

Get the Good Stuff	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)
<i>Recipe Name</i>															
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	629	46	2	7	4	24	43	2	4
Asparagus, Grilled	85 grams	57	5	0	0	0	188	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	127	4	1	0	8	86	20	3	2	4	12	40	2	5
Baked Basa Bengal Style	65 grams	86	5	1	0	29	86	2	0	1	9	1	0	2	4
Baked Cheese Tortellini w/ Tomato Sauce	160 grams	318	9	4	0	26	640	46	3	5	16	8	15	21	16
Baked Chicken	91 grams	218	14	3	0	66	263	1	0	1	21	3	7	1	8
Baked Chicken w/ Honey Lemon Sauce	99 grams	161	9	2	0	48	229	5	0	5	15	3	3	1	6
Baked Cod w/ Hoisin & Sriracha Sauce	103 grams	108	2	0	0	43	464	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	115	5	2	0	6	185	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	169	3	0	0	0	353	32	3	4	6	5	13	3	14
BBQ Beef Brisket	85 grams	283	12	4	0	109	335	7	1	5	35	6	2	1	26
Bean Jambalaya	147 mL	137	2	0	0	0	348	26	4	3	5	4	38	7	12
Bean Salad	147 mL	175	7	1	0	0	354	22	4	4	7	2	25	4	15
Beans, Green, Fresh, Garlic, Cumin	85 grams	45	2	0	0	0	9	8	3	3	2	9	20	4	9
Beans, Green, Fresh, Steamed	85 grams	28	0	0	0	0	5	6	3	3	2	9	18	3	7
Beans, Green, Fresh, Steamed, w/ Sesame Seeds	85 grams	33	1	0	0	0	6	7	3	3	2	9	18	4	8
Beef & Barley Soup w/ Black Bean & Spinach	237 mL	95	1	0	0	7	365	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 Satay	88 grams	233	11	3	0	61	287	4	1	1	28	1	2	9	21
Beef Tagine	147 mL	238	9	2	0	42	512	20	3	8	21	6	35	4	22
Beef Vindaloo	118 mL	203	10	3	0	43	360	9	2	4	18	4	10	6	19
Beef, Pepper & Mushroom Kabobs	111 grams	238	10	2	0	58	526	10	1	8	27	2	53	2	21
Beets, Roasted w/ Olive Oil & Basil	97 grams	80	3	0	0	0	294	13	3	9	2	0	12	2	8
BLT Multigrain Bagel	180 grams	416	13	3	0	18	946	57	5	7	17	6	12	7	29
Braised Shredded Chicken Thighs	91 grams	198	8	1	0	93	462	6	0	5	25	7	2	2	12
Breaded Sole Creole	125 grams	324	13	2	0	130	479	23	1	6	27	11	45	9	15
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, 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	241	17	3	7	2	2	10	3	7
Butter Chicken	147 mL	195	8	3	0	79	208	5	1	2	25	6	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	147 mL	139	5	2	0	7	583	20	3	4	6	22	25	11	8
Butternut Squash Risotto	147 mL	182	6	1	0	1	649	31	1	2	3	18	15	4	3
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	77	3	1	0	7	199	10	1	2	3	23	20	4	5
Cajun Chicken Souvlaki	72 grams	85	2	0	0	45	709	3	0	1	16	0	2	1	4

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<i>Recipe Name</i>															
Cajun Corn Salad	147 mL	197	12	2	0	1	59	22	3	5	3	7	65	1	6
Cajun Grilled Pork Chops	115 grams	160	4	1	0	62	101	1	0	0	30	2	3	1	7
Cajun Pork Souvlaki	72 grams	122	6	2	0	46	131	1	0	0	16	0	2	2	6
Cajun Style Baked Cod Filet	110 grams	86	3	1	0	47	168	2	1	1	14	2	12	4	2
Caponata	118 mL	97	6	1	0	0	425	9	3	5	2	6	12	7	7
Caribbean Grilled Turkey	118 grams	262	11	3	0	109	528	6	1	1	36	4	10	4	15
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, 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	57	8	2	4	1	69	8	2	2
Carrots, Steamed, Brown Sugar Glaze	118 mL	117	6	1	0	0	199	17	2	13	1	73	22	3	2
Cauliflower	118 mL	22	0	0	0	0	16	3	2	2	1	0	48	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	78	4	8
Cauliflower, Fresh, Blanched	118 mL	18	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	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
Chicken A La King	148 grams	277	15	3	0	72	531	10	1	3	25	12	10	5	11
Chicken Club Whole Wheat Wrap	144 grams	289	13	4	0	38	625	28	3	2	16	4	5	15	13
Chicken Fajitas Whole Wheat Wrap	168 grams	304	13	5	0	39	568	30	4	4	16	7	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	323	14	2	0	74	504	19	6	9	30	20	23	8	28
Chicken Parmesan Stromboli	71 grams	145	4	2	0	12	395	19	1	2	9	4	0	11	8
Chicken Soup w/ Rice & Serrano Chili Pepper	237 mL	120	3	1	0	22	326	13	1	3	9	5	18	3	7
Chicken Wasabi Mashed Potato Bowl	244 grams	291	9	2	0	43	626	40	2	17	14	15	63	5	12
Chickpea & Feta Cheese Salad	147 mL	149	7	2	0	7	324	17	3	5	6	4	12	7	15
Chickpea Spinach Curry	118 mL	117	3	0	0	0	409	20	3	6	5	31	15	8	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 Chicken Thighs	118 grams	259	13	2	0	110	628	4	1	1	29	3	0	2	14
Chili Marinated Halibut w/ Avocado Pico de Gallo	126 grams	257	16	2	0	36	259	3	1	1	24	8	10	6	9
Chipotle Mango & Lime Chicken	88 grams	107	2	1	0	39	545	2	0	0	20	0	0	0	2
Cilantro Chili Chicken Lo Mein	133 grams	145	6	1	0	16	455	17	1	4	8	6	23	2	8
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	74 grams	143	4	2	0	7	343	20	1	2	8	4	2	10	9
Cocoa Ancho Beef Chili w/ Black Beans	275 grams	346	15	5	0	53	528	32	5	18	22	13	57	15	28
Coleslaw	118 mL	125	10	2	0	7	307	9	1	5	1	6	40	3	3
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	118 mL	114	0	0	0	0	5	23	2	0	4	0	0	1	2
Couscous Salad w/ Apples & Cranberries	118 mL	178	5	0	0	0	288	30	3	9	4	4	15	3	5
Couscous Salad with Grilled Vegetables	118 mL	143	7	1	0	0	242	17	2	3	3	5	67	2	6
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 Grilled Salmon w/ Avocado Pico de Gallo	129 grams	206	10	1	0	50	547	3	1	1	23	6	10	2	5

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Curried Grilled Salmon w/ Tomato & Onion Confit	128 grams	206	10	1	0	50	637	5	1	2	23	5	8	2	6
Curried Lentils	118 mL	208	5	0	0	0	135	32	7	5	11	13	28	6	26
Diced Carrots	118 mL	34	0	0	0	0	56	8	3	5	1	168	3	2	2
Edamame Pico de Gallo Flatbread	71 grams	148	4	2	0	8	263	21	2	2	7	3	5	7	9
Egg Salad Sandwich on Whole Wheat	240 grams	393	15	5	0	416	930	42	4	7	21	17	7	10	21
Eggplant Casserole	147 mL	141	10	1	0	0	506	14	4	7	9	16	33	14	27
Eggplant Parmesan - Individual	112 grams	223	13	3	0	7	310	20	3	3	7	7	5	11	8
Eggplant Parmesan Stromboli	84 grams	154	5	2	0	7	345	20	2	2	8	4	2	11	9
Express Asian Spinach Salad (16oz)	110 grams	38	1	0	0	0	46	7	2	3	3	32	58	5	11
Express Big Crunch Carrot Cup (12oz)	140 grams	258	22	2	0	16	373	15	3	8	2	117	13	4	3
Express Caesar Salad (16oz)	102 grams	85	4	2	0	9	186	6	2	1	5	36	32	14	8
Express Caesar Salad (24oz)	170 grams	96	5	2	0	9	191	9	3	2	6	66	58	16	13
Express Canadian Bean & Bell Pepper Salad (8oz)	233 grams	284	11	1	0	0	314	38	8	7	11	4	75	7	20
Express Chicken Salad Multigrain Sandwich	221 grams	370	11	2	0	43	613	45	5	9	24	8	12	10	21
Express Chicken Tandoori Wrap	215 grams	381	11	1	0	25	600	53	6	2	19	14	18	17	26
Express Chickpea & Couscous Wrap	264 grams	590	14	2	0	0	553	95	11	4	20	11	13	20	41
Express Citrus Asparagus Quinoa Salad (8oz)	180 grams	275	12	1	0	0	379	36	4	1	7	2	7	5	37
Express Curry Apple Almond Quinoa Salad (8 oz)	176 grams	370	16	1	0	0	110	52	5	10	9	1	25	6	40
Express Curry Quinoa Tofu Wrap	320 grams	535	20	3	0	3	465	78	9	11	20	19	40	27	46
Express Fruit Cup (12 oz)	224 grams	79	0	0	0	0	18	20	2	16	1	9	98	2	4
Express Garden Tossed Salad (16oz)	170 grams	30	0	0	0	0	22	6	3	3	2	37	30	4	7
Express Garden Tossed Salad (24oz)	275 grams	49	1	0	0	0	38	10	4	6	3	61	47	6	10
Express Grape Cup (9oz)	170 grams	117	0	0	0	0	3	31	2	26	1	2	8	2	4
Express Greek Style Grains Salad (8oz)	180 grams	226	8	1	0	0	285	32	4	5	7	4	52	4	15
Express Greek Whole Grain Rotini Pasta Salad (8oz)	161 grams	291	15	3	0	9	255	32	4	4	7	11	35	3	15
Express Greek Whole Grain Rotini Pasta Salad(16oz)	322 grams	502	25	4	0	14	451	57	8	7	13	21	72	5	26
Express Ham & Cheddar Multigrain Sandwich	180 grams	393	15	5	0	38	767	42	4	7	23	14	5	18	20
Express Hummus Pita & Vegetable Snacker	309 grams	426	16	2	0	0	654	60	8	9	15	66	135	16	37
Express Kale & Almond Salad (8oz)	84 grams	236	21	3	0	4	251	9	3	2	6	19	78	12	10
Express Market Vegetable Wrap	283 grams	441	17	4	0	12	510	60	9	5	15	69	102	22	30
Express Middle Eastern Medley (8oz)	151 grams	363	6	1	0	0	279	71	4	13	7	107	20	4	17
Express Moroccan Couscous Salad (8oz)	170 grams	369	26	3	0	0	328	30	4	8	6	1	8	5	10
Express Pineapple Cup (9oz)	160 grams	80	0	0	0	0	2	21	2	16	1	1	127	2	3
Express Pita Bread w/ Hummus	95 grams	245	9	1	0	0	413	34	3	3	8	0	2	7	21
Express Prairie Lentil Salad (8oz)	183 grams	257	7	1	0	0	66	40	4	4	9	1	7	3	17
Express Pretzel & Hummus Snack Cup (12oz)	90 grams	344	10	1	0	0	174	55	2	4	10	0	2	2	10
Express Roast Beef & Cheddar Multigrain Sandwich	166 grams	390	15	5	0	36	821	41	4	6	21	13	5	18	21
Express Seven Grain Edamame Tofu Wrap	302 grams	519	17	3	0	3	611	78	9	10	20	28	27	25	34
Express Southwest Black Beans (8oz)	195 grams	239	5	2	0	11	337	43	2	6	7	5	35	11	12
Express Southwest Turkey & Black Bean Wrap	325 grams	475	16	3	0	33	867	61	8	4	25	19	53	18	28
Express Spinach & Corn Quinoa Salad (8oz)	166 grams	325	16	3	0	8	350	40	4	1	10	8	12	6	35
Express Sweet Potato Sunflower Salad (8oz)	185 grams	473	23	2	0	0	454	63	9	19	6	179	15	9	18
Express Tandoori Sweet Potato Salad (8oz)	192 grams	332	9	1	0	0	446	59	9	13	6	197	28	11	16
Express Thai Chicken Wrap	250 grams	395	9	1	0	35	530	56	6	6	23	18	63	17	23
Express Tuna Salad Multigrain Sandwich	182 grams	394	11	1	0	50	838	42	4	7	32	6	7	9	21
Express Tuna Salad Wrap	254 grams	471	15	2	0	50	799	54	6	3	32	50	13	17	27
Express Turkey & Cheddar Multigrain Sandwich	176 grams	385	13	5	0	36	775	43	4	7	23	14	5	18	19

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<i>Recipe Name</i>															
Express Veggie Cup (12oz)	190 grams	242	22	2	0	16	354	10	3	6	3	41	58	5	4
Express Watermelon Cup (9oz)	160 grams	48	0	0	0	0	2	12	1	10	1	5	22	1	3
Express Wild Rice Cranberry & Squash Salad (8oz)	178 grams	377	12	1	0	0	203	64	4	16	5	66	52	9	10
Fire Roasted Salmon w/ Mustard & Tarragon	110 grams	159	6	1	0	41	583	4	0	3	22	0	20	2	4
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	237 mL	120	8	1	0	0	344	11	2	8	2	31	133	2	5
Fresh Tomato, Zucchini & Okra	118 mL	45	1	0	0	0	8	8	2	4	2	3	32	3	4
Garbanzo Bean Salad	118 mL	166	7	1	0	0	321	21	4	5	7	2	27	4	17
Garden Vegetable Pizza	88 grams	143	4	2	0	7	337	21	1	3	8	4	17	10	9
Garlic Chicken Calzone	110 grams	303	8	3	0	26	562	39	2	3	17	4	2	15	5
Gazpacho Salad	237 mL	56	1	0	0	0	92	10	2	3	2	19	47	4	8
Ginger Roasted Salmon	103 grams	218	13	2	0	35	606	8	0	6	18	3	2	1	4
Glazed Carrots w/ Ginger & Orange Juice	103 grams	83	1	0	0	0	80	19	3	13	1	92	33	4	3
Glazed Carrots w/ Ginger, Orange & Thyme	103 grams	64	1	0	0	0	219	13	3	7	1	85	18	4	3
Greek Macaroni Side Salad	118 mL	105	2	0	0	0	220	19	1	1	3	1	3	1	8
Green Beans	118 mL	27	0	0	0	0	11	5	3	1	1	4	7	4	6
Green Beans, Fresh, Steamed	90 grams	35	1	0	0	0	105	6	2	3	2	8	17	3	6
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 Breast w/ Cranberry Apricot Sauce	121 grams	162	4	1	0	40	642	12	1	8	21	3	10	1	3
Grilled Chicken Sub with Honey Mustard on WW	171 grams	279	6	3	0	27	709	38	3	7	17	5	5	14	17
Grilled Chicken Taco on Whole Wheat	160 grams	300	12	5	0	48	282	28	3	2	20	6	10	19	14
Grilled Corn on the Cob	45 grams	64	4	1	0	0	32	8	1	3	2	4	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	284	14	3	0	109	530	5	1	2	36	3	10	3	14
Grilled Vegetable Pizza	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	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	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
Ground Beef Calzone	132 grams	313	10	4	0	19	657	41	3	4	15	4	3	15	5
Hungarian Cauliflower Soup	237 mL	52	2	0	0	0	465	8	2	3	2	3	47	3	5
Individual Mini Turkey Meat Loaves	115 grams	173	8	2	0	108	412	10	1	1	17	19	22	6	11
Jalapeno Coleslaw	118 mL	66	5	1	0	3	320	6	1	3	1	0	43	3	3
Jerk Pork Souvlaki	72 grams	127	6	2	0	48	298	1	0	0	17	0	2	2	6
Kadhi Curry	118 mL	32	0	0	0	0	225	6	0	2	2	2	7	6	4
Lemon Herb Corn	118 mL	108	2	0	0	0	117	23	3	4	3	2	20	1	4
Lentil Almond Brown Rice Salad	114 grams	171	4	0	0	0	36	27	3	5	6	2	18	2	11
Lentil Masala	118 mL	139	2	0	0	0	316	22	4	1	9	2	12	3	24
Lentils w/ Caramelized Onions & Ginger	189 grams	270	2	0	0	0	478	45	8	3	18	0	10	5	41
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
Long Grain Rice w/ Roasted Red Pepper & Lemon Mint	204 grams	372	9	1	0	0	263	66	3	3	8	51	82	12	10

Get the Good Stuff	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)
<i>Recipe Name</i>															
Mahi Mahi w/ Orange Glaze	188 grams	235	7	1	0	131	347	8	1	6	34	10	35	4	15
Maple Glazed Salmon	111 grams	168	5	1	0	50	399	7	0	6	22	4	0	2	3
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	54	3	0	0	0	81	5	2	3	4	4	43	2	6
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
Mashed Parsnips	118 mL	117	4	1	0	0	318	18	4	5	1	6	27	5	3
Mashed Squash	118 mL	81	3	0	0	0	109	14	3	2	2	51	5	3	6
Mashed Sweet Potato w/ Maple Syrup	118 mL	144	3	2	0	9	260	27	4	6	2	97	5	4	6
Mashed Turnip	118 mL	82	6	1	0	0	127	6	3	3	2	8	7	3	6
Mashed Yukon Gold & Sweet Potatoes	118 mL	128	5	1	0	0	446	20	2	2	2	34	23	3	6
Mashed Yukon Gold Potatoes & Parsnips	118 mL	103	3	0	0	1	366	18	2	2	2	4	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	181	3	1	0	3	273	33	2	1	5	0	13	7	11
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 Pea Salad	85 grams	156	10	1	0	0	214	12	4	5	4	7	15	2	12
Minted Peas	118 mL	82	1	0	0	0	82	12	4	5	4	6	15	3	10
Miso Crusted Cod Loin	91 grams	193	2	0	0	95	403	2	0	0	40	3	5	3	7
Mixed Vegetables	118 mL	48	0	0	0	0	37	11	3	3	2	54	5	2	4
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
Mixed Vegetables - Winter Blend	118 mL	30	0	0	0	0	26	6	1	2	3	13	125	5	6
Montreal Seasoning Pork Souvlaki	72 grams	125	6	2	0	48	205	0	0	0	17	2	5	1	6
Moroccan Chicken Souvlaki	72 grams	84	2	0	0	45	621	3	0	1	16	0	0	0	4
Moroccan Pork Souvlaki	72 grams	127	6	2	0	48	46	1	0	0	17	1	2	2	7
Mushroom & Cheese Calzone	121 grams	295	9	4	0	17	583	40	2	3	14	6	2	17	2
Mushrooms, Sautéed, 1/4 cut	118 mL	47	3	0	0	0	242	4	1	2	4	0	5	0	4
Oatmeal	237 mL	152	3	1	0	0	9	27	4	0	6	2	0	3	10
One Pan Mexican Quinoa	112 grams	127	3	0	0	0	197	23	3	2	4	4	8	6	18
Onion Soup	237 mL	78	2	0	0	0	457	14	2	6	2	3	20	4	6
Panko Breaded Sole	35 grams	163	7	1	0	47	149	17	1	1	14	1	2	3	4
Pan-seared Scallops Gremolata	123 grams	140	6	0	0	34	361	4	0	0	19	3	18	3	3
Parsnip & Apple Soup	237 mL	72	3	0	0	0	431	12	2	4	1	0	17	4	5
Parsnips	118 mL	59	0	0	0	0	10	14	3	4	1	0	20	4	2
Pear, Fennel & Goat Cheese Salad	60 grams	77	5	1	0	6	56	8	1	5	1	11	20	2	2
Peas & Carrots	118 mL	71	1	0	0	0	196	12	5	5	4	82	12	2	7
Peas & Carrots - Indian Style	118 mL	88	3	0	0	0	283	13	5	5	4	83	13	3	9
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
Pork Chop w/ Ginger Sauce	110 grams	151	6	2	0	45	566	5	0	3	19	1	3	2	4
Pork Stroganoff	177 mL	192	8	3	0	54	148	8	1	3	19	4	10	3	10

Get the Good Stuff	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)
<i>Recipe Name</i>															
Potato & Bean Salad	108 grams	116	5	0	0	0	389	14	3	2	4	1	15	3	7
Potato & Leek Soup	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 Roasted Garlic	118 mL	148	8	1	0	4	239	19	2	2	2	0	28	1	5
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	424	21	2	2	3	2	38	5	8
Potatoes, Jerk	147 mL	129	5	0	0	0	296	20	2	1	2	0	33	2	7
Potatoes, Mashed w/ Spinach & Roasted Red Onions	122 grams	118	2	1	0	2	222	22	2	3	3	6	52	4	9
Potatoes, Oven Roasted	118 mL	125	6	0	0	0	379	17	3	1	2	1	35	1	5
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, Cajun, Red Skin	118 mL	124	2	0	0	0	87	24	2	1	3	0	43	2	8
Potatoes, Parsley, Steamed	118 mL	104	1	0	0	0	109	21	3	2	2	1	47	1	6
Potatoes, Red, Mashed w/ Cream Cheese & Chives	123 grams	111	2	1	0	3	194	22	2	2	3	1	28	3	7
Potatoes, Red, Mashed w/ Miso & Chives	124 grams	117	3	0	0	0	415	20	2	1	3	3	18	1	7
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, Russet, Baked	213 grams	168	0	0	0	0	11	39	3	1	5	0	20	3	13
Potatoes, Sweet, Baked	155 grams	139	0	0		0	56	32	5	10	3	446	50	5	8
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	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, Beans & Vegetables	118 mL	189	4	0	0	0	214	34	5	2	7	6	5	5	27
Ratatouille Vegetable Stew	176 grams	81	4	1	0	0	286	10	3	5	2	6	72	6	7
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	56	2	0	0	0	195	9	3	5	2	4	57	6	7
Red Chili Basmati Rice	118 mL	122	1	0	0	0	239	25	1	1	2	4	2	1	5
Red Kidney Bean Curry	118 mL	105	1	0	0	0	314	20	4	3	5	25	17	4	10
Red Potato Salad w/ Mustard & Relish Dressing	121 grams	162	7	1	0	50	364	22	2	3	4	3	20	2	7
Red River Cereal	175 grams	161	2	0	0	0	22	31	5	0	6	0	0	16	10
Rijma Masala	118 mL	118	4	0	0	0	470	18	5	2	5	0	2	3	8
Roast Turkey Breast	85 grams	181	7	2	0	75	90	5	1	2	25	32	3	2	9
Roasted Acorn Squash	98 grams	63	2	0	0	0	53	11	2	0	1	2	20	3	5
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 Carrots	118 mL	106	4	0	0	0	201	19	5	9	2	160	18	6	5
Roasted Chicken w/ Herbs	89 grams	222	14	4	0	68	304	0	0	0	21	4	5	1	9
Roasted Corn & Green Pepper	88 grams	140	4	0	0	0	240	28	4	6	4	3	45	1	6
Roasted Garlic Chicken Calzone	113 grams	320	9	3	0	34	585	39	2	3	20	4	2	14	4
Roasted Seasonal Root Vegetable Salad	102 grams	130	6	1	0	0	284	20	4	6	2	28	35	5	6
Roasted Turkey	140 grams	260	14	3	0	139	457	0	0	0	43	0	0	1	7
Roasted Vegetable Calzone	126 grams	259	7	2	0	9	495	40	2	3	9	4	10	7	2
Roasted Vegetable Soup	237 mL	73	3	0	0	0	410	12	3	4	2	50	78	6	7
Rotini Pasta with Marinara Sauce	177 grams	261	5	1	0	2	171	44	4	6	9	9	7	8	22
Rotini w/ Italian Sausage & Peppers	237 mL	323	13	4	0	13	502	40	2	4	11	8	75	5	14
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

Get the Good Stuff	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)
<i>Recipe Name</i>															
Salmon Cake	107 grams	159	7	1	0	46	544	2	1	0	23	5	10	2	6
Sautéed Garden Vegetables	118 mL	33	1	0	0	0	128	6	2	2	2	18	98	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
Savoury Baked Beans	130 grams	184	4	1	0	3	456	30	6	13	7	2	15	7	14
Seared Salmon w/ Cauliflower Colcannon	240 grams	244	8	1	0	51	695	18	3	2	25	15	97	6	12
Seasoned Herb White Rice	118 mL	122	1	0	0	0	189	25	0	1	3	0	2	4	7
Seven Grain Rice	118 mL	129	1	0	0	0	4	26	3	1	4	0	0	1	7
Southwest Black Bean Rice Salad	98 grams	116	2	1	0	5	169	21	1	3	3	2	8	5	6
Southwest Fajita	213 grams	305	12	4	0	47	608	34	6	5	18	8	62	12	11
Southwestern Chicken Chili	237 mL	226	5	1	0	55	372	28	6	8	19	24	27	11	24
Soy Glazed Grilled Salmon	98 grams	163	4	1	0	35	564	15	0	14	18	3	0	2	4
Spicy Chicken Chili	237 mL	154	3	1	0	16	251	22	4	4	10	31	7	6	10
Spicy Vegetable Lo Mein	87 grams	111	2	0	0	5	453	20	1	2	4	5	7	2	9
Spinach Salad w/ Bruschetta & Balsamic Dressing	237 mL	44	3	0	0	21	128	3	1	1	2	20	20	4	8
Sriracha Glazed Brussel Sprouts	90 grams	105	5	1	0	0	336	15	5	8	3	5	133	4	11
Steamed Carrots	118 mL	32	0	0	0	0	55	8	2	4	1	66	8	2	2
Steamed Carrots w/ Orange Vinaigrette	118 mL	54	0	0	0	0	78	13	2	10	1	34	7	2	3
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	147 mL	171	4	0	0	0	211	31	2	23	7	3	57	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, Rice Noodles & Tofu	147 mL	285	10	1	0	0	513	44	2	6	6	14	42	5	9
Sun-Dried Tomato & Mushroom Risotto	172 grams	237	5	1	0	3	482	42	2	4	6	0	3	6	6
Sweet & Sour Harvest Lentils	147 mL	138	2	0	0	0	219	24	4	6	7	11	60	3	15
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	160 grams	352	13	3	0	85	402	29	2	18	29	24	97	4	14
Sweet Chili Stir Fry w/ Vegetables, Tofu & Linguine	244 grams	272	6	1	0	0	280	44	3	13	16	3	73	23	48
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	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	2	0	5	295	21	3	5	2	75	3	5	4
Tandoori Chicken Flatbread	82 grams	141	4	1	0	10	335	20	1	2	8	3	3	8	9
Tandoori Chicken Souvlaki	72 grams	86	2	0	0	45	625	3	0	1	16	1	2	1	4
Tandoori Pork Souvlaki	72 grams	131	6	2	0	48	51	1	0	0	17	1	3	3	7
Tilapia Curry	124 grams	165	6	1	0	55	602	6	2	2	23	0	3	1	8
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	54	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
Traditional Beef Stew	260 grams	315	16	4	1	53	577	20	4	6	24	50	20	6	21
Traditional BLT Sandwich on Whole Wheat	160 grams	347	13	3	0	25	805	43	4	7	16	8	13	7	17
Traditional BLT Whole Wheat Ciabatta	165 grams	367	13	3	0	25	892	49	5	5	16	8	13	3	21
Traditional Roast Beef Sandwich on Whole Wheat	210 grams	295	8	2	0	22	950	40	4	5	16	9	12	7	18

Get the Good Stuff	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															
Tri-Colour Bean & Chicken Ragout	147 mL	142	3	0	0	9	612	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 Club Sub on Whole Wheat	191 grams	330	11	5	0	40	884	36	3	4	19	6	5	14	18
Turkey Lasagna	232 grams	361	12	6	0	77	518	36	5	8	28	19	50	40	35
Turkey Meat Loaf	109 grams	180	8	2	0	109	376	10	2	1	18	30	20	9	14
Veal Piccata Milanese	112 grams	238	10	2	0	167	377	10	1	3	26	4	13	10	14
Vegan Cabbage Roll-Style Casserole	147 mL	110	1	0	0	0	407	19	4	5	9	4	23	7	21
Vegan Enchilada Bake	2 each	228	9	1	0	0	518	35	6	7	5	31	90	7	12
Vegan Shepherd's Pie	192 grams	141	3	0	0	0	357	22	5	5	9	35	73	5	19
Vegetable & Shrimp Fried Rice	110 grams	126	3	1	0	91	257	14	2	3	9	21	27	6	16
Vegetable Barley Casserole	118 mL	124	2	0	0	0	715	24	5	2	3	9	22	2	6
Vegetable Barley Ragout	147 mL	81	1	0	0	0	325	16	3	2	3	2	7	2	7
Vegetable Calzone	126 grams	257	7	2	0	9	483	40	2	3	9	4	13	7	2
Vegetable Chili	237 mL	169	5	1	0	0	689	27	6	7	7	24	72	6	16
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	289	21	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	237 mL	98	3	0	0	0	438	18	3	4	2	9	23	4	6
Vegetable Soup w/ Beef & Rice Noodles	237 mL	116	2	0	0	14	415	17	1	3	8	10	10	3	8
Vegetarian Kati Taco	88 grams	148	9	2	0	7	172	15	2	2	4	3	23	7	6
Veggie Burger Jambalaya	147 mL	135	4	0	0	0	299	20	1	2	5	3	13	5	10
Veggie Sub on Whole Wheat	150 grams	264	9	3	0	13	588	34	3	4	10	4	15	13	17
Wasabi Encrusted Cod	96 grams	271	14	1	0	46	502	38	1	1	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
Wholegrain Rice Waldorf Side Salad	112 grams	174	4	0	0	0	44	31	2	7	4	0	15	2	5
Wild Rice Blend	118 mL	135	0	0	0	0	6	30	1	0	3	0	0	2	2
Wilted Spinach w/ Tofu	118 mL	93	6	0	0	0	370	7	4	2	8	91	38	22	27
Zucchini & Tofu Calzone	132 grams	300	9	3	0	7	574	42	3	5	14	4	18	19	10
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.