

Get the Good Stuff	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Apple Walnut Salad	96 grams	81	3	0	0	0	15	13	2	10	2	1	10	3	2
Asian Rice Noodle Salad	95 grams	154	9	1	0	0	122	18	1	4	2	11	25	1	2
Baked Chicken w/ BBQ Lemon Honey Sauce	110 grams	120	6	2	0	34	358	5	0	5	11	4	7	1	5
Baked Quinoa Ratatouille Casserole with Feta	369 grams	347	14	5	0	19	637	46	6	7	13	18	120	8	37
Barley Salad with Sweet Corn & Cilantro	120 grams	215	12	2	0	0	264	25	5	2	3	2	8	2	7
Bean Jambalaya	147 mL	137	2	0	0	0	348	26	4	3	5	4	38	7	12
Beef & Barley Soup w/ Black Bean & Spinach 12 oz	355 mL	148	2	0	0	10	606	25	5	3	9	27	10	8	14
Beef & Vegetable Soup 12 oz	355 mL	161	4	1	0	38	467	13	2	3	19	3	8	4	15
Beef & Vegetable Soup 16 oz	473 mL	215	5	1	0	51	615	17	3	5	26	4	12	5	20
Beef Barley Vegetable Soup 12 oz	355 mL	176	2	1	0	26	521	25	5	6	16	23	12	7	17
Beef Barley Vegetable Soup 16 oz	473 mL	234	2	1	0	35	690	33	7	7	21	30	15	10	23
Beef Barley Vegetable Soup 8oz	237 mL	117	1	0	0	18	345	16	3	4	11	15	8	5	11
Bengal Style Tilapia	115 grams	206	8	2	0	60	290	6	1	3	27	1	2	4	10
Breaded Sole Creole	125 grams	319	15	2	0	124	553	22	1	6	26	11	45	8	12
Butter Chicken	237 mL	267	9	3	0	121	318	7	2	3	41	11	8	7	17
Butternut Squash & Carrot Soup 12 oz	355 mL	142	3	1	0	3	586	27	4	9	4	117	40	12	9
Caribbean Jerk Chicken	210 grams	260	16	4	0	86	178	0	0	0	27	3	0	1	11
Carrots, Fresh, Sliced, Roasted	118 mL	89	3	0	0	0	172	15	4	7	1	125	15	5	4
Carrots, Fresh, Sliced, Steamed	118 mL	34	0	0	0	0	57	8	2	4	1	69	8	2	2
Cauliflower & Red Lentil Curry	147 mL	120	3	0	0	0	423	18	4	3	7	0	30	3	17
Cauliflower Kale Calcannon	130 grams	90	2	0	0	1	309	17	2	2	3	11	73	4	6
Cauliflower, Fresh, Steamed	118 mL	18	0	0	0	0	21	4	1	1	1	0	57	1	2
Chicken Chili Soup 12 oz	355 mL	228	3	1	0	23	309	34	8	6	16	47	10	14	20
Chicken Chili Soup 16 oz	473 mL	304	4	1	0	31	410	45	10	8	21	62	13	19	27
Chicken Mole	168 grams	249	6	1	0	94	296	7	1	6	38	3	8	7	17
Chicken Noodle Soup 12 oz	355 mL	279	5	1	0	80	456	27	2	3	30	17	5	3	10
Chicken Noodle Soup 16 oz	473 mL	370	7	2	0	107	595	36	2	4	40	23	8	5	13
Chicken Soup w/ Rice & Serrano Chili Pepper 12 oz	355 mL	169	3	1	0	32	535	20	3	5	14	14	30	5	11
Chicken Soup w/ Rice & Serrano Chili Pepper 16 oz	473 mL	225	5	1	0	43	688	27	3	7	19	19	40	6	14
Chickpea, Cucumber, Tomato Salad	85 grams	84	5	0	0	0	94	8	2	2	2	17	15	2	8
Chili Garlic Stir Fry w/ Tofu & Bok Choy	155 grams	439	7	1	0	0	663	85	2	24	13	15	33	25	38
Cranberry Spinach Orzo	105 grams	162	3	0	0	0	196	32	2	10	4	7	8	3	9
Eggplant, Grilled	85 grams	86	7	1	0	0	95	7	4	3	1	0	5	1	2
Express Mandarin Orange Yogurt Parfait 12 oz	320 grams	215	3	1	0	0	117	39	5	17	13	16	20	29	1
Fire Roasted Salmon w/ Mustard & Tarragon	110 grams	159	6	1	0	41	583	4	0	3	22	0	20	2	4
Fresh Cream of Broccoli Soup 12 oz	355 mL	131	5	2	0	8	664	17	3	8	7	9	147	17	7
Fresh Grilled Corn Cob	90 grams	109	5	1	0	0	412	17	2	6	3	1	10	0	4
Fresh Grilled Vegetables in Balsamic Vinaigrette	140 grams	117	8	1	0	0	345	11	2	8	2	31	130	2	4
Fresh Roll w/ Chicken	208 grams	399	13	2	0	41	737	55	2	16	17	2	2	18	9
Fresh Roll w/ Shrimp	208 grams	365	11	2	0	73	803	55	2	16	14	1	2	17	4
Fresh Zucchini Tomato Sauté	118 mL	54	3	1	0	0	310	6	2	4	2	4	40	2	5
Grilled Lemon Salmon	97 grams	162	7	1	0	50	294	1	0	0	22	4	2	1	3
Grilled Potato Kati Wrap	286 grams	469	16	2	0	0	559	69	9	4	13	9	50	20	35
Grilled Salmon w/ Montreal Spices	92 grams	161	7	1	0	50	354	0	0	0	22	4	0	1	3
Homestyle Beef Stew	177 mL	177	6	2	0	52	508	11	2	4	19	32	10	4	15
Hot German Potato Salad	106 grams	97	2	1	0	2	83	19	2	2	2	0	30	1	6
Hungarian Cauliflower Soup 12 oz	355 mL	77	3	0	0	0	697	11	3	5	2	5	70	4	7

Get the Good Stuff	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Lemon and Herbs Corn	118 mL	106	2	0	0	0	117	22	3	4	3	2	13	1	4
Lentil Almond Brown Rice Salad	114 grams	170	4	0	0	0	34	27	3	4	6	1	17	2	11
Mandarin Cranberry Salad	246 grams	230	6	1	0	0	121	46	6	31	4	85	77	7	22
Maple Glazed Acorn Squash	140 grams	144	3	0	0	0	33	31	3	14	2	3	27	8	13
Maple Glazed Salmon	111 grams	168	5	1	0	50	399	7	0	6	22	4	0	2	3
Margherita Stromboli Whole Wheat RET	146 grams	372	8	4	0	15	847	56	5	5	20	8	5	23	19
Mediterranean Sandwich on Whole Wheat Ciabatta	183 grams	405	15	4	0	46	825	46	5	3	25	5	8	8	26
Minted Pea Salad	85 grams	156	10	1	0	0	214	12	4	5	4	7	15	2	12
Miso Crusted Cod Loin	91 grams	102	1	0	0	45	514	2	0	1	20	2	2	3	4
Muffin, Reduced Fat Fruit Extreme	105 grams	293	6	1	0	0	341	54	7	28	6	1	3	4	18
Mushrooms, Roasted	118 mL	108	10	1	0	0	53	4	1	2	3	0	3	1	4
Onion Soup 12 oz	355 mL	117	4	0	0	0	685	20	4	9	2	4	30	6	9
Orchard Salad w/ Spiced Cashews	268 grams	267	11	3	0	10	301	38	9	13	10	97	117	14	32
Panko Breaded Sole Fillet	70 grams	284	12	1	0	78	410	27	1	1	26	1	2	4	6
Pan-seared Scallops Gremolata	123 grams	140	6	0	0	34	361	4	0	0	19	3	18	3	3
Parsnip & Apple Soup 12 oz	355 mL	108	4	0	0	0	647	18	3	5	2	0	25	6	8
Parsnip & Apple Soup 16 oz	473 mL	144	5	0	0	0	862	24	4	7	3	0	32	8	11
Pear, Fennel & Goat Cheese Salad	60 grams	77	5	1	0	6	56	8	1	5	1	10	18	2	2
Potato & Leek Soup 12 oz	355 mL	184	6	2	0	12	578	28	3	8	6	16	35	16	10
Potato & Leek Soup 8oz	237 mL	122	4	1	0	8	384	18	2	6	4	10	23	10	6
Potatoes, Mashed with Spinach & Roasted Red Onions	153 grams	148	3	1	0	2	255	28	3	3	4	8	67	5	11
Roasted Beef	128 grams	212	4	2	0	90	537	0	0	0	42	0	0	1	27
Roasted Carrots	118 mL	106	4	0	0	0	201	19	5	9	2	160	18	6	5
Roasted Turkey	140 grams	260	14	3	0	139	457	0	0	0	43	0	0	1	7
Roasted Vegetable Soup 12 oz	355 mL	110	4	0	0	0	615	18	4	6	3	75	118	10	11
Roasted Vegetable Soup 16 oz	473 mL	145	5	0	0	0	634	24	6	8	3	100	157	13	14
Rustic Lentil Soup 12 oz	355 mL	169	1	0	0	0	620	31	6	5	11	28	10	7	25
Salmon Cake	107 grams	159	7	1	0	46	544	2	1	0	23	5	10	2	6
Salmon w/ Mustard & Tarragon	102 grams	174	8	1	0	52	361	1	0	0	22	4	0	1	3
Seared Salmon w/ Cauliflower Colcannon	240 grams	244	8	1	0	51	695	18	3	2	25	15	92	6	10
Spinach, Fruit & Almond Salad (35 oz)	156 grams	141	8	1	0	0	134	15	6	5	8	80	108	19	37
Spinach, Pomegranate & Feta Salad (35 oz)	155 grams	439	38	4	0	9	594	22	6	13	10	85	95	19	38
Stir Fried Beef with Teriyaki Sauce	243 grams	247	6	2	0	44	691	27	2	16	20	6	148	2	18
Stir Fried Tofu & Vegetables w/ Sweet & Sour Sauce	203 grams	134	5	0	0	0	132	21	3	12	5	26	75	10	15
Stir Fried Tofu w/ Pineapple & Sweet & Sour	273 grams	275	6	1	0	0	341	49	4	36	12	4	90	21	37
Superfood Energy Salad w/ Balsamic Dressing (16oz)	160 grams	127	2	0	0	0	19	20	5	3	8	43	47	6	17
Superfood Energy Salad w/ Balsamic Dressing 35 oz	309 grams	258	5	0	0	0	38	40	10	6	16	84	93	11	35
Sweet & Sour Harvest Lentils	147 mL	138	2	0	0	0	219	24	4	6	7	11	60	3	15
Sweet Potato & Chickpea Cakes w Salsa	220 grams	275	11	2	0	53	460	40	8	7	11	39	87	10	23
Sweet Potato & Onion Soup 12 oz	355 mL	125	2	0	0	0	578	26	3	10	2	52	12	4	5
Tomato & Red Pepper Bisque 12 oz	355 mL	154	3	1	0	2	672	29	5	12	4	17	292	15	23
Tomato Basil Soup 12 oz	355 mL	80	1	0	0	0	633	18	4	9	3	12	60	5	7
Turkey Patty - Asian	105 grams	235	11	3	0	147	523	8	1	1	25	2	2	8	13
Turkey Patty - Traditional	98 grams	238	11	3	0	113	443	9	1	1	26	0	2	7	10
Vegan Shepherd's Pie	256 grams	188	4	0	0	0	477	29	7	6	12	47	97	7	25
Vegetable Jambalaya	237 mL	239	10	1	0	0	451	33	3	5	6	22	152	10	19
Vegetable Medley	118 mL	38	1	0	0	0	69	6	2	2	2	21	58	2	3
Vegetable Soup 12 oz	355 mL	147	4	0	0	0	660	27	4	5	3	14	35	6	9
Vegetable Soup w/ Beef & Rice Noodles 12 oz	355 mL	174	2	1	0	21	684	26	2	4	12	15	15	5	12
Vegetarian Loaf with Carrot Chutney	182 grams	355	5	1	0	16	469	66	11	17	15	105	12	9	38
Veggie Sub on Whole Wheat 6"	225 grams	394	14	6	0	24	895	50	5	6	16	7	23	22	26
White Bean & Bacon Soup 12 oz	355 mL	291	8	3	0	26	490	38	14	5	13	15	10	13	27
White Bean & Bacon Soup 16 oz	473 mL	388	11	4	0	35	653	50	18	7	17	19	12	18	36

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.