

## SIGNATURE CHOP SALADS (WITHOUT DRESSING)

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Asian Chicken Chop	230	70	7g	1.5g	0g	35mg	550mg	21g	7g	6g	23g	260%	120%	8%	15%
Asian Chop (no chicken)	160	35	4g	0g	0g	0mg	150mg	24g	8g	8g	9g	290%	150%	10%	15%
Asparagus Tomato Chop LTO	590	180	20g	6g	0g	30mg	700mg	87g	12g	5g	23g	110%	110%	10%	15%
Avocado Cali Chop	290	190	22g	7g	0g	25mg	420mg	18g	9g	4g	11g	110%	60%	15%	8%
Bacon Blue Cheese Chop RETIRED	200	120	13g	7g	0g	45mg	670mg	8g	4g	4g	13g	240%	45%	20%	10%
BBQ Chicken Chop	300	80	8g	1g	0g	35mg	590mg	31g	7g	5g	22g	290%	20%	8%	25%
Brussels sprouts quinoa chop LTO	660	270	29g	10g	0g	55mg	1390mg	81g	12g	23g	27g	35%	140%	20%	15%
Buffalo Chicken Chop	300	110	12g	3.5g	0g	70mg	1520mg	24g	4g	5g	27g	230%	70%	8%	10%
Caesar Chicken Chop	260	90	10g	3g	0g	45mg	830mg	21g	4g	4g	25g	280%	30%	20%	10%
Caesar Chop	230	110	12g	6g	0g	30mg	690mg	21g	4g	4g	17g	280%	40%	30%	10%
California Caprese Chop LTO	210	160	15g	9g	0g	50mg	650mg	5g	2g	1g	20g	25%	10%	40%	2%
Cobb Chopped Salad	430	200	22g	9g	0g	285mg	1600mg	22g	4g	5g	38g	290%	25%	20%	15%
Greek Chicken Chop	320	110	12g	5g	0g	70mg	1260mg	15g	7g	7g	23g	280%	30%	10%	15%
Grilled Alaskan Salmon Chop	200	45	5g	0.5g	0g	45mg	370mg	13g	5g	5g	29g	110%	70%	8%	15%
Harvest Chop	380	210	23g	9g	0g	95mg	1190mg	15g	5g	5g	31g	50%	50%	15%	8%
Harvest Chop (Polaris)	440	260	29g	10g	0g	95mg	1190mg	16g	5g	5g	32g	50%	50%	20%	8%
Honey chipotle chicken chop LTO	310	120	13g	2.5g	0g	35mg	530mg	26g	8g	7g	24g	220%	230%	15%	20%
Honey chipotle chicken kale caesar chop LTO	400	190	21g	12g	0g	90mg	1080mg	19g	6g	5g	39g	320%	210%	50%	15%
Kale bacon caesar chop salad RETIRED	340	210	23g	10g	0g	60mg	960mg	13g	6g	2g	24g	280%	110%	35%	15%
Kale Quinoa Chop	310	50	6g	1g	0g	0mg	310mg	57g	10g	8g	12g	180%	170%	10%	10%
Kale Quinoa Chop (Polaris)	520	100	11g	1.5g	0g	0mg	480mg	94g	13g	8g	19g	180%	170%	10%	10%
Korean Chicken Chop	310	110	12g	2g	0g	35mg	510mg	26g	9g	8g	27g	260%	190%	10%	20%
Korean Chicken Chop (Polaris)	380	160	18g	3g	0g	35mg	550mg	28g	10g	9g	30g	260%	190%	10%	20%
Lemon pepper chicken chop LTO	300	110	11g	5g	0g	70mg	590mg	33g	6g	21g	23g	190%	60%	8%	8%
Mexican caesar chop LTO	500	100	33g	16g	1g	85mg	990mg	26g	4g	8g	25g	310%	60%	80%	10%
Moroccan Kale Quinoa Chop LTO	580	100	11g	1.5g	0g	0mg	500mg	108g	13g	17g	20g	320%	190%	15%	10%
Santorini Mediterranean Chop LTO	220	90	10g	4g	0g	30mg	340mg	27g	5g	10g	9g	240%	90%	60%	10%
Shaved Brussels Sprouts Chop LTO	300	120	13g	6g	0g	65mg	810mg	27g	5g	15g	25g	70%	160%	20%	10%
Shrimp Salad RETIRED	260	120	13g	1.5g	0g	100mg	550mg	22g	8g	8g	18g	170%	50%	10%	10%
Southwest Chipotle Chop	310	80	8g	1g	0g	35mg	570mg	35g	8g	7g	22g	280%	30%	8%	25%
Spicy Inferno Chop RETIRED	190	50	6g	1g	0g	35mg	940mg	17g	5g	5g	20g	300%	100%	6%	10%
Veggie Power Salad RETIRED	280	140	15g	1.5g	0g	0mg	400mg	22g	10g	4g	19g	130%	30%	20%	25%
Watermelon Chop LTO	250	150	16g	5g	0g	30mg	210mg	21g	5g	10g	11g	90%	100%	10%	10%

## SIGNATURE CRAVE-A-BOWLS (WITHOUT DRESSING)

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Asian Chicken Bowl LTO	290	50	5g	1.5g	0g	35mg	1390mg	40g	5g	5g	20g	120%	110%	6%	10%
Brussels sprouts sweet potato bowl LTO	970	280	28g	4g	0g	0mg	1330mg	163g	20g	26g	30g	190%	210%	15%	15%
Buffalo Cauliflower Bowl LTO	360	110	13g	6g	0g	25mg	2190mg	48g	7g	5g	12g	30%	130%	15%	10%
Butternut squash bowl LTO	1120	420	48g	7g	0g	0mg	920mg	158g	22g	21g	29g	240%	80%	10%	15%
Chicken Pesto Bowl LTO	860	200	21g	3.5g	0g	35mg	1180mg	131g	14g	3g	41g	120%	160%	8%	15%
Chipotle sweet potato bowl	390	170	12g	1.5g	0g	0mg	1740mg	61g	10g	8g	12g	290%	140%	10%	20%
Chipotle sweet potato bowl (Polaris)	440	210	16g	2g	0g	0mg	1770mg	63g	11g	8g	14g	290%	140%	10%	20%
Ginger garlic cauliflower rice bowl	240	110	9g	1g	0g	0mg	1250mg	30g	7g	8g	8g	130%	150%	8%	15%
Korean BBQ Chicken Bowl LTO	380	70	8g	1.5g	0g	35mg	1410mg	50g	8g	5g	26g	80%	150%	8%	20%

**SIGNATURE CRAVE-A-BOWLS (WITHOUT DRESSING)**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Mediterranean Bowl	460	110	12g	5g	0g	70mg	2260mg	44g	7g	5g	25g	70%	40%	10%	10%
Mexican Bowl	490	110	12g	5g	0g	60mg	2010mg	63g	10g	5g	33g	20%	40%	6%	35%
Mexican Bowl w/Avo	650	240	27g	8g	0g	60mg	2010mg	71g	16g	5g	35g	25%	50%	8%	35%
Miso carrot bowl LTO	300	60	6g	0.5g	0g	0mg	1480mg	50g	8g	10g	11g	340%	45%	10%	15%
Parmesan cauliflower rice bowl	260	110	9g	2g	0g	< 5mg	1340mg	34g	8g	7g	10g	130%	150%	15%	15%
Quinoa Veggie Bowl	920	250	29g	4.5g	0g	0mg	950mg	143g	23g	6g	30g	110%	40%	8%	30%
Spicy Teriyaki Chicken Bowl	340	70	7g	1.5g	0g	35mg	1400mg	43g	7g	5g	25g	120%	70%	8%	15%

**BUILD YOUR OWN BASE**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO CHOP5 Blend	25	0	0g	0g	0g	0mg	20mg	6g	3g	2g	2g	120%	10%	4%	6%
BYO Cilantro Brown Rice Base	150	10	1g	0g	0g	0mg	960mg	32g	3g	0g	3g	4%	6%	2%	4%
BYO Ginger garlic cauliflower rice base	60	30	3.5g	0g	0g	0mg	260mg	7g	2g	2g	2g	0%	90%	2%	4%
BYO Hot Seasoned Black Beans	90	0	0g	0g	0g	0mg	410mg	16g	5g	0g	6g	0%	0%	4%	25%
BYO Kale Base	40	5	1g	0g	**	0mg	30mg	7g	3g	**	4g	170%	170%	15%	6%
BYO Napa Cabbage base	40	0	0g	0g	**	0mg	30mg	9g	4g	5g	2g	4%	100%	6%	4%
BYO Parmesan Herb Cauliflower Rice Base	90	40	4.5g	2g	0g	10mg	380mg	10g	3g	2g	6g	0%	80%	10%	4%
BYO Quinoa Base	630	130	14g	2.5g	0g	0mg	500mg	109g	10g	0g	21g	0%	2%	0%	0%
BYO Red Cabbage Base	50	0	0g	0g	**	0mg	40mg	11g	3g	6g	2g	35%	150%	8%	6%
BYO Romaine Base	25	0	0g	0g	**	0mg	10mg	5g	3g	2g	2g	270%	10%	6%	8%
BYO Spinach Base	20	0	0g	0g	**	0mg	65mg	3g	2g	0g	2g	160%	40%	8%	15%
BYO Spring Mix Base	20	0	0g	0g	0g	0mg	20mg	4g	2g	0g	2g	60%	60%	6%	4%
BYO Wrap (wrap only)	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g	0%	0%	6%	15%

**BUILD YOUR OWN INGREDIENTS**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO Apples	15	0	0g	0g	**	0mg	0mg	4g	< 1g	3g	0g	0%	2%	0%	0%
BYO Artichoke Hearts	10	0	0g	0g	0g	0mg	90mg	1g	< 1g	0g	0g	0%	0%	0%	4%
BYO Banana Peppers	5	0	0g	0g	0g	0mg	490mg	1g	0g	0g	0g	0%	30%	0%	0%
BYO Bean Sprouts	70	0	0g	0g	**	0mg	0mg	12g	3g	1g	5g	0%	2%	2%	8%
BYO Black Beans Cold	35	0	0g	0g	0g	0mg	95mg	6g	2g	0g	2g	0%	0%	2%	10%
BYO Black Olives	30	25	2.5g	0g	**	0mg	190mg	2g	< 1g	0g	0g	2%	0%	2%	4%
BYO Blue Cheese Crumbles	100	70	8g	5g	0g	25mg	370mg	1g	0g	0g	6g	0%	0%	10%	0%
BYO Broccoli Florets	5	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	10%	0%	0%
BYO cauliflower	5	0	0g	0g	**	0mg	10mg	1g	< 1g	< 1g	< 1g	0%	25%	0%	0%
BYO Celery	0	0	0g	0g	**	0mg	25mg	< 1g	0g	0g	0g	2%	2%	2%	0%
BYO Chow Mein Noodles	45	10	1.5g	0g	0g	0mg	110mg	8g	< 1g	0g	1g	0%	0%	0%	0%
BYO Cilantro Brown Rice Ingredient	80	0	0.5g	0g	0g	0mg	480mg	16g	1g	0g	2g	2%	2%	0%	2%
BYO Corn	40	0	0g	0g	0g	0mg	20mg	8g	1g	2g	1g	0%	4%	0%	4%
BYO Corn Jalapeno	80	20	2.5g	0g	0g	0mg	180mg	11g	2g	2g	2g	0%	10%	0%	6%
BYO Croutons	70	20	2.5g	0g	0g	0mg	190mg	12g	0g	0g	2g	0%	0%	0%	0%
BYO Cucumbers	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	0%	2%	0%	0%
BYO Diced Roma Tomatoes	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g	10%	15%	0%	0%
BYO Dried Cranberries	60	0	0g	0g	**	0mg	0mg	16g	1g	13g	0g	0%	0%	0%	0%
BYO Edamame	50	20	2g	0g	0g	0mg	0mg	4g	2g	2g	5g	0%	8%	2%	6%

**BUILD YOUR OWN INGREDIENTS**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO Feta Cheese Crumbles	80	60	7g	4g	0g	30mg	110mg	1g	0g	1g	4g	0%	0%	2%	0%
BYO Fresh Mushrooms	5	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	< 1g	0%	0%	0%	0%
BYO Fresh Red Peppers	10	0	0g	0g	**	0mg	0mg	2g	< 1g	2g	0g	25%	80%	0%	0%
BYO Garbanzo Beans	35	0	0.5g	0g	0g	0mg	105mg	6g	2g	1g	2g	0%	0%	2%	2%
BYO Ginger garlic cauliflower rice topping	30	15	2g	0g	0g	0mg	130mg	3g	1g	1g	1g	0%	45%	2%	2%
BYO Grated Parmesan	120	80	9g	6g	0g	30mg	480mg	0g	0g	0g	12g	0%	0%	25%	0%
BYO Green Onions	0	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	0g	15%	4%	0%	0%
BYO Hard Boiled Eggs	45	25	3g	1g	**	105mg	35mg	0g	0g	0g	4g	2%	0%	2%	2%
BYO Jalapeno Sliced	0	0	0g	0g	0g	0mg	490mg	< 1g	0g	< 1g	0g	4%	20%	0%	0%
BYO Kalamata Olives	90	0	0g	0g	0g	0mg	730mg	2g	2g	0g	0g	0%	0%	0%	0%
BYO Kale Ingredient	15	0	0g	0g	**	0mg	10mg	2g	1g	**	1g	60%	60%	4%	2%
BYO Maple dijon brussels sprouts LTO	40	10	1.5g	0g	0g	0mg	180mg	7g	1g	4g	1g	6%	50%	2%	4%
BYO - Miso glazed carrots	40	10	1g	0g	0g	0mg	260mg	6g	1g	4g	1g	170%	4%	2%	0%
BYO Napa Cabbage ingredient	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	0%	8%	0%	0%
BYO Peanuts	130	90	11g	2g	**	0mg	95mg	5g	2g	1g	6g	0%	0%	2%	2%
BYO Pecans	120	100	12g	1g	**	0mg	0mg	2g	2g	< 1g	2g	0%	0%	2%	2%
BYO Pico de Gallo	10	0	0g	0g	0g	0mg	65mg	2g	< 1g	1g	0g	6%	15%	0%	0%
BYO Pita chips LTO	70	25	2.5g	0g	0g	0mg	135mg	10g	< 1g	< 1g	2g	0%	0%	0%	4%
BYO Quinoa	210	40	5g	1g	0g	0mg	170mg	36g	3g	0g	7g	0%	0%	0%	0%
BYO Red Cabbage Ingredient	0	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	4%	15%	0%	0%
BYO Red Onions	15	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g	0%	4%	0%	0%
BYO Roasted asparagus LTO	25	15	1.5g	0g	0g	0mg	115mg	2g	< 1g	< 1g	< 1g	6%	4%	2%	6%
BYO Roasted buffalo cauliflower LTO	15	5	1g	0g	0g	0mg	95mg	2g	< 1g	< 1g	0g	0%	20%	0%	2%
BYO Roasted sweet potatoes	60	50	2g	0g	0g	0mg	160mg	9g	1g	2g	< 1g	120%	2%	2%	2%
BYO Romaine Base Ingredient	10	0	0g	0g	**	0mg	0mg	2g	1g	< 1g	< 1g	100%	4%	2%	4%
BYO Sesame seeds LTO	10	5	0.5g	0g	**	0mg	0mg	0g	0g	**	0g	0%	0%	2%	2%
BYO Shaved brussels sprouts LTO	190	10	1.5g	0g	**	0mg	110mg	39g	16g	9g	15g	60%	610%	20%	35%
BYO Shredded Carrots	10	0	0g	0g	0g	0mg	15mg	2g	< 1g	1g	0g	80%	2%	0%	0%
BYO Shredded Cheddar Cheese	90	70	7g	4g	0g	25mg	150mg	< 1g	0g	0g	6g	0%	0%	0%	0%
BYO Spinach Ingredient	0	0	0g	0g	**	0mg	10mg	< 1g	0g	0g	0g	25%	6%	2%	2%
BYO Spring Mix Ingredient	5	0	0g	0g	0g	0mg	10mg	2g	< 1g	0g	< 1g	8%	2%	0%	0%
BYO Strawberries	10	0	0g	0g	**	0mg	0mg	3g	< 1g	2g	0g	0%	35%	0%	0%
BYO Sunflower Seeds	100	80	9g	1g	0g	0mg	70mg	4g	2g	< 1g	3g	0%	0%	2%	4%
BYO Sweet & smokey butternut squash LTO	60	30	3.5g	0.5g	0g	0mg	160mg	9g	1g	3g	< 1g	110%	20%	2%	2%
BYO Tortilla Strips	90	35	3.5g	0g	0g	0mg	35mg	10g	0g	0g	0g	0%	0%	0%	0%
BYO Veggie Medley	70	30	2.5g	0g	0g	0mg	310mg	11g	2g	3g	2g	45%	15%	2%	4%
BYO Watermelon balls LTO	15	0	0g	0g	**	0mg	0mg	4g	0g	4g	0g	6%	8%	0%	0%

**BUILD YOUR OWN PREMIUM ITEMS**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO Alaskan Salmon	110	20	2.5g	0g	0g	45mg	320mg	< 1g	0g	< 1g	21g	0%	0%	2%	6%
BYO Avocado-1/2 avocado	160	120	15g	2g	**	0mg	5mg	9g	7g	< 1g	2g	2%	15%	2%	4%
BYO Lemon oreganatta shrimp	70	20	2g	0g	0g	85mg	580mg	2g	0g	0g	9g	0%	2%	0%	2%
BYO Roasted Honey chipotle chicken	100	10	3.5g	1g	0g	35mg	400mg	0g	0g	0g	16g	0%	0%	0%	2%
BYO Roasted Lemon pepper chicken	100	10	3.5g	1g	0g	35mg	430mg	< 1g	0g	0g	16g	0%	0%	0%	2%

**BUILD YOUR OWN PREMIUM ITEMS**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO Roasted Rotisserie chicken	100	10	3.5g	1g	0g	35mg	410mg	0g	0g	0g	16g	0%	0%	0%	4%
BYO Roasted Tofu	80	40	4.5g	0g	0g	0mg	170mg	2g	2g	0g	8g	0%	0%	10%	8%
BYO Roasted Turkey	70	5	0.5g	0g	0g	40mg	560mg	1g	0g	1g	15g	0%	0%	0%	2%
BYO Smokey Bacon	70	50	5g	2.5g	0g	30mg	390mg	0g	0g	0g	6g	0%	0%	0%	0%

**BUILD YOUR OWN DRESSING**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Ancho chili lime ranch	90	80	9g	2.5g	0g	15mg	260mg	2g	0g	2g	1g	0%	0%	4%	0%
Avocado Green Goddess Dressing	90	80	9g	2g	0g	10mg	320mg	2g	< 1g	< 1g	< 1g	10%	8%	2%	2%
Balsamic vinaigrette	170	160	18g	2.5g	0g	0mg	130mg	2g	0g	2g	0g	0%	0%	0%	2%
BBQ Sauce Drizzle	60	0	0g	0g	0g	0mg	240mg	15g	0g	13g	0g	4%	6%	0%	2%
Blue Cheese Dressing	140	130	14g	2.5g	0g	10mg	400mg	1g	0g	1g	1g	0%	0%	2%	0%
Caesar dressing	130	120	13g	2g	0g	10mg	270mg	3g	0g	< 1g	0g	0%	0%	6%	0%
cholula hot sauce	0	0	0g	0g	0g	0mg	560mg	0g	0g	0g	0g	0%	0%	0%	15%
Citrus Dijon Vinaigrette	130	120	14g	2g	0g	0mg	220mg	2g	0g	< 1g	0g	0%	6%	0%	0%
Franks Buffalo Sauce Drizzle	0	0	0g	0g	0g	0mg	360mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Fresh Squeezed Lemon-1/2	5	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g	0%	20%	0%	0%
Fresh Squeezed Lime-1/2	5	0	0g	0g	**	0mg	0mg	2g	0g	0g	0g	0%	15%	0%	0%
Chipotle Ranch Dressing	70	60	7g	2g	0g	15mg	200mg	2g	0g	2g	< 1g	0%	0%	2%	0%
Greek dressing	100	90	10g	2g	0g	< 5mg	400mg	2g	0g	< 1g	< 1g	0%	0%	0%	0%
Honey Chipotle Drizzle	25	0	0g	0g	0g	0mg	370mg	6g	0g	4g	0g	2%	2%	0%	2%
Honey Mustard Dressing	120	90	9g	0g	0g	< 5mg	115mg	9g	0g	8g	< 1g	0%	0%	0%	0%
Italian dressing	170	160	18g	2g	0g	0mg	180mg	< 1g	0g	0g	< 1g	0%	0%	2%	2%
Jalapeno Lime Vinaigrette	170	170	19g	3g	0g	0mg	150mg	< 1g	0g	0g	0g	2%	2%	0%	0%
Korean BBQ Drizzle	60	0	0g	0g	0g	0mg	330mg	14g	0g	12g	0g	2%	4%	0%	2%
Lemon cilantro dressing	60	50	6g	0.5g	0g	0mg	65mg	1g	0g	0g	0g	15%	8%	0%	2%
Mexican caesar dressing LTO	110	100	11g	2g	0g	5mg	210mg	4g	< 1g	2g	0g	0%	2%	2%	0%
Oil and Vinegar	180	180	20g	3g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Peanut drizzle	60	40	4.5g	0.5g	0g	0mg	110mg	3g	0g	2g	< 1g	0%	0%	0%	0%
Pear Thyme Vinaigrette	120	100	11g	1g	0g	0mg	160mg	6g	1g	3g	0g	0%	4%	2%	10%
Pesto drizzle LTO	100	100	11g	1g	0g	0mg	30mg	0g	0g	0g	0g	2%	0%	2%	0%
Ranch Dressing	70	70	7g	2g	0g	15mg	210mg	1g	0g	1g	< 1g	0%	0%	2%	0%
Sesame Ginger Dressing	120	90	10g	1.5g	0g	0mg	280mg	7g	0g	6g	0g	0%	0%	0%	0%
Sesame glaze LTO	35	25	2.5g	0g	0g	0mg	280mg	3g	0g	2g	0g	0%	0%	0%	0%
Siracha Sauce Drizzle	25	0	0g	0g	0g	0mg	510mg	5g	< 1g	3g	< 1g	8%	20%	0%	2%
Smokey and Spicy Honey Mustard Dressing	100	70	8g	1.5g	0g	10mg	160mg	8g	0g	6g	0g	0%	0%	0%	0%
Soy Dijon Dressing LTO	140	130	14g	2g	0g	0mg	440mg	5g	0g	4g	0g	0%	2%	0%	0%
Spicy Teriyaki Glaze	45	0	0g	0g	0g	0mg	760mg	10g	0g	8g	< 1g	0%	0%	0%	0%
Spicy Thai Dressing	120	110	12g	1g	0g	0mg	230mg	4g	0g	3g	0g	2%	2%	0%	2%
Strawberry Balsamic Vinaigrette	160	150	16g	2.5g	0g	0mg	115mg	5g	0g	4g	0g	0%	0%	0%	0%
Thai Chili Glaze LTO	35	0	0g	0g	0g	0mg	10mg	3g	0g	9g	0g	0%	0%	0%	0%
Yogurt Pesto Drizzle LTO	30	20	2.5g	0g	0g	0mg	85mg	1g	0g	< 1g	< 1g	0%	0%	2%	0%

**SOUPS**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Chicken Noodle Soup-Large	110	25	2.5g	0.5g	0g	20mg	1340mg	15g	1g	4g	5g	0%	0%	2%	4%
Chicken Noodle Soup-Small	60	15	1.5g	0g	0g	10mg	780mg	9g	< 1g	2g	3g	0%	0%	2%	2%
Chicken Tortilla Soup-Large	190	60	6g	0.5g	0g	20mg	1110mg	24g	4g	6g	10g	0%	0%	15%	8%
Chicken Tortilla Soup-Small	110	30	3.5g	0g	0g	10mg	610mg	13g	2g	3g	5g	0%	0%	10%	4%
Italian wedding soup - Large	130	45	5g	2g	0g	15mg	1140mg	16g	1g	3g	5g	0%	0%	2%	6%
Italian wedding soup - Small	90	30	3.5g	1.5g	0g	10mg	790mg	11g	< 1g	2g	4g	0%	0%	0%	4%
Minestrone soup - Large	170	50	6g	0g	0g	0mg	690mg	29g	4g	5g	4g	0%	0%	6%	8%
Minestrone soup - Small	110	35	4g	0g	0g	0mg	470mg	20g	3g	3g	3g	0%	0%	4%	6%
Tomato Bisque Soup-Large	450	320	35g	21g	0.5g	90mg	450mg	28g	4g	15g	6g	0%	0%	10%	10%
Tomato Bisque Soup-Small	270	200	21g	13g	0g	55mg	270mg	17g	3g	9g	3g	0%	0%	6%	6%
Vegetarian Chili-Large	220	25	3g	0g	0g	0mg	1150mg	40g	15g	7g	9g	50%	0%	10%	15%
Vegetarian Chili-Small	140	15	2g	0g	0g	0mg	750mg	26g	10g	5g	6g	35%	0%	8%	10%

**OTHER**

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Chocolate Chip Cookie	370	60	17g	8g	0g	15mg	240mg	53g	2g	32g	4g	0%	0%	2%	2%
Iced Tea-Unsweetened	0	0	0g	**	**	**	20mg	0g	0g	**	0g	**	**	2%	0%
Lemonade	0	0	0g	0g	0g	0mg	40mg	73g	0g	70g	0g	0%	0%	0%	0%