

HUNGRYROOT
NUTRITION
INFORMATION
(per serving)

	Servings per dish	Calories	Calories From Fat	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugar (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Vitamin A (%)	Vitamin C (%)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)	
MEALS																			
Artichoke Cauliflower Dirty Rice	2	260	70	11	40	10	7	<1	8	0	0	1360	53	230	0	22	33	15	
Avocado Bean Southwestern Salad	2	260	100	11	32	10	6	<1	11	0.5	0	640	46	119	0	14	25	11	
Avocado Chickpea Noodle Bowl	2	240	60	16	30	9	3	2	7	1	0	560	0	0	0	7	15	9	
Baked Peanut General Tso's Tofu	2	240	110	8	23	11	6	<1	13	1.5	0	700	28	83	0	7	18	11	
Banana Bread Overnight Oats	2	210	50	9	32	10	6	<1	7	0.5	0	690	0	113	0	8	8	20	
Bangkok Curry Buddha Bowl	2	390	100	15	64	11	13	<1	10	0.5	0	610	190	42	0	18	26	16	
Basil White Bean Carrot Salad	1	290	80	10	46	7	11	<1	9	0	0	5	0	0	0	3	12	0	
Beet Noodle Smashed Chickpeas	2	480	260	24	32	11	7	<1	29	2.8	0	900	23	68	0	31	24	15	
Black Bean Eggplant Hash	2	390	70	8	72	5	2	<1	8	0.5	0	270	20	10	0	6	16	0	
Black Garlic Superblend Saute	2	140	50	7	18	7	7	<1	5	1	0	310	0	117	0	5	4	15	
Broccoli Basil Yuba Bowl	2	110	15	4	20	4	6	<1	1.5	0	0	330	0	0	0	4	6	4	
Butternut Squash Bean Skillet	2	140	35	5	25	7	13	<1	4	0.5	0	380	160	12	0	7	4	14	
Butternut Squash Quinoa Medley	2	190	60	7	28	6	5	<1	7	0.5	0	270	95	40	0	12	19	9	
Butternut Squash Tofu Curry	2	260	90	9	31	8	3	<1	12	1	0	620	20	10	0	9	18	5	
Carrot Artichoke Quinoa Risotto	2	180	60	10	23	8	7	<1	7	0.5	0	330	20	123	0	11	10	15	
Carrot Edamame Peanut Stirfry	2	290	110	13	37	10	10	<1	12	0	0	1050	23	155	0	21	27	15	
Cauliflower Curry Tofu Scramble	2	260	90	10	33	12	8	<1	10	1	0	1010	29	135	0	16	33	14	
Cheesy Artichoke Kohlrabi Noodles	2	150	60	4	20	4	11	<1	7	0	0	290	20	19	0	8	15	11	
Cheesy Barbecue Roasted Carrots	2	140	60	7	16	5	5	<1	7	0	0	240	20	125	0	9	4	15	
Cheesy Bean Sweet Potato Bake	2	140	60	6	17	5	4	<1	7	0	0	230	46	117	0	8	15	11	
Cheesy Butternut Squash Fries	3	460	170	17	56	13	11	<1	19	0.3	0	830	50	32	0	19	41	0	
Cheesy Chickpea Broccoli Casserole	2	270	120	12	31	8	5	<1	14	0.5	0	480	46	142	0	13	23	12	
Cherry Chia Maple Oatmeal	2	300	100	8	42	9	8	<1	12	1.5	0	490	133	15	0	9	18	14	
Chickpea Butternut Squash Skillet	2	290	120	22	20	14	5	<1	13	1.5	0	580	13	75	0	30	23	17	
Chickpea Pita Mezze Platter	2	240	100	15	24	12	9	<1	11	4.9	0	390	13	75	0	28	27	10	
Coconut Curry Cauliflower Rice	1	280	100	14	36	14	14	<1	10	2	0	630	0	233	0	10	8	30	
Cold Peanut Superblend Salad	2	280	90	23	31	11	9	2	8	1	0	410	23	105	0	19	25	12	
Cold Peanut Zucchini Noodles	2	260	120	13	27	8	7	<1	13	0.5	0	380	30	147	0	18	14	11	
Creamy Artichoke Sweet Potato Bowl	2	130	60	5	14	4	4	<1	7	0	0	220	33	87	0	9	12	8	
Creamy Avocado Ceviche Salad	2	280	90	19	33	9	5	2	9	0.5	0	460	70	212	0	18	22	19	
Creamy Avocado Lentil Sprouts	2	390	210	19	26	13	8	2	23	3	0	700	0	105	0	26	17	14	
Creamy Chickpea Carrot Soup	2	400	210	20	28	13	8	2	23	3	0	730	26	105	0	26	27	14	
Creamy Corn Cauliflower Risotto	2	270	100	21	23	13	5	<1	11	0.5	0	700	0	105	0	29	15	17	
Crispy Coconut Breakfast Hash	2	390	210	19	25	10	8	2	23	3	0	670	8	75	0	25	29	9	
Crispy Greens Sweet Potato Hash	1	250	50	8	36	10	2	<1	9	1	0	700	0	0	0	6	15	10	
Crispy Sprouts Brussels Bake	2	420	250	14	33	6	9	<1	27	2.8	0	680	33	98	0	16	19	9	
Crunchy Curry Beet Noodles	2	240	70	9	34	11	5	<1	9	0.5	0	710	13	79	0	12	19	13	
Crunchy Kalebeet Carrot Chips	2	330	100	11	46	14	14	<1	13	1	0	970	15	15	0	9	28	16	
Crunchy Walnut Date Muesli	1	290	60	9	48	8	10	<1	7	1	0	140	0	2	0	5	11	0	
Cucumber Corn Sweet Potato Chili	2	290	190	5	21	3	6	<1	21	2.3	0	510	23	68	0	6	9	9	
Curried Butternut Squash Soup	2	370	220	16	24	7	5	2	24	3.1	0	510	10	58	0	14	17	11	
Deconstructed Carrot Shepherd's Pie	2	300	120	9	40	11	8	<1	13	1.5	0	760	103	47	0	9	21	11	
Fluffy Maple Chickpea Pancakes	2	270	110	15	31	10	9	<1	11	1.5	0	470	36	139	0	14	25	11	
Garlic Alfredo Burger Bowl	1	260	60	11	49	8	7	<1	7	0	0	180	0	0	0	3	12	0	
Garlicky Tofu Sauteed Peas	2	390	70	10	70	13	11	<1	9	0.5	0	790	180	12	0	11	24	21	
Ginger Brussels Yuba Lo Mein	2	310	130	12	35	10	5	<1	15	0.5	0	770	85	220	0	16	24	15	
Ginger Curry Cauliflower Rice	2	230	80	7	31	7	13	<1	10	0.5	0	660	20	17	0	10	21	11	
Ginger Yuba Broccoli Sauté	2	180	90	6	20	9	7	<1	9	1.5	0	460	13	75	0	7	11	12	
Ginger Yuba Quinoa Bowl	2	210	45	8	36	8	8	<1	5	0	0	810	78	60	0	18	32	9	
Green Chile Mexican Rice	1	140	45	10	14	3	10	<1	5	0	0	130	25	6	20	50	6	0	
Green Goddess Lentil Salad	2	190	25	6	33	8	4	<1	4.5	0.5	0	350	75	30	0	9	17	14	
Hearty Corn Edamame Stew	2	170	15	6	35	7	9	<1	1.5	0	0	330	75	30	0	10	15	13	
Hearty Tofu Kale Salad	2	290	100	15	36	11	8	<1	11	1.4	0	590	88	39	0	30	24	11	
Herbed Chickpea Fonio Salad	2	330	45	10	65	11	15	<1	5	0	0	930	183	38	0	16	35	16	
Indian Curry Cauliflower Mash	2	250	110	10	28	11	5	<1	13	1.5	0	690	21	128	0	5	19	16	
Indian Spiced Carrot Sauté	1	300	100	7	46	10	10	<1	10	2	0	500	150	68	0	12	26	18	
Italian Chickpea Quinoa Bowl	2	360	100	11	49	13	18	<1	13	0.5	0	740	240	38	0	17	30	23	
Italian Herb Cauliflower Pilaf	2	400	230	15	33	11	7	2	26	3.1	0	870	21	128	0	5	23	16	
Kale Cauliflower Burrito Bowl	2	350	120	13	47	10	12	<1	14	0.8	0	710	20	49	0	17	37	26	
Kale Pesto Beet Noodles	2	150	40	4	24	6	8	<1	4	0	0	440	160	16	0	8	4	12	

Kale Pesto Cauliflower Rice	2	460	200	22	42	12	12	<1	22	0.5	0	650	70	183	0	31	42	15
Kale Pesto Sautéed Greens	2	200	50	5	36	6	8	<1	5	1	0	330	113	9	0	3	12	10
Kale Pesto Shaved Brussels	2	120	0	3	28	8	8	<1	0	0	0	330	80	30	0	6	12	17
Kale Salad Guac Burger	2	190	50	6	31	9	9	<1	5	1	0	290	88	109	0	11	21	17
Kale Tofu Coconut Wrap	2	240	70	8	33	10	9	<1	10	5	0	360	26	105	0	5	24	17
Kale Yuba Power Bowl	2	250	50	8	38	7	11	<1	7	0.5	0	810	177	18	0	5	13	16
Kohlrabi Edamame Pesto Pasta	2	250	80	12	29	6	6	<1	11	1	0	470	10	30	0	11	18	4
Kohlrabi Kale Sautéed Greens	2	370	50	20	66	16	16	<1	6	0.4	0	490	186	128	0	30	34	28
Kohlrabi Peanut Takeout Noodles	2	260	90	8	31	8	5	<1	13	1	0	810	15	8	0	3	18	4
Kohlrabi Tofu Eggplant Pasta	2	170	25	8	29	8	6	<1	4.5	0.5	0	330	6	120	0	4	17	16
Lemon Artichoke Quinoa Bowl	2	410	220	16	35	9	13	2	24	3.1	0	620	170	42	0	14	14	16
Lemon Edamame Kale Salad	2	190	70	19	11	8	1	<1	8	0.5	0	390	0	0	0	25	15	6
Lemon Kale Caesar Salad	2	240	50	9	32	10	5	<1	7	0.5	0	760	17	111	0	7	13	16
Lemon Lentils Beet Noodles	1	260	120	18	24	6	6	<1	12	1	0	340	20	60	0	20	20	0
Lemon Quinoa Kale Salad	2	200	50	6	30	8	16	<1	5	1	0	360	8	86	0	6	27	16
Lentil Curried Butternut Squash	2	320	160	10	31	10	14	2	18	2.6	0	490	173	87	0	9	11	23
Maple Raisin Pumpkin Pie Oats	2	280	110	9	35	9	15	<1	12	1.5	0	630	20	21	0	10	25	11
Mean Green Lentil Medley	2	250	100	5	28	10	6	<1	14	1.3	0	580	0	105	0	8	14	15
Mediterranean Chickpea Pickled Beets	2	370	150	22	35	16	16	<1	17	1.3	0	830	210	18	0	34	27	24
Mighty Maca Matcha Milk	2	290	60	12	48	12	17	<1	7	0.8	0	600	210	48	0	15	29	33
Moroccan Chickpea Butternut Tagine	2	220	45	8	37	9	13	<1	5	0	0	930	163	42	0	16	23	12
Moroccan Spiced Chickpea Tagine	2	270	70	13	39	9	8	<1	8	0	0	1230	26	156	0	15	37	12
Pad Thai Fried Rice	1	140	0	4	32	8	16	<1	0	0	0	240	320	24	0	8	0	24
Peanut Lentil Caramelized Brussels	2	270	100	21	22	10	4	<1	11	2.2	0	630	26	105	0	19	23	19
Pesto White Bean Beet Noodles	2	390	210	22	27	13	9	2	23	3	0	740	0	113	0	28	17	19
Pulled Barbecue Jackfruit Skillet	2	160	15	9	30	9	11	<1	1.5	0	0	390	0	113	0	9	6	19
Purple Cabbage Squash Scramble	2	250	70	15	27	9	5	<1	10	0.9	0	640	0	0	0	24	21	4
Quinoa Greens Coconut Wrap	2	200	50	5	36	6	8	<1	5	1	0	330	113	9	0	3	12	10
Red Pepper Cheesy Casserole	2	450	60	22	76	8	4	<1	7	1.3	0	460	13	75	0	20	26	13
Red Pepper Edamame Succotash	2	170	30	5	28	7	11	<1	2.8	0	0	670	179	18	0	4	7	16
Red Pepper Lentil Salad	2	330	70	11	54	8	11	<1	8	0	0	1270	132	41	0	15	36	10
Red Pepper Sautéed Sprouts	2	200	60	19	18	5	4	<1	6	1.3	0	430	8	75	0	18	25	10
Roasted Corn Edamame Salad	2	130	30	4	21	3	3	<1	2.8	0	0	390	92	36	0	6	15	9
Roasted Peanut Vegetable Sauté	2	260	70	8	42	8	8	<1	8	0	0	1280	91	65	0	19	30	11
Savory Kohlrabi Pasta Puttanesca	2	240	80	21	24	8	5	<1	9	1.3	0	960	0	113	0	20	13	20
Savory Olive Carrot Medley	2	190	50	11	22	4	3	<1	8	1.1	0	510	0	0	0	9	14	7
Simply Crispy Carrot Stirfry	2	150	25	3	31	4	6	<1	2.6	0	0	360	113	5	0	3	8	10
Simply Seasoned Carrot Chips	2	300	120	9	38	11	12	<1	13	1.5	0	880	175	24	0	6	14	12
Smoky Avocado Superfood Salad	2	280	40	13	50	10	10	<1	3.8	0	0	310	0	0	0	10	20	0
Southwestern Quinoa Tofu Scramble	2	300	70	9	52	8	11	<1	8	0	0	1170	116	35	0	15	30	10
Spiced Chickpea Cauliflower Rice	2	340	100	22	42	12	7	<1	11	0.5	0	940	113	5	0	28	23	16
Spiced Coconut Sweet Potato Soup	2	320	110	26	31	15	4	<1	12	0.5	0	740	6	124	0	32	28	18
Spiced Tofu Grain Salad	2	250	30	7	50	6	10	<1	2.8	0	0	510	197	14	0	4	18	16
Spicy Black Bean Butternut Noodles	2	340	160	9	38	7	10	2	18	2.6	0	410	116	43	0	4	17	16
Spicy Tofu Cauliflower Rice	2	400	210	19	31	11	15	2	23	3	0	790	0	7	0	26	27	14
Spicy Tofu Quinoa Bowl	2	270	90	13	34	8	5	<1	10	0.5	0	730	87	216	0	16	26	15
Sweet Potato Eggplant Hash	2	200	50	7	32	10	14	<1	5	1	0	410	173	91	0	9	12	20
Sweet Potato Green Chile Tofu	1	270	100	9	31	9	12	<1	10	2	0	500	15	158	0	5	33	10
Sweet Potato Mac'n Cheese	2	170	30	16	24	9	5	2	2.3	0.5	0	240	6	120	0	7	17	16
Sweet Potato Pad Thai	2	190	60	4	31	5	14	3	7	6	0	660	160	12	0	6	6	16
Thai Beet Tofu Stirfry	2	280	30	7	59	10	15	<1	3.5	0	0	640	180	8	0	8	22	22
Thai Coconut Curried Peas	2	170	60	7	25	6	11	3	7	6	0	600	0	113	0	7	6	19
Thai Ginger Curried Carrots	2	250	70	17	28	11	5	2	7	1.5	0	430	50	200	0	14	18	23
Three Bean Sweet Potato Chili	2	340	110	16	47	13	7	<1	12	1.8	0	700	6	154	0	12	36	27
Warm Lentil Moroccan Carrots	2	300	120	9	38	11	12	<1	13	1.5	0	880	175	24	0	6	14	12
White Bean Curried Brussels	2	230	110	8	21	9	2	<1	13	1.5	0	670	15	36	0	6	14	11
Zucchini Lentil Pasta Salad	1	230	35	9	48	6	14	<1	4	0	0	140	12	6	0	6	14	0
Zucchini Noodle Eggplant Bolognese	2	250	100	21	20	10	1	<1	11	0.5	0	680	0	28	0	29	19	13
GRAB-AND-GO																		
Basil Zucchini White Bean Salad	1	140	70	6	17	5	9	<1	8	1	0	520	0	0	0	5	8	3
Crunchy Carrot Lentil Mix	2	140	70	5	14	5	2	<1	8	0.5	0	510	15	8	0	2	10	0
Cucumber Corn Black Bean Salad	2	100	30	3	15	4	5	<1	3.5	0	0	520	0	0	0	4	10	6
Indian Curry Cauliflower Cup	2	200	40	11	29	8	4	<1	4.5	1.5	0	540	0	0	0	4	15	10
Indian Red Lentil Dahl	2	120	60	2	15	1	6	3	7	6	0	540	0	0	0	2	6	4
Italian Herb Chickpea Medley	2	200	60	9	27	6	2	<1	7	0.8	0	420	0	30	0	9	23	15
Mint Kale Avocado Gazpacho	1	300	90	12	42	9	9	<1	11	0	0	1620	6	60	0	24	45	0
Roasted Poblano Corn Gazpacho	1	150	45	4	26	3	6	<1	5	0.5	0	590	0	0	0	2	6	6
Roasted Red Pepper Quinoa Bowl	1	230	45	6	33	6	5	<1	9	1	0	600	0	0	0	2	15	8
Smoky Green Lentil Salad	1	170	80	5	22	6	6	<1	9	1	0	550	0	0	0	3	7	1

Southwestern Chile Corn Chowder	1	90	50	2	9	3	4	<1	6	1	0	520	0	0	0	4	6	10
Spicy Tomato Watermelon Gazpacho	1	90	20	2	19	2	14	<1	2	0	0	410	0	0	0	2	6	10
Thai Coconut Vegetable Curry	2	210	110	8	23	8	3	<1	12	0.8	0	800	30	15	0	3	15	9
Three Bean Veggie Chili	2	100	25	3	18	3	2	<1	3	0	0	550	0	0	0	2	6	2
Vegetable Ceviche Cauliflower Cup	1	260	120	10	26	6	4	<1	14	1	0	540	40	20	0	12	20	0
BASES																		
Beet Noodles	2	50	0	5	10	5	5	<1	0	0	0	65	0	113	0	5	0	15
Butternut Squash Noodles	2	70	0	2	18	4	4	<1	0	0	0	0	88	35	0	7	7	11
Carrot Chips	2	70	0	2	16	4	8	<1	0	0	0	120	160	12	0	4	0	12
Carrot Rice	2	90	0	3	21	6	15	<1	0	0	0	180	210	18	0	6	6	18
Cauliflower Rice	2	70	45	1	6	2	3	<1	5	4.5	0	10	0	0	0	0	6	2
Fonio	2	60	0	2	14	4	11	<1	0	0	0	115	0	7	0	4	11	11
Kohlrabi Noodles	3	170	0	2	39	1	0	<1	0.5	0	0	0	0	0	0	0	4	0
Pea Snaps	2	50	0	5	12	5	3	<1	0	0	0	30	6	120	0	3	9	12
Shaved Brussels	2	45	0	3	8	3	4	<1	0	0	0	0	8	75	0	3	13	5
Turmeric Coconut Wraps	2	45	0	2	9	5	4	<1	0	0	0	25	0	105	0	4	0	11
PROTEINS																		
Braised Lemongrass Tofu Nuggets	1	270	100	23	20	12	5	<1	12	0.8	0	680	0	0	0	45	27	0
Ginger Tahini Yuba Noodles	1	230	60	23	23	8	4	4	4.5	1	0	410	0	0	0	7	15	8
Hearty Tofu Veggie Burger	2	190	70	19	11	8	1	<1	8	0.5	0	390	0	0	0	25	15	6
Savory Spiced Tofu Bites	2	160	60	16	10	3	0	<1	6	1.3	0	430	0	0	0	15	13	5
Sweet Barbecue Chili Jackfruit	1	120	0	3	27	11	11	<1	0	0	0	670	11	0	0	0	5	16
SWEETS																		
Almond Chickpea Cookie Dough	9	110	50	3	12	1	7	1	6	1	0	160	0	0	0	4	6	2
Banana Nut Brownie Bites	9	130	50	6	16	2	8	1	6	1.6	0	125	0	0	0	5	7	2
Black Bean Brownie Batter	9	100	45	5	11	1	7	1	5	1.5	0	110	0	0	0	4	6	2
Coconut Lemon Pie Bites	4	100	70	1	8	2	5	<1	8	7	0	0	0	2	0	0	0	0
Peanut Butter Coconut Cookies	4	110	70	3	8	2	5	<1	8	6	0	10	0	0	0	0	2	0
Vanilla Bean Snickerdoodle Dough	9	90	40	3	10	2	6	<1	4.5	0	0	150	0	0	0	4	4	0
SAUCES																		
Cashew Cheddar	11	25	10	1	2	0	0	<1	1	0	0	140	6	2	0	0	2	0
Chickpea Alfredo	8	40	20	1	4	1	0	<1	2	0	0	160	0	2	0	2	2	0
Coconut Curry	8	45	25	1	4	1	1	<1	2.5	0.5	0	125	0	2	0	0	2	0
Eggplant Caponata	7	20	15	0	2	0	0	<1	1.5	0	0	160	0	0	0	0	0	0
Green Chile	7	20	15	0	2	0	0	<1	1.5	0	0	270	0	0	0	0	0	0
Kale Pesto	8	45	30	1	3	0	0	<1	3.5	0	0	90	10	6	0	2	2	0
Olive Tapenade	2	180	160	0	6	3	0	<1	18	1.5	0	510	0	0	0	6	12	0
Spinach Artichoke Chickpea Dip	8	70	35	2	5	1	1	<1	4	0	0	105	15	10	0	4	8	0
Thai Peanut	7	120	90	3	4	1	1	1	10	1.5	0	190	0	0	0	0	2	2

**HUNGRYROOT ALLERGEN
INFORMATION
October 2018**

Peanuts

Coconut

Almonds

Walnuts

Cashews

Soy

Garlic

Onion

MEALS

Artichoke Cauliflower Dirty Rice							X	X
Avocado Bean Southwestern Salad							X	X
Avocado Chickpea Noodle Bowl						X	X	
Baked Peanut General Tso's Tofu	X					X	X	X
Bangkok Curry Buddha Bowl		X				X	X	X
Beet Noodle Smashed Chickpeas						X	X	
Black Bean Eggplant Hash							X	X
Black Garlic Superblend Saute						X	X	
Broccoli Basil Yuba Bowl						X	X	X
Butternut Squash Bean Skillet							X	X
Butternut Squash Tofu Curry		X				X	X	
Carrot Artichoke Quinoa Risotto							X	X
Carrot Edamame Peanut Stirfry	X	X				X	X	X
Cheesy Artichoke Kohlrabi Noodles				X			X	X
Cheesy Barbecue Roasted Carrots				X			X	X
Cheesy Bean Sweet Potato Bake							X	X
Cheesy Chickpea Broccoli Casserole				X	X		X	X
Chickpea Butternut Squash Skillet						X	X	
Chickpea Pita Mezze Platter							X	X
Cold Peanut Superblend Salad	X					X	X	X
Cold Peanut Zucchini Noodles		X				X	X	X
Creamy Artichoke Sweet Potato Bowl							X	X
Creamy Avocado Ceviche Salad								X
Creamy Avocado Lentil Sprouts							X	X
Creamy Corn Cauliflower Risotto						X	X	X
Crispy Coconut Breakfast Hash		X					X	
Crispy Greens Sweet Potato Hash						X	X	
Crispy Sprouts Brussels Bake				X			X	X
Crunchy Curry Beet Noodles		X					X	
Crunchy Kalebeet Carrot Chips		X					X	
Cucumber Corn Sweet Potato Chili							X	X
Deconstructed Carrot Shepherd's Pie		X					X	X
Garlic Alfredo Burger Bowl						X	X	X
Ginger Brussels Yuba Lo Mein						X	X	

Ginger Curry Cauliflower Rice					X	X
Ginger Yuba Quinoa Bowl				X	X	
Green Chile Mexican Rice					X	X
Green Goddess Lentil Salad					X	X
Hearty Corn Edamame Stew				X	X	X
Hearty Tofu Kale Salad				X	X	X
Herbed Pesto Beet Noodles					X	X
Italian Chickpea Quinoa Bowl				X	X	
Italian Herb Cauliflower Pilaf				X	X	
Kale Cauliflower Burrito Bowl					X	X
Kale Pesto Shaved Brussels				X	X	X
Kale Salad Guac Burger				X	X	X
Kale Tofu Coconut Wrap		X		X	X	
Kale Yuba Power Bowl				X	X	X
Kohlrabi Edamame Pesto Pasta				X	X	X
Kohlrabi Peanut Takeout Noodles		X	X	X	X	X
Kohlrabi Tofu Eggplant Pasta				X	X	X
Lemon Edamame Kale Salad				X	X	X
Lemon Kale Caesar Salad					X	
Lemon Lentils Beet Noodles					X	X
Lentil Curried Butternut Squash		X			X	X
Mean Green Lentil Medley					X	X
Mediterranean Chickpea Pickled Beets				X	X	X
Moroccan Chickpea Butternut Tagine					X	X
Pad Thai Fried Rice		X	X	X	X	X
Peanut Lentil Caramelized Brussels		X	X	X	X	X
Pulled Barbecue Jackfruit Skillet					X	X
Purple Cabbage Squash Scramble			X		X	
Quinoa Greens Coconut Wrap			X		X	
Red Pepper Cheesy Casserole				X	X	X
Red Pepper Edamame Succotash				X	X	X
Red Pepper Lentil Salad				X	X	X
Roasted Peanut Vegetable Sauté		X	X	X	X	X
Savory Olive Carrot Medley				X	X	X
Simply Crispy Carrot Stirfry						
Smoky Avocado Superfood Salad				X	X	
Southwestern Quinoa Tofu Scramble				X	X	
Spiced Tofu Grain Salad				X		
Spicy Tofu Quinoa Bowl				X	X	

Sweet Potato Green Chile Tofu			X	X	X
Sweet Potato Pad Thai	X		X	X	X
Sweet Potato Red Pepper Alfredo				X	
Thai Beet Tofu Stirfry	X		X	X	X
Three Bean Sweet Potato Chili				X	X
Thai Ginger Curried Carrots		X		X	X
Three Bean Veggie Chili				X	X
Warm Lentil Moroccan Carrots		X		X	X
White Bean Curried Brussels			X	X	
Basil White Bean Carrot Salad				X	X
Zucchini Lentil Pasta Salad				X	X
Butternut Squash Quinoa Medley				X	X
Spiced Chickpea Cauliflower Rice				X	X
Spiced Coconut Sweet Potato Soup		X		X	
Spicy Black Bean Butternut Noodles				X	X
Spicy Tofu Cauliflower Rice			X	X	X
Sweet Potato Mac'n Cheese			X	X	X
Thai Coconut Curried Peas		X		X	
Red Pepper Sautéed Sprouts				X	
Lemon Quinoa Kale Salad			X	X	X
Kale Pesto Beet Noodles				X	X
Kale Pesto Cauliflower Rice				X	X
Kale Pesto Sautéed Greens				X	X
Kohlrabi Kale Sautéed Greens				X	X
Simply Seasoned Carrot Chips					
Snap Pea Pesto Soup				X	X
Indian Curry Cauliflower Mash		X		X	
Indian Spiced Carrot Sauté					
Herbed Chickpea Fonio Salad			X	X	
Ginger Yuba Broccoli Sauté			X	X	
Curried Butternut Squash Soup		X		X	
Eggplant Cauliflower Dirty Rice				X	X
Garlicky Tofu Sautéed Peas			X	X	
Cheesy Butternut Squash Fries			X	X	X
Coconut Curry Cauliflower Rice		X		X	
Creamy Chickpea Carrot Soup				X	
Zucchini Noodle Eggplant Bolognese			X	X	X

GRAB-AND-GO

Maple Raisin Pumpkin Pie Oats									
Mighty Maca Matcha Milk		X				X			
Crunchy Walnut Date Muesli				X					
Banana Bread Overnight Oats				X					
Cherry Chia Maple Oatmeal									
Basil Zucchini White Bean Salad							X		X
Crunchy Carrot Lentil Mix							X		X
Cucumber Corn Black Bean Salad							X		X
Indian Curry Cauliflower Cup									
Italian Herb Chickpea Medley						X	X		
Lemon Artichoke Quinoa Bowl							X		X
Mint Kale Avocado Gazpacho							X		
Moroccan Spiced Chickpea Tagine									
Roasted Corn Edamame Salad						X			X
Roasted Poblano Corn Gazpacho							X		X
Roasted Red Pepper Quinoa Bowl							X		
Savory Kohlrabi Pasta Puttanesca							X		
Southwestern Chile Corn Chowder							X		X
Spicy Tomato Watermelon Gazpacho									
Thai Coconut Vegetable Curry			X				X		X
Vegetable Ceviche Cauliflower Cup									X

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
BASES								
Beet Noodles								
Butternut Squash Noodles								
Carrot Chips								
Carrot Rice								
Cauliflower Rice								
Fonio								
Kohlrabi Noodles								
Pea Snaps								
Shaved Brussels								
Turmeric Coconut Wraps		X						

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
PROTEINS								
Braised Lemongrass Tofu Nuggets						X	X	
Ginger Tahini Yuba Noodles						X	X	
Hearty Tofu Veggie Burger						X	X	X
Savory Spiced Tofu Bites						X	X	
Sweet Barbecue Chili Jackfruit							X	X

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
SWEETS								
Almond Chickpea Cookie Dough		X	X					
Banana Nut Brownie Bites		X	X	X				
Black Bean Brownie Batter		X	X					
Coconut Lemon Pie Bites		* (X)	X	X				
Peanut Butter Coconut Cookies	X	X						
Vanilla Bean Snickerdoodle Dough		X	X					

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
SAUCES								
Cashew Cheddar					X			
Chickpea Alfredo							X	
Coconut Curry		X					X	
Eggplant Caponata							X	X
Green Chile							X	X
Kale Pesto							X	X
Olive Tapenade							X	
Spinach Artichoke Chickpea Dip							X	
Thai Peanut	X	X				X	X	X

* (X) denotes product *may contain* the marked allergen