

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															
Alfredo Farfalle & Sausage Casserole	242 grams	275	13	6	0	32	485	26	2	6	13	10	8	22	11
Aloo Gobi	118 mL	89	2	0	0	0	319	16	2	2	3	1	58	3	11
Ancho Succotash	120 grams	126	4	1	0	0	119	20	4	3	5	7	67	2	7
Asian Greens Mixed Salad	237 mL	61	4	1	0	0	159	5	1	3	1	16	57	3	6
Asian Noodles	147 mL	283	9	1	0	0	533	46	2	7	4	24	43	2	4
Asian Tofu Stuffed Lettuce Tacos	83 grams	146	7	1	0	0	319	18	2	10	6	2	10	14	14
Asparagus Cuts	118 mL	27	0	0	0	0	3	4	1	1	3	1	32	2	4
Asparagus, Grilled	85 grams	57	5	0	0	0	188	3	2	2	2	3	8	2	13
Asparagus, Steamed	85 grams	17	0	0	0	0	2	3	2	2	2	3	8	2	13
Baby Carrots	118 mL	42	1	0	0	0	173	7	2	4	1	41	0	2	3
Bacon Horseradish Potato Salad	118 mL	123	3	1	0	6	84	21	2	2	4	11	35	1	7
Baked Basa Bengal Style	65 grams	86	5	1	0	29	86	2	0	1	9	1	0	2	4
Baked BBQ Chicken	94 grams	178	9	2	0	48	321	9	0	8	16	4	5	1	7
Baked Cheese Tortellini w/ Tomato Sauce	160 grams	318	9	4	0	26	640	46	3	5	16	8	15	21	16
Baked Chicken w/ Honey Lemon Sauce	99 grams	161	9	2	0	48	229	5	0	5	15	3	3	1	6
Baked Chicken	91 grams	168	11	3	0	48	246	1	0	1	15	2	7	1	6
Baked Cod w/ Hoisin & Sriracha Sauce	103 grams	108	2	0	0	43	465	13	0	8	13	0	2	0	1
Baked Cod w/ Sweet Potato & Olive Relish	84 grams	92	2	0	0	43	101	6	1	2	12	15	5	1	3
Baked Lentils w/ Balsamic Vinegar	119 grams	154	2	0	0	0	185	25	4	2	10	5	13	3	21
Baked Quinoa Ratatouille Casserole w/ Feta Cheese	123 grams	116	5	2	0	6	212	15	2	2	5	6	40	3	12
Baked Spaghetti Squash	118 mL	49	1	0	0	0	212	10	2	4	1	1	8	3	6
Barley & Vegetables	130 grams	144	2	0	0	0	388	30	6	2	4	15	38	3	7
Basmati Rice Pilaf w/ Chickpeas	147 mL	170	2	0	0	0	352	32	3	4	6	5	13	4	12
Basmati Rice	118 mL	144	0	0	0	0	4	32	0	0	3	0	0	1	2
Bean Salad	147 mL	183	7	1	0	0	389	23	5	4	8	2	25	4	16
Beef & Barley Soup w/ Black Bean & Spinach	237 mL	99	1	0	0	7	399	16	4	2	6	18	7	5	9
Beef & Vegetable Soup	237 mL	107	2	1	0	26	308	8	1	2	13	2	5	3	10
Beef Barley Vegetable Soup	237 mL	117	1	0	0	18	345	16	3	4	11	15	8	5	11
Beef Goulash	165 grams	309	15	4	0	98	352	7	1	3	34	3	12	1	27
Beef Pepper Teriyaki	164 grams	173	5	1	0	21	629	22	1	12	10	4	78	1	10
Beef Tagine	147 mL	240	9	2	0	48	523	20	3	8	20	6	35	4	22
Beef Vindaloo	118 mL	204	10	2	0	49	371	9	2	4	18	4	10	6	19
Beef, Pepper & Mushroom Kabobs	111 grams	280	10	2	0	78	526	10	1	8	37	2	53	2	27
Beef, Roasted	85 grams	175	3	1	0	74	371	0	0	0	34	0	0	1	22
Beets, Roasted w/ Olive Oil & Basil	97 grams	80	3	0	0	0	294	13	3	9	2	0	12	2	8
Black Bean Vegetarian Taco	80 grams	152	9	3	0	10	175	14	3	2	6	3	13	9	7
Braised Shredded Chicken Thighs	91 grams	197	8	1	0	93	449	6	0	5	25	6	2	2	12
Broccoli	118 mL	27	0	0	0	0	14	5	3	2	2	4	73	4	4
Broccoli, Steamed	118 mL	19	0	0	0	0	19	4	1	1	2	2	83	2	3
Brussel Sprouts	118 mL	37	0	0	0	0	9	7	4	2	4	6	13	2	6
Brussels Sprouts, fresh, steamed	101 grams	46	2	0	0	0	121	7	4	2	3	4	103	3	9
Bulgur Salad w/ Roasted Curried Vegetables	104 grams	187	13	1	0	0	242	17	3	7	2	2	10	3	7
Butter Chicken	147 mL	167	5	2	0	75	199	5	1	2	26	7	5	4	10
Butternut Squash & Carrot Soup	237 mL	95	2	0	0	2	390	18	3	6	3	78	27	8	6
Butternut Squash Barley Risotto	159 grams	139	5	2	0	7	583	20	3	4	6	22	25	11	8
Butternut Squash Risotto	147 mL	172	6	1	0	1	649	27	2	2	3	16	15	4	4
Butternut Squash Tortellini	237 mL	440	16	6	0	40	704	60	3	5	16	46	68	11	20

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															
Cabbage Salad w/ Mandarins & Grilled Red Peppers	93 grams	64	4	0	0	0	138	7	1	5	1	18	95	2	3
Caesar Side Salad	237 mL	80	3	1	0	7	207	10	2	2	3	23	20	4	6
Cajun Baked Chicken	92 grams	147	9	2	0	48	203	1	0	0	15	3	13	1	7
Cajun Chicken Souvlaki	72 grams	105	3	1	0	45	449	3	0	0	16	0	2	1	16
Cajun Corn Salad	147 mL	197	12	2	0	1	60	22	3	5	3	7	65	1	6
Cajun Grilled Pork Chops	115 grams	201	4	2	0	78	115	1	0	0	37	2	3	1	8
Cajun Pork Souvlaki	72 grams	158	7	2	0	61	146	1	0	0	21	0	3	2	8
Cajun Style Baked Cod Filet	110 grams	86	3	1	0	47	168	2	1	1	14	2	12	4	2
Caponata	118 mL	90	5	1	0	0	355	10	3	5	2	6	12	8	9
Caribbean Jerk Chicken	105 grams	146	9	2	0	48	94	0	0	0	15	2	0	1	6
Caribbean Turkey Kabobs	118 grams	236	8	3	0	146	226	6	1	2	34	4	55	3	11
Carrot & Raisin Salad	147 mL	232	8	1	0	5	398	43	3	30	2	57	10	4	8
Carrots, Steamed, Brown Sugar Glaze	118 mL	111	6	0	0	0	199	15	2	11	1	66	10	3	2
Cauliflower	118 mL	22	0	0	0	0	16	3	2	2	1	0	48	2	2
Cauliflower, Fresh, Blanched	118 mL	18	0	0	0	0	21	4	1	1	1	0	57	1	2
Cauliflower, Fresh, Garlic, Cumin	118 mL	32	1	0	0	0	208	4	1	1	2	0	58	2	5
Cauliflower, Steamed	118 mL	18	0	0	0	0	21	4	1	1	1	0	57	1	2
Chana Masala	118 mL	250	6	1	0	0	209	40	6	7	11	1	18	7	33
Cheese Tortellini w/ Tomato Sauce	165 grams	280	7	3	0	19	546	46	3	5	12	5	15	12	16
Chicken A La King	148 grams	250	12	2	0	69	523	10	1	3	26	4	10	5	10
Chicken Breast & Mushrooms	94 grams	148	5	1	0	55	618	5	1	2	19	2	3	3	4
Chicken Chili Soup	237 mL	152	2	0	0	15	205	23	5	4	11	31	7	9	14
Chicken Club Whole Wheat Wrap	144 grams	295	13	4	0	37	534	28	3	2	17	5	5	18	17
Chicken Fajitas Whole Wheat Wrap	168 grams	299	13	4	0	36	567	30	3	4	16	6	47	18	12
Chicken Infused Herb Rice	118 mL	126	0	0	0	0	417	27	1	0	3	0	0	23	1
Chicken Marengo	195 grams	322	13	2	0	74	504	19	6	9	30	20	23	8	28
Chicken Noodle Soup	237 mL	185	4	1	0	53	302	18	1	2	20	12	3	2	6
Chicken Parmesan Stromboli Whole Wheat	71 grams	195	4	2	0	12	463	28	2	2	12	4	0	11	11
Chicken Parmesan Stromboli	71 grams	148	4	2	0	12	366	19	1	2	9	4	0	11	10
Chicken Quesadillas	108 grams	252	10	4	0	45	447	22	1	0	18	3	0	11	12
Chicken Sherry	166 grams	195	9	3	0	53	594	8	1	2	18	3	3	1	19
Chicken Soup w/ Rice & Serrano Chili Pepper	237 mL	112	2	0	0	21	348	14	2	3	9	10	20	3	7
Chicken Wasabi Mashed Potato Bowl	244 grams	292	9	1	0	43	660	40	2	18	14	11	63	5	12
Chickpea & Feta Cheese Salad	147 mL	150	7	2	0	6	331	17	3	4	6	5	12	4	15
Chickpea Tagine Taco	100 grams	137	7	2	0	7	184	16	2	3	4	5	25	7	7
Chilean Stew	147 mL	87	2	0	0	0	133	17	3	5	3	2	28	4	11
Chili Garlic Stir Fry w/ Rice Noodles	231 grams	365	7	0	0	0	584	70	3	7	6	12	13	2	3
Chipotle Mango & Lime Chicken	88 grams	101	3	1	0	55	547	1	0	0	18	0	0	0	2
Cilantro Chili Chicken Lo Mein	133 grams	151	6	1	0	16	380	17	1	4	8	6	23	2	12
Cilantro Couscous	147 mL	121	0	0	0	0	234	25	2	1	4	0	0	1	3
Cilantro Lime Rice	118 mL	128	0	0	0	0	171	28	0	1	3	0	0	5	8
Classic Mushroom Pizza - 16" WW	74 grams	191	4	2	0	7	440	29	2	3	10	4	2	11	10
Classic Mushroom Pizza - 16"	74 grams	144	4	2	0	7	343	20	1	2	8	4	2	10	9
Coconut Cranberry Rice Pudding	108 grams	175	4	2	0	17	101	32	1	20	5	4	0	14	4
Coconut Cream Pudding	118 mL	141	3	2	0	8	163	24	0	19	4	4	0	12	0
Coconut Raisin Rice Pudding	108 grams	175	3	2	0	17	101	31	1	20	5	4	0	14	5
Coleslaw	118 mL	125	10	2	0	7	307	9	1	5	1	6	40	3	3

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															
Corn Niblets	118 mL	89	1	0	0	0	3	21	2	3	3	2	10	0	3
Cornmeal Crusted Roast Salmon	100 grams	252	6	1	0	42	626	31	1	2	20	7	3	2	8
Couscous Salad w/ Apples & Cranberries	118 mL	177	5	0	0	0	287	30	3	8	4	3	12	3	6
Couscous Salad with Grilled Vegetables	118 mL	143	7	1	0	0	242	17	2	3	3	5	67	2	6
Couscous	118 mL	114	0	0	0	0	5	23	2	0	4	0	0	1	2
Crinkle Cut Zucchini	118 mL	16	0	0	0	0	2	3	1	2	1	2	3	0	2
Curried Baby Spinach	116 grams	53	2	0	0	0	243	8	2	3	3	32	35	11	20
Curried Lentils	118 mL	208	5	0	0	0	135	32	7	5	11	13	28	6	26
Edamame Pico de Gallo Flatbread Whole Wheat	71 grams	196	5	2	0	8	359	29	3	3	9	3	5	8	11
Edamame Pico de Gallo Flatbread	71 grams	148	4	2	0	8	263	21	2	2	7	3	5	7	9
Eggplant Casserole	147 mL	141	10	1	0	0	506	14	4	7	9	16	33	14	27
Eggplant Parmesan Stromboli Whole Wheat	84 grams	202	5	2	0	7	442	29	3	3	10	4	2	11	10
Eggplant Parmesan Stromboli	84 grams	155	5	2	0	7	345	20	2	2	8	4	2	11	9
Fish Creole	105 grams	88	1	0	0	50	202	3	1	1	16	7	28	3	4
Fresh Coleslaw	118 mL	112	9	1	0	0	154	8	1	6	1	27	35	3	3
Fresh Cream of Broccoli Soup	237 mL	87	3	1	0	6	442	11	2	6	5	6	95	11	5
Fresh Grilled Vegetables Balsamic Vinaigrette	70 grams	59	4	0	0	0	172	5	1	4	1	16	65	1	2
Fresh Tomato, Zucchini & Okra	107 grams	44	1	0	0	0	8	8	2	4	2	3	32	3	4
Frizzled Breakfast Ham	24 grams	41	1	0	0	16	220	1	0	1	6	1	0	0	2
Garbanzo Bean Salad	118 mL	166	7	1	0	0	321	21	4	5	7	2	27	4	17
Garden Primavera Pasta & Tomato Sauce	530 grams	516	5	1	0	3	500	98	7	13	18	28	53	10	33
Garden Vegetable Pizza - 16" WW	88 grams	190	4	2	0	7	434	29	3	3	10	4	17	11	10
Garden Vegetable Pizza - 16"	88 grams	143	4	2	0	7	337	21	1	3	8	4	17	10	9
Gazpacho Salad	237 mL	54	1	0	0	0	60	9	2	2	2	19	47	4	7
Ginger Roasted Salmon	103 grams	218	13	2	0	35	545	8	0	5	18	3	2	1	4
Glazed Carrots w/ Ginger & Orange Juice	103 grams	86	1	0	0	0	76	19	3	13	2	92	40	4	3
Glazed Carrots w/ Ginger, Orange & Thyme	103 grams	64	1	0	0	0	218	13	3	7	1	84	18	3	3
Greek Macaroni Side Salad	118 mL	105	2	0	0	0	220	19	1	1	3	1	3	1	8
Greek Penne Side Salad	118 mL	104	4	1	0	3	386	14	1	1	3	4	18	2	7
Greek Quinoa Salad	119 grams	152	6	1	0	0	301	21	3	3	5	1	17	3	17
Green Beans	118 mL	27	0	0	0	0	11	5	3	1	1	4	7	4	6
Green Beans, Fresh, Garlic, Cumin	85 grams	42	2	0	0	0	8	7	2	3	2	9	18	4	9
Green Beans, Fresh, Seasoned, Steamed	90 grams	35	1	0	0	0	105	6	2	3	2	8	17	3	6
Green Beans, Fresh, Steamed	85 grams	28	0	0	0	0	5	6	3	3	2	9	18	3	7
Green Beans, Fresh, Steamed, w/ Sesame Seeds	85 grams	33	1	0	0	0	6	7	3	3	2	9	18	4	8
Green Pea Masala	118 mL	102	2	0	0	0	283	14	5	6	5	7	18	3	15
Green Peas	118 mL	75	0	0	0	0	80	13	4	5	4	6	17	2	11
Grilled Chicken & Vegetable Taco	184 grams	327	11	4	0	44	818	36	4	2	21	5	25	12	22
Grilled Chicken Breast w/ Cranberry Apricot Sauce	121 grams	154	4	1	0	56	530	11	1	8	18	8	8	0	2
Grilled Chicken Taco on Whole Wheat	160 grams	294	12	4	0	46	281	28	3	2	20	4	10	18	14
Grilled Corn on the Cob	45 grams	64	4	0	0	0	32	8	1	3	2	0	5	0	2
Grilled Peppers & Red Onions w/ Basil	118 mL	90	5	1	0	0	147	13	3	6	2	7	240	2	6
Grilled Turkey w/ Tomato Cilantro Salsa	192 grams	345	17	4	0	125	541	3	1	2	43	3	10	2	6
Grilled Vegetable Pizza - 16" WW	85 grams	197	5	2	0	7	446	30	3	3	10	10	15	11	10
Grilled Vegetable Pizza - 16"	85 grams	149	4	2	0	7	349	21	1	3	7	10	15	11	9
Grilled Vegetable Salad with Balsamic Dressing	147 mL	90	5	0	0	0	141	12	3	6	2	111	103	3	4
Grilled Vegetable Stromboli Whole Wheat	85 grams	198	5	2	0	7	438	29	3	3	10	11	18	12	10

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															
Grilled Vegetable Stromboli	85 grams	151	4	2	0	7	341	21	1	3	8	11	18	11	9
Grilled Vegetable Whole Wheat Wrap	89 grams	294	14	4	0	17	522	33	5	5	10	37	95	12	14
Grilled Vegetables	237 mL	74	3	0	0	0	103	10	3	6	2	40	90	3	4
Grilled Zucchini Bruschetta Flatbread WW	68 grams	190	5	2	0	5	387	28	3	2	9	4	8	8	10
Grilled Zucchini Bruschetta Flatbread	68 grams	142	5	1	0	5	290	19	1	2	6	4	8	8	9
Grilled Zucchini Squash	118 mL	41	3	0	0	0	44	4	1	3	1	4	35	2	3
Hungarian Cauliflower Soup	237 mL	52	2	0	0	0	465	8	2	3	2	3	47	3	5
Instant Pudding, Banana	118 mL	111	2	1	0	7	311	21	0	19	3	4	0	11	0
Instant Pudding, Butterscotch	118 mL	111	2	1	0	7	311	21	0	19	3	4	0	11	0
Instant Pudding, Chocolate	118 mL	111	2	1	0	7	270	21	0	17	4	4	0	11	0
Italian Style Beef Stew	165 grams	240	11	3	0	70	464	10	2	5	25	4	100	2	18
Jalapeno Coleslaw	118 mL	66	5	1	0	4	320	6	1	3	1	1	43	3	3
Jerk Pork Souvlaki	72 grams	158	7	2	0	61	310	1	0	0	21	0	2	2	8
Kadhi Curry	118 mL	32	0	0	0	0	225	6	0	2	2	2	7	6	4
Lemon Herb Corn	118 mL	106	2	0	0	0	117	22	3	4	3	2	13	1	4
Lentil Masala	118 mL	139	2	0	0	0	316	22	4	1	9	2	12	3	24
Lentil Vegetable Stew	118 mL	206	5	1	0	0	629	30	5	5	11	13	50	4	24
Lima Beans	118 mL	82	0	0	0	0	23	16	5	1	6	2	7	2	9
Lima Beans, seasoned	118 mL	93	1	0	0	0	137	16	5	1	6	2	7	2	9
Margherita Stromboli Whole Wheat	73 grams	186	4	2	0	7	423	28	2	2	10	4	2	11	10
Margherita Stromboli	73 grams	139	4	2	0	7	327	19	1	2	7	4	2	11	8
Marinated Cucumber Salad	118 mL	20	0	0	0	0	5	3	1	2	1	0	5	2	2
Marinated Mushrooms	118 mL	58	3	0	0	0	93	6	2	3	4	4	43	2	6
Marinated Tofu Salad 2	118 mL	66	3	0	0	0	81	6	2	3	6	20	43	11	21
Marinated Tofu Salad	118 mL	65	3	0	0	0	68	6	2	2	6	20	43	11	21
Marinated Vegetables	118 mL	195	17	1	0	0	218	10	2	7	1	16	50	3	3
Masala Beef	118 mL	253	13	4	0	77	405	6	2	1	27	0	7	4	31
Mashed Parsnips	118 mL	117	4	0	0	0	318	18	4	5	1	0	27	5	3
Mashed Squash	118 mL	81	3	0	0	0	109	14	3	2	2	47	5	3	6
Mashed Sweet Potato w/ Maple Syrup	118 mL	162	3	2	0	9	261	32	4	10	2	97	5	4	6
Mashed Turnip	118 mL	82	6	0	0	0	127	6	3	3	2	0	7	3	6
Mashed Yukon Gold & Sweet Potatoes	118 mL	128	5	0	0	0	439	20	2	2	2	28	23	2	6
Mashed Yukon Gold Potatoes & Parsnips	118 mL	103	3	0	0	1	360	18	2	2	2	1	30	3	5
Mattar Tofu	118 mL	90	3	0	0	0	127	11	3	4	7	5	10	15	28
Mexican Rice w/ Black Beans	118 mL	196	3	1	0	3	369	36	2	1	6	0	13	6	13
Mexican Spiced Brown Rice	118 mL	111	1	0	0	0	127	23	2	0	3	2	0	5	11
Mexican Style Corn	118 mL	94	2	0	0	0	97	20	3	4	3	3	33	1	3
Middle Eastern Chickpeas w/ Spinach	147 mL	124	3	0	0	0	306	19	4	5	7	46	73	10	19
Minted Peas	118 mL	82	1	0	0	0	82	12	4	5	4	6	15	3	10
Mixed Vegetables - Californian	118 mL	27	0	0	0	0	32	5	3	2	2	54	37	2	4
Mixed Vegetables - Italian Blend	118 mL	29	0	0	0	0	17	6	1	2	2	43	33	3	5
Mixed Vegetables - Oriental Blend	118 mL	29	0	0	0	0	24	6	2	2	2	47	35	2	5
Mixed Vegetables - PEI Medley	118 mL	28	0	0	0	0	17	6	2	1	1	11	3	4	5
Mixed Vegetables - Scandinavian Blend	118 mL	41	0	0	0	0	46	7	3	3	3	38	15	2	4

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															
Mixed Vegetables - Winter Blend	118 mL	30	0	0	0	0	26	6	1	2	3	13	125	5	6
Mixed Vegetables	118 mL	48	0	0	0	0	37	11	3	3	2	54	5	2	4
Montreal Seasoning Chicken Souvlaki	72 grams	102	3	1	0	45	520	2	0	0	16	1	3	0	14
Moroccan Chicken Souvlaki	72 grams	104	3	1	0	45	361	3	0	0	16	0	0	0	17
Mushrooms, Sautéed, 1/4 cut	118 mL	47	3	0	0	0	242	4	1	2	4	0	5	0	4
Oatmeal	237 mL	162	3	1	0	0	7	27	4	0	5	0	0	3	11
One Pan Mexican Quinoa	112 grams	141	3	0	0	0	275	25	4	2	6	4	8	6	19
Onion Soup	237 mL	78	2	0	0	0	457	14	2	6	2	3	20	4	6
Orange Tapioca Pudding	118 mL	112	2	1	0	7	118	21	0	16	3	4	0	11	0
P.E.I. Vegetables	118 mL	42	1	0	0	0	143	6	2	1	1	12	3	5	5
Parsnip & Apple Soup	237 mL	72	3	0	0	0	431	12	2	4	1	0	17	4	5
Parsnips, steamed	118 mL	59	0	0	0	0	10	14	3	4	1	0	20	4	2
Peas & Carrots - Indian Style	118 mL	88	3	0	0	0	283	13	5	5	4	83	13	3	9
Peas & Carrots	118 mL	71	1	0	0	0	196	12	5	5	4	82	12	2	7
Peas & Mushrooms - Indian Style	118 mL	163	11	2	0	0	209	13	4	5	6	4	15	15	10
Peas, Seasoned	118 mL	82	1	0	0	0	181	12	4	5	4	6	15	2	10
Potato & Bean Salad	108 grams	116	5	0	0	0	389	14	3	2	4	1	15	3	7
Potato & Leek Soup (R)	237 mL	122	4	1	0	8	384	18	2	6	4	10	23	10	6
Potato & Tomato Casserole	118 mL	66	2	0	0	0	107	11	2	2	2	3	30	2	5
Potato Salad with Pesto & Arugula	106 grams	127	5	1	0	2	408	18	2	1	3	3	23	5	8
Potatoes, Baked	116 grams	105	2	0	0	0	74	19	2	1	2	0	10	1	7
Potatoes, Indian Spiced Yogurt Potatoes	118 mL	94	0	0	0	0	421	21	2	2	3	2	38	5	8
Potatoes, Jerk	147 mL	129	5	0	0	0	296	20	2	1	2	0	35	2	7
Potatoes, Mashed w/ Spinach & Roasted Red Onions	122 grams	118	2	1	0	2	222	22	2	3	3	6	53	4	9
Potatoes, Oven Roasted w/ Lemon & Paprika	147 mL	131	3	0	0	0	189	24	2	1	3	1	42	2	8
Potatoes, Oven Roasted	118 mL	133	6	0	0	0	379	19	2	1	2	1	33	1	7
Potatoes, Oven Roasted, Cajun, Red Skin	95 grams	125	3	0	0	0	165	24	2	1	3	1	55	2	9
Potatoes, Parsley, Steamed	135 grams	104	1	0	0	0	109	21	3	2	2	1	47	1	6
Potatoes, Red, Mashed w/ Cream Cheese & Chives	123 grams	109	1	1	0	3	195	22	2	2	3	2	28	3	7
Potatoes, Red, Mashed w/ Miso & Chives	124 grams	116	3	0	0	0	415	20	2	3	3	0	17	2	8
Potatoes, Red, Mashed	122 grams	126	4	0	0	1	233	20	2	2	3	1	17	3	6
Potatoes, Red, Steamed	118 mL	58	1	0	0	0	104	11	1	1	1	0	10	1	4
Potatoes, Rosemary Roast Wedge	96 grams	127	5	0	0	0	162	20	2	1	2	0	35	1	7
Potatoes, Sweet, Grilled	84 grams	151	3	0	0	0	359	29	4	6	2	102	5	4	7
Potatoes, Wedge w/ Seasoning	96 grams	129	5	0	0	0	260	20	2	1	2	0	10	1	7
Primavera Vegetable Pizza - 16" WW	86 grams	192	4	2	0	7	436	29	3	3	10	8	25	11	10
Primavera Vegetable Pizza - 16"	86 grams	144	4	2	0	7	339	21	1	3	8	8	25	10	9
Quinoa & Corn Medley	118 mL	135	2	0	0	0	204	27	3	3	5	2	22	2	15
Quinoa Salad w/ Feta Cheese & Tomato	108 grams	129	7	2	0	8	346	13	2	2	5	5	8	3	11
Quinoa, Beans & Vegetables	118 mL	189	4	0	0	0	214	34	5	2	7	6	5	5	27
Ratatouille with Capers & Fresh Herbs	134 grams	61	2	0	0	0	238	10	3	5	2	5	58	7	8
Ratatouille with Quinoa & Fresh Herbs	132 grams	106	3	0	0	0	196	19	3	5	4	4	57	7	15
Red Chili Basmati Rice	118 mL	124	1	0	0	0	237	25	1	1	2	4	2	1	2
Red River Cereal	175 grams	161	2	0	0	0	22	31	5	0	6	0	0	16	10
Rijma Masala	118 mL	137	6	0	0	0	332	16	5	1	6	0	3	3	6
Roast Turkey Breast	85 grams	211	9	3	0	86	79	0	0	0	29	0	0	1	3
Roasted Acorn Squash	98 grams	55	2	0	0	0	52	9	2	0	1	2	15	3	4

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															
Roasted Beef	85 grams	142	2	1	0	60	358	0	0	0	28	0	0	1	18
Roasted Butternut Squash, Spears	85 grams	67	1	0	0	0	105	15	2	3	1	67	43	6	7
Roasted Chicken w/ Herbs	89 grams	170	11	3	0	50	287	0	0	0	16	4	5	1	7
Roasted Corn & Green Pepper	88 grams	140	4	0	0	0	240	28	4	6	4	3	45	1	6
Roasted Seasonal Root Vegetable Salad	102 grams	130	6	1	0	0	284	20	4	6	2	28	35	5	6
Roasted Vegetable Soup	237 mL	73	3	0	0	0	410	12	3	4	2	50	78	6	7
Rustic Lentil Soup	237 mL	113	0	0	0	0	408	21	4	3	7	19	7	4	16
Rutabagas	118 mL	26	0	0	0	0	39	5	3	3	1	0	7	3	5
Saag Beef Curry	118 mL	221	10	3	0	67	474	7	2	2	26	45	25	11	25
San Antone Turkey Sub on Whole Wheat	171 grams	287	8	5	0	34	818	37	3	7	17	7	8	15	17
Sautéed Garden Vegetables	118 mL	34	1	0	0	0	131	6	2	2	2	19	87	2	3
Sautéed Green Beans w/ Cherry Tomatoes	98 grams	49	2	0	0	0	194	8	3	4	2	5	27	4	7
Sautéed Spinach w/ Garlic	118 mL	57	3	0	0	0	198	6	3	1	4	73	25	18	36
Seven Grain Rice	118 mL	129	1	0	0	0	4	26	3	1	4	0	0	1	7
Shrimp Creole Gumbo	237 mL	171	7	3	0	77	417	15	1	1	11	7	13	6	15
Southwest Black Bean Rice Salad	98 grams	132	2	1	0	5	233	24	2	3	4	2	10	6	7
Southwestern Chicken Chili	237 mL	212	6	2	0	41	361	28	6	8	15	24	27	8	25
Southwestern Turkey Chili	237 mL	219	5	1	0	47	374	28	6	8	17	25	27	10	24
Soy Glazed Grilled Salmon	98 grams	162	4	1	0	35	543	15	0	14	18	3	0	2	4
Spanish Long Grain Rice	118 mL	107	1	0	0	0	299	21	0	1	2	1	7	5	7
Spiced Peach Cobbler	98 grams	151	4	0	0	24	148	27	1	13	3	6	2	6	7
Spicy Vegetable Lo Mein	87 grams	111	2	0	0	5	429	20	1	2	4	5	7	2	9
Spinach Salad w/ Bruschetta & Balsamic Dressing	237 mL	39	3	0	0	21	98	2	1	1	2	20	18	4	8
Sriracha Glazed Brussel Sprouts	90 grams	105	5	1	0	0	338	15	5	8	3	5	133	4	11
Steamed Carrots w/ Orange Vinaigrette	118 mL	54	0	0	0	0	78	13	2	10	1	34	7	2	3
Steamed Carrots	118 mL	32	0	0	0	0	55	8	2	4	1	66	8	2	2
Stir Fried Beef w/ Teriyaki Sauce	152 grams	154	4	1	0	27	432	17	1	10	13	4	93	1	12
Stir Fried Tofu w/ Pineapple & Sweet & Sour Sauce	170 grams	171	4	0	0	0	213	31	2	22	7	3	57	13	23
Stir Fried Tofu w/ Pineapple & Sweet & Sour Sauce2	170 grams	195	4	1	0	0	340	38	2	30	7	4	58	13	24
Stir Fried Tofu w/ Sweet & Sour Sauce	125 grams	103	3	0	0	0	134	17	2	12	6	2	55	10	18
Stir Fried Vegetables & Tofu Kung Pao	138 grams	152	7	1	0	0	293	19	3	11	5	20	17	8	13
Stir Fried Vegetables & Tofu w/ Sweet & Sour Sauce	152 grams	121	6	1	0	0	98	16	3	10	4	20	47	8	12
Stir Fried Vegetables & Tofu w/ Sweet & Sour Sce 2	152 grams	128	6	1	0	0	134	18	3	12	4	21	48	8	12
Stir Fried Vegetables, Rice Noodles & Tofu	147 mL	285	10	1	0	0	449	44	2	6	6	14	42	5	9
Sweet & Sour Pork 2	174 grams	353	14	4	0	49	436	44	2	37	15	16	88	2	9
Sweet & Sour Pork	174 grams	325	14	4	0	49	286	35	2	28	15	15	83	2	9
Sweet & Sour Squash	123 grams	83	2	0	0	0	53	16	2	6	2	58	30	5	6
Sweet & Spicy Chicken 2	160 grams	343	13	3	0	85	372	28	2	17	29	23	97	4	14
Sweet & Spicy Chicken	160 grams	313	11	3	0	68	381	29	2	18	23	24	97	3	12
Sweet Chili Stir Fry w/ Vegetables, Tofu & Linguine	244 grams	311	6	1	0	0	281	52	4	13	18	3	73	23	51
Sweet Potato & Onion Soup	237 mL	83	1	0	0	0	383	17	2	7	1	34	8	2	3
Sweet Potato, Oven Baked	123 grams	147	1	0	0	0	371	34	5	7	3	118	7	5	8
Sweet Potato, Vanilla	118 mL	136	6	1	0	5	295	21	3	5	2	71	3	5	4
Tandoori Chicken	70 grams	144	9	2	0	48	47	0	0	0	15	2	0	1	6
Tandoori Chicken Flatbread Whole Wheat	82 grams	191	4	1	0	10	403	28	2	2	11	3	3	8	12
Tandoori Chicken Flatbread	82 grams	144	4	1	0	10	306	20	1	2	8	3	3	8	10
Tandoori Chicken Souvlaki	72 grams	106	3	1	0	45	365	3	0	0	16	1	2	1	16

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															
Tandoori Pork Souvlaki	72 grams	131	6	2	0	48	51	1	0	0	17	1	3	3	7
Tilapia Curry	124 grams	185	9	1	0	55	332	4	2	1	24	0	5	1	5
Tilapia w/ Strawberry Salsa	76 grams	146	8	1	0	28	179	8	1	7	12	0	22	1	4
Tofu w/ Mixed Vegetables	118 mL	117	8	1	0	0	113	7	2	3	7	10	43	14	24
Tomato & Red Pepper Bisque	237 mL	103	2	0	0	1	448	19	3	8	3	11	195	10	16
Tomato Basil Soup	237 mL	53	0	0	0	0	422	12	3	6	2	8	40	3	5
Tomato Rice	118 mL	86	1	0	0	0	110	18	1	2	2	4	20	4	6
Tortellini with Four Tomato & Basil	196 grams	366	13	2	0	16	521	50	5	9	12	14	17	13	23
Tri-Colour Bean & Chicken Ragout	147 mL	139	3	0	0	8	611	21	5	5	9	5	10	8	16
Tri-Colour Bean & Tofu Ragout	147 mL	128	2	0	0	0	604	21	5	5	7	4	10	9	17
Tri-Colour Bean Ragout	147 mL	124	2	0	0	0	604	21	5	5	6	4	10	8	15
Turkey Chili & Mashed Potato Bowl	314 grams	305	11	4	0	58	706	31	4	4	21	9	42	16	23
Turkey Lasagna	232 grams	361	12	6	0	77	505	36	5	8	28	19	50	38	35
Turkey Meat Loaf	109 grams	182	8	2	0	109	413	9	2	1	18	30	23	8	12
Vanilla Tapioca Pudding	118 mL	112	2	1	0	7	118	21	0	16	3	4	0	11	0
Vegan Enchilada Bake	2 each	251	9	1	0	0	497	40	5	7	5	31	92	6	13
Vegan Shepherd's Pie	192 grams	141	3	0	0	0	357	22	5	5	9	35	73	5	19
Vegetable & Chicken Fried Rice	110 grams	142	4	1	0	60	214	14	2	3	12	20	27	5	12
Vegetable & Curry Chicken Fried Rice	110 grams	145	4	1	0	60	209	15	2	3	12	20	27	6	13
Vegetable & Shrimp Fried Rice	110 grams	124	3	1	0	88	295	14	2	3	9	21	27	6	15
Vegetable Barley Ragout	147 mL	81	1	0	0	0	325	16	3	2	3	2	7	2	7
Vegetable Biryani	270 grams	307	5	2	0	8	837	57	7	13	9	48	193	7	24
Vegetable Chili	237 mL	199	5	1	0	0	830	32	8	7	10	24	72	7	19
Vegetable Fried Rice	113 grams	120	3	0	0	43	169	19	2	4	4	26	37	6	12
Vegetable Jalfrezi	118 mL	128	4	1	0	3	421	19	4	6	5	22	103	8	19
Vegetable Jambalaya	147 mL	149	6	1	0	0	290	20	2	3	4	14	95	6	12
Vegetable Lasagna	253 grams	267	10	4	0	15	645	35	5	9	15	38	72	20	12
Vegetable Soup w/ Beef & Rice Noodles	237 mL	116	2	0	0	14	455	17	1	3	8	10	10	3	8
Vegetable Soup	237 mL	98	3	0	0	0	438	18	3	4	2	9	23	4	6
Vegetarian Beef Stew	260 grams	224	4	0	0	0	813	18	4	3	29	18	13	6	73
Vegetarian Cabbage Roll-Style Casserole	147 mL	110	1	0	0	0	407	19	4	5	9	4	23	7	21
Veggie Burger Jambalaya	147 mL	131	4	0	0	0	299	20	2	2	5	2	13	6	10
Veggie Sub on Whole Wheat	150 grams	262	9	4	0	16	597	33	3	4	10	5	15	15	18
Wasabi Encrusted Cod	96 grams	271	13	1	0	46	512	38	1	2	18	0	2	1	2
Wax Beans	118 mL	37	0	0	0	0	7	7	4	2	2	8	32	4	9
White Bean & Bacon Soup	237 mL	194	5	2	0	18	327	25	9	3	9	10	7	9	18
White Kidney Bean Curry	118 mL	114	1	0	0	0	294	21	5	3	5	25	17	7	14
Wholegrain Rice Waldorf Side Salad	112 grams	174	4	0	0	0	43	31	2	7	4	0	17	2	5
Wilted Spinach w/ Tofu	118 mL	93	6	0	0	0	370	7	4	2	8	91	38	22	27
Zucchini & Tomato Sauté	118 mL	54	3	1	0	0	310	6	2	4	2	4	40	2	5
Zucchini & Yellow Squash Sauté	118 mL	43	3	0	0	0	56	4	1	4	1	1	37	2	4

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.