

Entrees	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Baked Cheese Tortellini w/ Tomato Sauce (Get the Good Stuff)	160 grams	318	9	4	0	26	640	46	3	5	16	8	15	21	16
Baked Chicken w/ Honey Lemon Sauce (Get the Good Stuff)	99 grams	161	9	2	0	48	229	5	0	5	15	3	3	1	6
Baked Cod w/ Hoisin & Sriracha Sauce (Get the Good Stuff)	103 grams	108	2	0	0	43	464	13	0	8	13	0	2	0	1
Beef Satay (Get the Good Stuff)	88 grams	233	11	3	0	61	287	4	1	1	28	1	2	9	21
Beef Tagine (Get the Good Stuff)	147 mL	238	9	2	0	42	512	20	3	8	21	6	35	4	22
Braised Shredded Chicken Thighs (Get the Good Stuff)	91 grams	198	8	1	0	93	462	6	0	5	25	7	2	2	12
Breaded Sole Creole (Get the Good Stuff)	125 grams	324	13	2	0	130	479	23	1	6	27	11	45	9	15
Butter Chicken (Get the Good Stuff)	147 mL	195	8	3	0	79	208	5	1	2	25	6	5	4	10
Butternut Squash Barley Risotto (Get the Good Stuff)	147 mL	139	5	2	0	7	583	20	3	4	6	22	25	11	8
Butternut Squash Risotto (Get the Good Stuff)	147 mL	182	6	1	0	1	649	31	1	2	3	18	15	4	3
Caribbean Grilled Turkey (Get the Good Stuff)	118 grams	262	11	3	0	109	528	6	1	1	36	4	10	4	15
Caribbean Turkey Kabobs (Get the Good Stuff)	118 grams	236	8	3	0	146	226	6	1	2	34	4	55	3	11
Chicken A La King (Get the Good Stuff)	148 grams	277	15	3	0	72	531	10	1	3	25	12	10	5	11
Chicken Marengo (Get the Good Stuff)	195 grams	323	14	2	0	74	504	19	6	9	30	20	23	8	28
Chipotle Mango & Lime Chicken (Get the Good Stuff)	88 grams	107	2	1	0	39	545	2	0	0	20	0	0	0	2
Cilantro Chili Chicken Lo Mein (Get the Good Stuff)	133 grams	145	6	1	0	16	455	17	1	4	8	6	23	2	8
Cocoa Ancho Beef Chili w/ Black Beans (Get the Good Stuff)	275 grams	346	15	5	0	53	528	32	5	18	22	13	57	15	28
Cornmeal Crusted Roast Salmon (Get the Good Stuff)	100 grams	252	6	1	0	42	626	31	1	2	20	7	3	2	8
Fire Roasted Salmon w/ Mustard & Tarragon (Get the Good Stuff)	110 grams	159	6	1	0	41	583	4	0	3	22	0	20	2	4
Ginger Roasted Salmon (Get the Good Stuff)	103 grams	218	13	2	0	35	606	8	0	6	18	3	2	1	4
Grilled Chicken Breast w/ Cranberry Apricot Sauce (Get the Good Stuff)	121 grams	162	4	1	0	40	642	12	1	8	21	3	10	1	3
Grilled Chicken Taco on Whole Wheat (Get the Good Stuff)	160 grams	300	12	5	0	48	282	28	3	2	20	6	10	19	14
Individual Mini Turkey Meat Loaves (Get the Good Stuff)	115 grams	173	8	2	0	108	412	10	1	1	17	19	22	6	11
Maple Glazed Salmon (Get the Good Stuff)	111 grams	168	5	1	0	50	399	7	0	6	22	4	0	2	3
Miso Crusted Cod Loin (Get the Good Stuff)	91 grams	193	2	0	0	95	403	2	0	0	40	3	5	3	7
Panko Breaded Sole (Get the Good Stuff)	35 grams	163	7	1	0	47	149	17	1	1	14	1	2	3	4
Pork Chop w/ Ginger Sauce (Get the Good Stuff)	110 grams	151	6	2	0	45	566	5	0	3	19	1	3	2	4
Pork Stroganoff (Get the Good Stuff)	177 mL	192	8	3	0	54	148	8	1	3	19	4	10	3	10
Roasted Turkey (Get the Good Stuff)	140 grams	260	14	3	0	139	457	0	0	0	43	0	0	1	7
Rotini Pasta with Marinara Sauce (Get the Good Stuff)	177 grams	261	5	1	0	2	171	44	4	6	9	9	7	8	22
Rotini w/ Italian Sausage & Peppers (Get the Good Stuff)	237 mL	323	13	4	0	13	502	40	2	4	11	8	75	5	14
Southwest Fajita (Get the Good Stuff)	213 grams	305	12	4	0	47	608	34	6	5	18	8	62	12	11
Soy Glazed Grilled Salmon (Get the Good Stuff)	98 grams	163	4	1	0	35	564	15	0	14	18	3	0	2	4
Stir Fried Beef w/ Teriyaki Sauce (Get the Good Stuff)	152 grams	154	4	1	0	27	432	17	1	10	13	4	93	1	12
Traditional Beef Stew (Get the Good Stuff)	260 grams	315	16	4	1	53	577	20	4	6	24	50	20	6	21
Tri-Colour Bean & Chicken Ragout (Get the Good Stuff)	147 mL	142	3	0	0	9	612	21	5	5	9	5	10	8	16
Turkey Lasagna (Get the Good Stuff)	232 grams	361	12	6	0	77	518	36	5	8	28	19	50	40	35
Turkey Meat Loaf (Get the Good Stuff)	109 grams	180	8	2	0	109	376	10	2	1	18	30	20	9	14
Veal Piccata Milanese (Get the Good Stuff)	112 grams	238	10	2	0	167	377	10	1	3	26	4	13	10	14
Vegetable Lasagna (Get the Good Stuff)	253 grams	267	10	4	0	15	645	35	5	9	15	38	72	20	12
Wasabi Encrusted Cod (Get the Good Stuff)	96 grams	271	14	1	0	46	502	38	1	1	18	0	2	1	2
Baked Basa Bengal Style (Get the Good Stuff)	65 grams	86	5	1	0	29	86	2	0	1	9	1	0	2	4
Baked Chicken (Get the Good Stuff)	91 grams	218	14	3	0	66	263	1	0	1	21	3	7	1	8
Baked Cod w/ Sweet Potato & Olive Relish (Get the Good Stuff)	84 grams	92	2	0	0	43	101	6	1	2	12	15	5	1	3
BBQ Beef Brisket (Get the Good Stuff)	85 grams	283	12	4	0	109	335	7	1	5	35	6	2	1	26
Beef Vindaloo (Get the Good Stuff)	118 mL	203	10	3	0	43	360	9	2	4	18	4	10	6	19
Beef, Pepper & Mushroom Kabobs (Get the Good Stuff)	111 grams	238	10	2	0	58	526	10	1	8	27	2	53	2	21

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Cajun Chicken Souvlaki (Get the Good Stuff)	72 grams	85	2	0	0	45	709	3	0	1	16	0	2	1	4
Cajun Grilled Pork Chops (Get the Good Stuff)	115 grams	160	4	1	0	62	101	1	0	0	30	2	3	1	7
Cajun Pork Souvlaki (Get the Good Stuff)	72 grams	122	6	2	0	46	131	1	0	0	16	0	2	2	6
Cajun Style Baked Cod Filet (Get the Good Stuff)	110 grams	86	3	1	0	47	168	2	1	1	14	2	12	4	2
Chicken Wasabi Mashed Potato Bowl (Get the Good Stuff)	244 grams	291	9	2	0	43	626	40	2	17	14	15	63	5	12
Chili Garlic Chicken Thighs (Get the Good Stuff)	118 grams	259	13	2	0	110	628	4	1	1	29	3	0	2	14
Chili Marinated Halibut w/ Avocado Pico de Gallo (Get the Good Stuff)	126 grams	257	16	2	0	36	259	3	1	1	24	8	10	6	9
Curried Grilled Salmon w/ Avocado Pico de Gallo (Get the Good Stuff)	129 grams	206	10	1	0	50	547	3	1	1	23	6	10	2	5
Curried Grilled Salmon w/ Tomato & Onion Confit (Get the Good Stuff)	128 grams	206	10	1	0	50	637	5	1	2	23	5	8	2	6
Fish Creole (Get the Good Stuff)	105 grams	88	1	0	0	50	202	3	1	1	16	7	28	3	4
Grilled Turkey w/ Tomato Cilantro Salsa (Get the Good Stuff)	192 grams	284	14	3	0	109	530	5	1	2	36	3	10	3	14
Jerk Pork Souvlaki (Get the Good Stuff)	72 grams	127	6	2	0	48	298	1	0	0	17	0	2	2	6
Mahi Mahi w/ Orange Glaze (Get the Good Stuff)	188 grams	235	7	1	0	131	347	8	1	6	34	10	35	4	15
Montreal Seasoning Pork Souvlaki (Get the Good Stuff)	72 grams	125	6	2	0	48	205	0	0	0	17	2	5	1	6
Moroccan Chicken Souvlaki (Get the Good Stuff)	72 grams	84	2	0	0	45	621	3	0	1	16	0	0	0	4
Moroccan Pork Souvlaki (Get the Good Stuff)	72 grams	127	6	2	0	48	46	1	0	0	17	1	2	2	7
Roast Turkey Breast (Get the Good Stuff)	85 grams	181	7	2	0	75	90	5	1	2	25	32	3	2	9
Roasted Beef (Get the Good Stuff)	85 grams	142	2	1	0	60	358	0	0	0	28	0	0	1	18
Roasted Chicken w/ Herbs (Get the Good Stuff)	89 grams	222	14	4	0	68	304	0	0	0	21	4	5	1	9
Salmon Cake (Get the Good Stuff)	107 grams	159	7	1	0	46	544	2	1	0	23	5	10	2	6
Seared Salmon w/ Cauliflower Colcannon (Get the Good Stuff)	240 grams	244	8	1	0	51	695	18	3	2	25	15	97	6	12
Southwestern Chicken Chili (Get the Good Stuff)	237 mL	226	5	1	0	55	372	28	6	8	19	24	27	11	24
Sweet & Sour Pork (Get the Good Stuff)	174 grams	325	14	4	0	49	286	35	2	28	15	15	83	2	9
Sweet & Spicy Chicken (Get the Good Stuff)	160 grams	352	13	3	0	85	402	29	2	18	29	24	97	4	14
Tandoori Chicken Souvlaki (Get the Good Stuff)	72 grams	86	2	0	0	45	625	3	0	1	16	1	2	1	4
Tandoori Pork Souvlaki (Get the Good Stuff)	72 grams	131	6	2	0	48	51	1	0	0	17	1	3	3	7
Tilapia Curry (Get the Good Stuff)	124 grams	165	6	1	0	55	602	6	2	2	23	0	3	1	8
Tilapia w/ Strawberry Salsa (Get the Good Stuff)	76 grams	146	8	1	0	28	179	8	1	7	12	0	22	1	4
Asian Noodles (Get the Good Stuff)	147 mL	283	9	1	0	0	629	46	2	7	4	24	43	2	4
Barley & Vegetables (Get the Good Stuff)	130 grams	144	2	0	0	0	388	30	6	2	4	15	38	3	7
Basmati Rice Pilaf w/ Chickpeas (Get the Good Stuff)	147 mL	169	3	0	0	0	353	32	3	4	6	5	13	3	14
Bean Jambalaya (Get the Good Stuff)	147 mL	137	2	0	0	0	348	26	4	3	5	4	38	7	12
Cauliflower & Red Lentil Curry (Get the Good Stuff)	147 mL	120	3	0	0	0	423	18	4	3	7	0	30	3	17
Chilean Stew (Get the Good Stuff)	147 mL	87	2	0	0	0	133	17	3	5	3	2	28	4	11
Middle Eastern Chickpeas w/ Spinach (Get the Good Stuff)	147 mL	124	3	0	0	0	306	19	4	5	7	46	73	10	19
Stir Fried Tofu w/ Sweet & Sour Sauce (Get the Good Stuff)	125 grams	103	3	0	0	0	134	17	2	12	6	2	55	10	18
Stir Fried Vegetables, Rice Noodles & Tofu (Get the Good Stuff)	147 mL	285	10	1	0	0	513	44	2	6	6	14	42	5	9
Sweet & Sour Harvest Lentils (Get the Good Stuff)	147 mL	138	2	0	0	0	219	24	4	6	7	11	60	3	15
Sweet Chili Stir Fry w/ Vegetables, Tofu & Linguine (Get the Good Stuff)	244 grams	272	6	1	0	0	280	44	3	13	16	3	73	23	48
Tri-Colour Bean & Tofu Ragout (Get the Good Stuff)	147 mL	128	2	0	0	0	604	21	5	5	7	4	10	9	17
Tri-Colour Bean Ragout (Get the Good Stuff)	147 mL	124	2	0	0	0	604	21	5	5	6	4	10	8	15
Vegan Cabbage Roll-Style Casserole (Get the Good Stuff)	147 mL	110	1	0	0	0	407	19	4	5	9	4	23	7	21
Vegan Enchilada Bake (Get the Good Stuff)	2 each	228	9	1	0	0	518	35	6	7	5	31	90	7	12
Vegan Shepherd's Pie (Get the Good Stuff)	192 grams	141	3	0	0	0	357	22	5	5	9	35	73	5	19
Vegetable Chili (Get the Good Stuff)	237 mL	169	5	1	0	0	689	27	6	7	7	24	72	6	16
Vegetable Jambalaya (Get the Good Stuff)	147 mL	149	6	1	0	0	289	21	2	3	4	14	95	6	12
Eggplant Casserole (Get the Good Stuff)	147 mL	141	10	1	0	0	506	14	4	7	9	16	33	14	27

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Lentils w/ Caramelized Onions & Ginger (Get the Good Stuff)	189 grams	270	2	0	0	0	478	45	8	3	18	0	10	5	41
Ratatouille Vegetable Stew (Get the Good Stuff)	176 grams	81	4	1	0	0	286	10	3	5	2	6	72	6	7
Ratatouille with Capers & Fresh Herbs (Get the Good Stuff)	134 grams	61	2	0	0	0	238	10	3	5	2	5	58	7	8
Ratatouille with Quinoa & Fresh Herbs (Get the Good Stuff)	132 grams	56	2	0	0	0	195	9	3	5	2	4	57	6	7
Stir Fried Tofu w/ Pineapple & Sweet & Sour Sauce (Get the Good Stuff)	147 mL	171	4	0	0	0	211	31	2	23	7	3	57	13	24
Stir Fried Vegetables & Tofu Kung Pao (Get the Good Stuff)	138 grams	152	7	1	0	0	293	19	3	11	5	20	17	8	13
Stir Fried Vegetables & Tofu w/ Sweet & Sour Sauce (Get the Good Stuff)	152 grams	121	6	1	0	0	98	16	3	10	4	20	47	8	12
Asian Greens Mixed Salad (Get the Good Stuff)	237 mL	61	4	1	0	0	159	5	1	3	1	16	57	3	6
Eggplant Parmesan - Individual (Get the Good Stuff)	112 grams	223	13	3	0	7	310	20	3	3	7	7	5	11	8
Spicy Vegetable Lo Mein (Get the Good Stuff)	87 grams	111	2	0	0	5	453	20	1	2	4	5	7	2	9
Spinach Salad w/ Bruschetta & Balsamic Dressing (Get the Good Stuff)	237 mL	44	3	0	0	21	128	3	1	1	2	20	20	4	8
Sweet Potato & Chickpea Cakes w Salsa (Get the Good Stuff)	220 grams	275	11	2	0	53	460	40	8	7	11	39	87	10	23
Veggie Burger Jambalaya (Get the Good Stuff)	147 mL	135	4	0	0	0	299	20	1	2	5	3	13	5	10
Alfredo Chicken Bruschetta Casserole, Indi	321 grams	385	10	5	0	54	1080	48	2	4	25	9	8	18	17
Alfredo Farfalle & Sausage Casserole	242 grams	369	13	5	0	24	462	45	2	7	17	12	8	25	16
Almond Chicken Breast	156 grams	397	24	2	0	108	1040	22	3	3	27	1	13	8	19
Apricot Glazed Pork Kabobs	135 grams	322	20	8	0	103	354	3	0	0	32	6	3	2	10
Asian Vegetable Blend	3000 grams	714	6	1	0	0	2091	139	45	69	44	450	710	69	83
Baked Basa w/ Bombay Sauce	80 grams	83	4	2	0	34	141	3	0	1	8	4	3	3	3
Baked Basa w/ Tomato Zucchini & Feta	68 grams	78	4	2	0	32	160	1	0	1	10	3	7	1	2
Baked BBQ Chicken	188 grams	468	24	7	0	135	678	18	1	16	43	8	10	3	19
Baked Chicken w/ Montreal seasoning	183 grams	399	24	7	0	135	416	1	0	0	43	7	5	2	17
Baked Four Cheese Ravioli	198 grams	414	14	8	0	56	840	52	3	8	20	17	5	37	16
Baked Honey Garlic Chicken	188 grams	461	24	7	0	135	774	17	0	14	43	7	5	3	18
Baked Penne	207 grams	281	6	1	0	3	159	46	4	5	10	10	7	8	23
Baked Teriyaki Chicken	188 grams	438	26	7	0	135	1313	5	0	3	44	7	7	3	19
Baked Tomato Cheese Manicotti	114 grams	232	8	4	0	40	408	32	2	4	9	10	10	8	9
Baked Tri-Colour Fusilli	237 mL	308	5	2	0	9	448	53	4	6	14	11	5	16	24
Baked Tri-Colour Fusilli Pasta	237 mL	308	6	1	0	3	181	52	5	4	11	11	7	9	29
Battered Fish	65 grams	65	4	0	0	25	43	0	0	0	8	1	0	0	1
BBQ Jerk Side Ribs	234 grams	634	45	17	1	173	2092	6	2	2	47	2	5	7	23
Bean & Tofu Burrito	1 each	542	22	7	0	20	1835	67	7	3	21	20	18	29	52
Beef & Beans Chimichangas	79 grams	170	8	4	0	20	394	16	1	1	7	4	5	7	10
Beef Bourguignon	147 mL	316	17	6	1	77	1116	9	1	4	29	4	10	3	25
Beef Fajitas	163 grams	311	15	6	0	42	686	27	2	2	16	9	43	12	18
Beef Goulash	165 grams	305	14	5	1	86	331	7	1	3	35	3	12	2	27
Beef Pepper Teriyaki	175 grams	250	8	2	0	32	1034	28	2	15	16	5	103	2	15
Beef Pot Pies	265 grams	692	39	10	0	70	755	54	2	4	28	6	12	17	35
Beef Quesadillas	100 grams	274	13	6	0	38	452	22	1	0	16	4	0	11	17
Beef Stroganoff	165 grams	330	19	7	1	85	1122	9	1	4	29	9	5	6	22
Beef, Prime Rib, Roasted	229 grams	742	44	20	2	184	1379	1	0	0	76	0	0	3	44
Black Bean Enchiladas	175 grams	256	6	2	0	9	943	41	4	7	8	11	57	10	17
Bombay Style Cod	147 mL	178	11	6	1	64	446	10	2	5	12	14	12	8	7
Braised Beef Short Ribs	223 grams	692	59	23	0	98	1219	9	1	4	24	9	10	4	18
Braised Corned Beef Brisket	205 grams	439	19	7	0	150	1186	14	2	6	52	13	17	4	38
Braised Lamb Shanks	388 grams	735	35	12	1	234	1639	20	3	8	73	28	40	8	40

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Braised Pork Butt, Garlic Herb	85 grams	370	25	9	0	118	1011	1	0	0	34	1	5	2	15
Breaded Sole w/ Rice & Stir Fried Vegetables	1 each	550	15	1	0	25	1139	85	4	21	18	24	80	10	28
Breaded Veal Cutlets	121 grams	367	20	6	0	173	480	18	1	2	27	6	0	6	21
Brew 'n Barbecue	145 grams	566	33	11	0	161	198	13	1	5	53	1	3	4	15
Buffalo Chicken Wings	69 grams	313	24	8	1	100	316	0	0	0	20	16	0	7	9
Butternut Squash Macaroni & Cheese	125 grams	265	12	7	0	40	266	31	2	3	9	32	13	12	10
Butternut Squash Tortellini	237 mL	440	16	6	0	40	704	60	3	5	16	46	68	11	20
Cajun Baked Chicken	183 grams	403	24	7	0	135	289	1	1	0	43	5	0	3	18
Campfire Meatballs	21 grams	44	2	1	0	17	126	2	0	0	4	1	0	1	3
Caribbean Jerk Chicken	210 grams	396	25	6	0	117	871	3	1	1	37	4	0	3	18
Caribbean Jerk Chicken Wings	59 grams	248	18	4	0	85	333	1	0	0	20	7	0	7	10
Caribbean Red Beans & Coconut Rice	147 mL	315	10	7	0	47	302	48	4	4	9	5	10	15	25
Chicken Breast & Mushrooms	94 grams	161	5	1	0	40	728	6	1	2	22	6	3	3	5
Chicken Bruschetta Casserole - Individual	321 grams	344	5	2	0	39	896	52	3	9	24	7	13	13	19
Chicken Cacciatore	219 grams	314	20	4	0	54	794	13	1	3	20	14	18	5	15
Chicken Chasseur	87 grams	323	23	6	0	72	402	3	0	1	23	6	3	2	10
Chicken Chili Mashed Potato Bowl	314 grams	315	13	5	0	62	867	33	5	5	22	13	43	16	20
Chicken Curry Madras	188 grams	140	3	1	0	61	981	10	2	4	22	18	8	4	7
Chicken Fresca Quesadilla	248 grams	541	26	8	0	78	1661	48	2	1	29	4	18	23	22
Chicken Nuggets	82 grams	242	14	1	0	22	419	18	1	0	12	0	3	2	592
Chicken Parmigiana	125 grams	303	17	3	0	39	705	19	2	4	19	7	3	12	11
Chicken Pho Broth Bowl	489 grams	197	5	1	0	55	1374	21	1	4	16	21	15	3	9
Chicken Pot Pies	272 grams	654	39	10	0	77	930	50	2	3	25	5	5	17	24
Chicken Quesadillas	108 grams	252	10	4	0	45	447	22	1	0	18	3	0	11	12
Chicken Sherry	166 grams	175	8	2	0	53	853	8	1	3	18	3	3	1	7
Chicken, Mushroom & Spinach Tortellini	177 grams	413	18	4	0	39	399	43	2	5	19	10	7	19	16
Chili Garlic Stir Fry w/ Rice Noodles	231 grams	364	7	0	0	0	727	70	3	7	6	12	13	2	3
Chipotle Macaroni & Cheese w/ Cheddar	147 mL	365	14	8	0	39	530	43	2	7	16	11	2	29	14
Cincinnati-Style Chicken Chili	237 mL	333	9	2	0	77	821	30	7	15	31	31	112	8	24
Classic Macaroni & Cheese	115 grams	246	12	7	0	33	320	26	1	3	10	9	0	16	8
Coconut Crusted Tofu w/ Peach Lemongrass Salsa	135 grams	215	15	5	0	0	103	15	3	4	14	2	3	24	46
Coconut Curry Cod	87 grams	126	8	6	0	45	51	3	1	2	13	2	5	2	4
Coconut Shrimp w/ Cilantro & Jalapeno Sauce	93 grams	408	28	15	0	166	523	24	4	4	18	2	5	3	16
Coq Au Vin	305 grams	763	51	15	0	207	684	6	1	2	65	7	5	4	29
Corned Beef & Cabbage	279 grams	579	27	8	0	208	967	13	4	5	68	33	52	8	51
Country Meat Loaf	130 grams	316	16	6	0	119	599	20	1	9	23	2	3	6	23
Cowboy Beef & Bean Chili w/ Mushrooms	276 grams	377	22	8	1	78	957	16	4	3	30	6	8	5	28
Crispy Breaded Chicken	155 grams	481	20	3	0	125	725	40	2	4	33	5	0	11	32
Curry Vegetable Pot Pies	311 grams	679	36	8	0	22	925	79	6	9	12	8	53	21	38
Easy Turkey Sloppy Joes	254 grams	414	10	3	0	83	820	54	3	17	26	8	18	14	28
Eggplant Lentil Moussaka	141 grams	145	7	3	0	24	269	16	4	5	6	14	27	10	10
Farfalle, Broccoli & Ricotta	363 grams	601	21	7	0	38	790	81	4	6	23	17	37	28	28
Field Tomato, Bell Pepper Cheese Quiche	201 grams	507	34	12	0	555	537	30	1	3	20	20	12	33	43
Four Cheese Quiche	207 grams	554	37	14	0	572	637	30	1	3	24	24	0	40	42
Fried Chicken	325 grams	679	45	8	0	158	600	23	1	1	42	7	5	4	28
Fried Rice w/ Beef	395 grams	530	15	5	0	189	1669	60	4	12	39	46	135	16	46
Fried Rice w/ Chicken	395 grams	563	20	5	0	207	1775	63	4	13	32	49	142	17	42

Entrees	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
<i>Recipe Name</i>		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Fried Rice w/ Pork	395 grams	582	22	7	0	188	1720	63	4	13	33	47	142	18	38
Fried Rice w/ Shrimp	395 grams	518	16	5	0	303	2020	63	4	13	31	47	142	16	33
Fried Rice w/ Tofu	395 grams	498	20	5	0	130	1761	63	5	11	23	46	135	37	68
Fusilli w/ Artichokes & Herbs	237 mL	246	15	7	1	30	698	23	3	6	7	12	40	15	10
Fusilli w/ Feta, Spinach & Pesto	183 grams	138	6	2	0	11	409	15	1	1	6	12	13	4	8
Fusilli w/ Sautéed Red Onions, Artichokes & Olives	237 mL	188	9	3	0	13	611	22	3	5	7	7	42	12	10
Garden Primavera Pasta & Tomato Sauce	530 grams	516	5	1	0	3	530	98	7	13	18	28	53	12	33
Gardenburger Taco	142 grams	270	11	4	0	13	719	30	4	2	13	27	7	13	18
Garlic Butter Perogies	185 grams	415	16	3	0	6	865	58	3	4	10	15	3	0	1
Ginger Citrus Chicken Drumsticks	255 grams	438	26	7	0	167	612	7	1	2	41	14	35	6	20
Ginger Sesame Noodles w/ Chicken	157 grams	203	6	1	0	17	905	29	2	6	9	3	53	2	13
Grilled Chicken Taco	160 grams	278	11	5	0	48	473	25	2	2	19	6	10	12	14
Grilled Marinated Flank Steak	150 grams	529	33	8	1	108	279	0	0	0	52	0	0	1	32
Grilled Pork Chop with Sundried Tomato Sauce	235 grams	318	11	3	0	80	830	10	1	6	38	1	7	1	10
Grilled Swordfish Kabobs w/ Tomato Salsa	137 grams	381	27	4	0	59	1502	4	1	2	31	8	10	4	14
Haddock w/ Coconut Crust	140 grams	314	18	3	0	101	412	15	1	3	25	4	0	5	12
Haddock w/ Coconut Curry Sauce	141 grams	291	19	5	0	81	512	2	0	1	27	5	5	5	11
Indian Garlic Chicken	70 grams	125	2	1	0	40	740	8	0	4	21	1	5	2	5
Indian Tandoori BBQ Side Ribs	234 grams	1177	85	31	1	327	519	7	2	2	91	6	12	16	45
Italian Pot Roast "Brasato"	205 grams	565	18	4	0	129	1142	20	4	7	59	23	25	7	55
Italian Style Beef Stew	165 grams	237	10	3	1	61	449	10	2	5	25	4	85	3	18
Jerk Chicken Souvlaki	72 grams	85	2	0	0	45	873	3	0	1	16	0	0	1	4
Korean Grilled Cod	93 grams	190	10	2	0	43	1966	12	0	8	15	0	2	1	4
Lamb Bourguignon	147 mL	447	28	12	0	136	1000	9	1	4	36	4	10	3	25
Lamb Tagine	147 mL	325	16	6	0	79	499	21	3	9	25	8	68	5	23
Lamb Tagine w/ Honey & Dates	140 grams	533	29	12	0	146	469	26	4	18	42	0	8	7	27
Linguine w/ Mushrooms & Tarragon	290 grams	826	14	7	0	35	588	142	7	9	29	10	3	13	46
Macaroni & Beef Casserole	147 mL	149	3	1	0	11	260	22	2	6	8	13	17	9	11
Maryland Crab Cakes	80 grams	216	11	1	0	13	747	24	2	5	8	1	27	5	9
Masala Beef	118 mL	251	12	4	1	68	388	6	2	1	28	0	7	5	31
Meat Lasagna	154 grams	396	20	11	1	118	445	25	2	6	29	19	25	41	21
Mesquite Chicken Quesadilla	235 grams	511	23	8	0	83	1846	47	2	1	31	4	17	23	22
Mexican Beef Lasagna	195 grams	484	16	6	0	33	907	63	8	6	21	15	30	17	43
Middle Eastern Marinated Grilled Chicken	85 grams	192	9	1	0	50	767	4	0	0	26	0	3	0	4
Mixed Salad w/ Grilled Pineapple & Coconut	90 grams	176	12	4	0	0	210	18	3	12	2	19	90	4	9
Montreal Seasoning Chicken Souvlaki	72 grams	82	2	0	0	45	780	2	0	1	16	1	3	0	3
New Delhi Dreaming Shrimp Kabobs	170 grams	205	9	1	0	137	1667	11	1	5	20	6	5	7	19
Oven Roasted Glazed Ham	180 grams	253	11	6	0	78	2755	17	0	14	25	0	112	5	10
Penne Pasta w/ Chicken, Mushrooms & Spinach	450 grams	647	16	4	0	40	639	94	4	9	31	20	18	24	37
Penne Pasta w/ Salsa Roja & Pico de Gallo	347 grams	221	7	2	0	6	740	32	3	6	9	7	33	10	11
Penne Pasta w/ Smoked Salmon and Capers	237 mL	281	7	2	0	10	1026	42	3	6	13	3	28	10	15
Penne Pasta w/ Spinach & Pesto	237 mL	348	15	4	0	16	362	45	3	5	10	25	22	13	22
Penne Ratatouille	408 grams	454	19	3	0	6	482	60	7	13	13	11	98	21	28
Pulled Pork Chili	283 grams	231	5	2	0	24	928	34	5	17	13	17	20	22	23
Quebec Shepherd Pie	357 grams	693	40	18	0	154	1044	36	6	7	48	50	73	55	42
Red Thai Beef & Eggplant Curry	147 mL	245	15	9	0	41	562	10	3	4	18	1	10	3	18
Red Thai Curried Beef	175 grams	273	14	7	1	57	462	12	1	3	24	0	3	2	21

Entrees	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Red Thai Curried Pork	175 grams	332	22	9	0	74	463	12	1	3	23	1	5	2	15
Roast Leg of Lamb	85 grams	253	19	8	0	75	340	0	0	0	20	0	0	1	14
Roasted Pork Loin, Herbed	85 grams	215	13	5	0	70	51	1	0	0	23	0	2	2	7
Roasted Stuffed Pork Loin w/ Spinach	130 grams	375	25	7	0	104	297	2	1	1	35	8	15	4	14
Roasted Turkey w/ Stuffing & Gravy	265 grams	420	21	4	0	144	1188	22	2	3	47	8	5	3	15
Rogan Josh	118 mL	382	23	10	0	128	380	6	1	2	36	3	8	7	24
Rotini Salad w/ Greek Feta Cheese	147 mL	136	5	1	0	6	189	19	2	2	4	3	28	4	9
Rotini w/ Broccoli & Cheddar Sauce	237 mL	397	17	10	1	48	367	45	2	5	16	13	28	26	15
Rotisserie Ham w/ Brwn Sugar Pineapple Glaze	142 grams	271	7	2	0	48	1671	32	0	31	21	3	3	8	8
Rustic BBQ Side Ribs	234 grams	697	44	16	1	173	962	26	2	19	48	7	10	7	25
Saag Beef Curry	118 mL	219	10	3	1	59	459	7	2	2	26	45	25	12	25
Saag Chicken Curry	118 mL	120	3	0	0	43	982	9	2	3	18	45	25	11	12
Saag Lamb Curry	118 mL	349	20	9	0	116	445	7	2	2	34	48	27	13	27
Salisbury Steak	200 grams	397	24	10	1	154	441	7	1	3	36	1	5	4	27
Salmon Burgers	218 grams	418	13	3	0	37	1280	48	2	6	26	7	12	28	30
Sausage Parmesan w/ Onions & Peppers	178 grams	469	37	13	0	53	996	12	2	6	20	20	55	20	7
Scratch Battered Fish	65 grams	110	5	0	0	25	245	8	0	0	9	1	0	6	5
Seafood Newburg	255 grams	267	11	2	0	108	1284	21	1	10	21	8	5	16	13
Seafood Stir Fry	230 grams	255	10	1	0	129	733	8	2	3	33	34	72	13	27
Shepherds Pie	240 grams	403	22	9	1	100	669	25	3	4	27	30	38	6	24
Sloppy Joe's	223 grams	409	13	5	0	50	773	49	3	15	24	6	20	8	31
Smoked, Cured Pork Loin Kasseler	170 grams	347	18	5	0	116	1564	13	0	7	32	0	35	0	7
South American Lamb Stew	198 grams	420	27	11	0	101	528	14	3	5	29	8	12	13	28
Southwestern Pork	142 grams	386	23	8	0	123	199	1	0	0	41	2	3	3	13
Spaghetti & Meatballs	255 grams	573	21	9	1	42	962	63	4	6	31	14	7	47	46
Spaghetti with Meatballs	262 grams	457	12	5	0	21	727	66	5	11	21	15	30	26	32
Stir Fried Crispy Pork & Asian Vegetables	235 grams	468	28	6	0	65	664	31	3	18	23	20	72	9	18
Stir Fry Chicken w/ Hoisin Sauce	168 grams	145	3	0	0	28	982	20	3	12	13	14	83	3	7
Stuffed Cabbage Rolls	250 grams	266	14	5	0	78	659	15	2	4	20	10	22	9	22
Stuffed Peppers	1 each	394	20	7	0	29	1004	43	5	12	13	16	213	24	16
Sundried Tomato, Black Olive Feta Quiche	205 grams	576	38	13	0	565	1077	38	3	9	23	21	10	40	55
Sweet & Sour Meatballs w/ Shanghai Noodles	255 grams	682	22	7	0	50	877	90	3	16	29	2	37	38	52
Sweet & Sour Rotisserie Pork Roast	142 grams	463	21	8	0	116	528	28	0	24	39	1	2	4	12
Swiss Steak	214 grams	270	12	2	0	60	757	11	2	3	25	3	8	7	28
Szechwan Tofu Stir-Fry	147 mL	145	7	1	0	0	859	16	3	7	9	17	45	17	28
Taco Salad - Ground Beef	392 grams	519	32	14	0	99	1050	26	5	7	32	17	22	28	28
Tandoori Chicken	70 grams	174	11	3	0	54	58	1	0	0	18	3	2	2	8
Teriyaki Shanghai Noodles w/ Bay Shrimps	325 grams	416	13	2	0	257	1197	41	2	4	32	37	87	9	8
Texas Chili	147 mL	459	27	6	1	102	1027	10	2	4	42	3	13	4	33
Tikka Beef Stew	147 mL	277	20	8	0	38	353	9	2	4	17	7	12	4	16
Tikka Lamb Stew	147 mL	337	23	11	0	72	377	13	3	6	21	60	15	5	17
Tortellini with Four Tomato & Basil	196 grams	366	13	2	0	16	521	50	5	9	12	14	17	13	23
Traditional Beef Chili	147 mL	194	10	3	0	30	608	18	4	7	15	5	33	2	15
Tuna Casserole	200 grams	430	15	7	0	47	323	44	2	4	29	7	3	23	21
Turkey Meat Loaf	218 grams	360	15	4	0	219	753	19	4	2	37	60	48	17	28
Vegan Black Bean Enchilada	220 grams	337	10	2	0	0	821	53	7	3	9	11	87	7	21
Vegetable Biryani	270 grams	309	6	2	0	0	729	56	7	12	10	49	173	5	26

Entrees	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
<i>Recipe Name</i>		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Vietnamese Chick Stir Fry & Rice w/ Fresh Veg	1 each	708	15	1	0	34	1778	121	3	29	23	24	70	20	35
Zoca Rice Bowl - Ground Beef	350 grams	548	26	13	0	94	1290	43	3	3	34	20	8	31	29
Zoca Rice Bowl - Ground Turkey	350 grams	443	17	9	0	73	1321	50	5	4	23	21	12	34	22
Zoca Rice Bowl - Portobello Mushroom	329 grams	391	17	9	0	43	1234	45	4	5	15	19	8	30	17
Zoca Rice Bowl - Shredded Beef	357 grams	516	23	12	0	94	1744	44	3	3	34	21	8	31	28
Zoca Rice Bowl - Shredded Chicken	350 grams	461	19	9	0	96	1436	44	3	4	28	21	10	31	23
Zoca Rice Bowl - Shredded Pork	357 grams	425	16	9	0	68	1722	48	3	14	23	18	7	26	15

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.