)	3	1	2	0	5	0	5	10
Vitamin B12 (%DV)	0	0	0	0	0	0	0	1
Vitamin C (%DV)	6	9	10	3	25	0	6	13
Vitamin E (%DV)	2	0	2	4	6	5	1	4
Calcium (%DV)	1	2	1	0	3	0	2	3
Iron (%DV)	9	5	2	1	6	0	3	2
Zinc (%DV)	4	3	1	0	2	0	2	2

Visionary Kitchen Nutrition Facts	Home-made Mayo	Indian Yogurt Marinade	Kalamata & Lemon Spread	Parsley Basil Pesto	Roasted Red Pepper Aioli	Salsa Fresca	Salsa Verde	Sun Dried Tomato Vinaigrette
	C,D&M pg. 178	C,D&M pg. 192	C,D&M pg. 190	C,D&M pg. 196	C,D&M pg. 179	C,D&M pg. 189	C,D&M pg. 187	C,D&M pg. 184
Servings Per Recipe	20	4	8	16	16	8	8	12
Calories (kcal)	59	69	40	82	39	22	37	48
Fat (g)	6	0	2	8	4	0	2	5
Saturated Fat (g)	1	0	0	1	1	0	0	1
Cholesterol (mg)	21	1	0	1	0	0	0	0
Sodium (mg)	17	385	190	63	61	152	76	86
Carbohydrate (g)	1	13	3	1	1	5	5	1
Dietary Fiber (g)	0	0	1	0	0	1	2	0
Sugar (g)	1	9	1	0	0	3	3	1
Protein (g)	1	4	3	1	0	1	1	0
Vitamin A (%DV)	1	6	2	10	6	13	4	3
Beta Carotene (mcg)	4	73	69	303	149	355	127	78
Lycopene (mcg)	0	0	775	0	0	1,441	0	649
Lutein+Zeaxanthin (mcg)	19	35	103	371	45	194	391	41
Omega-3 (mg)	66	6	13	227	318	3	19	37
Vitamin B6 (%DV)	1	6	1	1	1	5	4	1
Vitamin B9 (%DV)	1	3	1	3	1	5	4	1
Vitamin B12 (%DV)	1	6	0	1	0	0	0	0
Vitamin C (%DV)	1	10	5	13	17	19	18	4
Vitamin E (%DV)	4	1	1	5	3	2	2	4
Calcium (%DV)	2	14	2	3	0	2	1	1
Iron (%DV)	1	3	5	3	1	2	3	1
Zinc (%DV)	1	5	2	1	0	1	1	0

Visionary Kitchen Nutrition Facts	Tahini Dip	Tzatziki Dip	Walnut Oil Vinaigrette	Almond Macaroons	Balsamic Berries	Chia Berry Popsicle	Chocolate Dipped Fruit	Almond Chocolate Mousse
	C,D&M pg. 193	C,D&M pg. 192	C,D&M pg. 176	Desserts pg. 211	Desserts pg. 208	Desserts pg. 215	Desserts pg. 214	Desserts pg. 217
Servings Per Recipe	8	7	7	15	4	8	8	6
Calories (kcal)	97	35	67	199	105	55	200	246
Fat (g)	9	1	7	15	1	2	11	16
Saturated Fat (g)	1	0	1	4	0	0	8	6
Cholesterol (mg)	0	1	2	0	0	0	0	0
Sodium (mg)	74	76	85	23	7	9	43	10
Carbohydrate (g)	4	5	0	12	25	9	29	28
Dietary Fiber (g)	2	0	0	3	4	3	5	7
Sugar (g)	0	4	0	7	18	5	17	16
Protein (g)	3	3	1	6	1	2	3	4
Vitamin A (%DV)	3	1	1	0	1	1	1	2
Beta Carotene (mcg)	89	7	5	2	21	15	18	36
Lycopene (mcg)	0	0	0	0	0	0	0	0
Lutein+Zeaxanthin (mcg)	92	4	2	3	91	41	33	128
Omega-3 (mg)	63	6	363	4	110	885	58	50
Vitamin B6 (%DV)	2	2	1	1	4	2	12	9
Vitamin B9 (%DV)	5	2	0	2	7	2	6	12
Vitamin B12 (%DV)	0	4	0	1	0	1	1	0
Vitamin C (%DV)	9	6	2	0	94	32	40	7
Vitamin E (%DV)	1	1	3	24	3	2	1	12
Calcium (%DV)	3	9	1	6	3	6	4	5
Iron (%DV)	6	1	1	12	5	1	17	14
Zinc (%DV)	10	3	0	7	5	2	14	13

Visionary Kitchen Nutrition Facts	Orange Chocolate Mousse	Fruit & Nut Squares	Ginger Pumpkin Custard	Hibiscus Tea Berry Gelatin	Melon with Raspberry & Kiwi Sauce	Meringue Berry Basket
	Desserts pg. 217	Desserts pg. 213	Desserts pg. 212	Desserts pg. 211	Desserts pg. 209	Desserts pg. 218
Servings Per Recipe	6	2	8	6	8	8
Calories (kcal)	238	107	232	137	141	93
Fat (g)	16	5	16	0	1	1
Saturated Fat (g)	6	2	5	0	0	0
Cholesterol (mg)	0	0	53	0	0	0
Sodium (mg)	10	2	98	10	19	38
Carbohydrate (g)	26	17	19	30	34	20
Dietary Fiber (g)	6	2	1	4	8	3
Sugar (g)	16	14	13	25	23	16
Protein (g)	3	1	8	5	2	2
Vitamin A (%DV)	2	7	3	13	7	0
Beta Carotene (mcg)	36	204	61	368	198	12
Lycopene (mcg)	0	0	0	0	0	0
Lutein+Zeaxanthin (mcg)	127	21	42	97	226	51
Omega-3 (mg)	493	359	106	71	160	398
Vitamin B6 (%DV)	10	4	5	3	10	2
Vitamin B9 (%DV)	13	2	6	5	14	3
Vitamin B12 (%DV)	0	0	3	0	0	0
Vitamin C (%DV)	9	4	1	53	207	43
Vitamin E (%DV)	5	2	1	4	11	2
Calcium (%DV)	4	2	3	2	5	2
Iron (%DV)	11	3	26	3	5	2
Zinc (%DV)	11	2	15	2	3	2