



Arroz Con Pollo

Tender chicken simmered with a vibrant blend of tomatoes, onions, garlic, and bell peppers, served over seasoned yellow rice infused with aromatic spices.

Ingredients

Brown Rice, White Meat Chicken, Green Peas, Tomatoes, Yellow Onion, Extra-Virgin Olive Oil, Garlic, Salt, Ground Annatto Seed, Garlic Powder, Turmeric, Black Pepper, Cumin, Coriander, Oregano

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

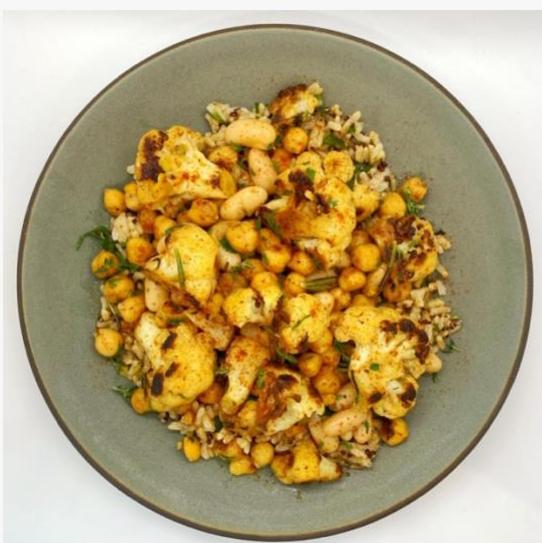
Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (269g)
Calories	380
Amount per serving	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 620mg	27%
Total Carbohydrate 43g	16%
Dietary Fiber 5g	16%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 28g	56%
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 2mg	10%
Potassium 580mg	10%
Phosphorus 370mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Cauliflower Grain Bowl

Roasted spiced cauliflower with quinoa, great northern beans, and chickpeas, sautéed with yellow onion and seasoned with smoked paprika, thyme, garlic, and cayenne.

Ingredients

Great Northern Beans [Great Northern Beans, Water, Salt, Calcium Chloride], Cauliflower, Chickpeas [Chickpeas, Water, Salt], Quinoa, Yellow Onion, Olive Oil, Basil, Kosher Salt, Dried Thyme, Smoked Paprika, Garlic Powder, Cayenne Pepper

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (303g)
Calories	340
Amount per serving	% Daily Value*
Total Fat 13g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	27%
Total Carbohydrate 45g	16%
Dietary Fiber 11g	38%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	25%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 4.6mg	25%
Potassium 410mg	8%

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Chicken Burrito Bowl

Grilled chicken atop a zesty quinoa mix with black beans, sweet corn, spinach, and cilantro, seasoned with warm spices and brightened with lime juice.

Ingredients

Quinoa Mix [Spinach, Quinoa, Corn {Corn, Water, Salt}, Black Beans, Cilantro, Water, Olive Oil, Lime Juice, Garlic, Annatto Seed, Garlic Powder, Jalapeño, Kosher Salt, Black Pepper, Coriander, Cumin, Kosher Salt, Oregano], Chicken {White Chicken, Taco Seasoning [Chili Pepper, Paprika, Oregano, Cornstarch, Salt, Onion Powder, Garlic Powder]}

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (255g)
Calories	300
Amount per serving	% Daily Value*
Total Fat 9g	11%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 620mg	27%
Total Carbohydrate 33g	12%
Dietary Fiber 7g	24%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 23g	45%
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 3.7mg	20%
Potassium 750mg	15%

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Chicken Cacciatore

Tender chicken breast simmered in a rich marinara with garlic, basil, oregano, and parsley, served over brown rice with carrots, cremini mushrooms, green bell peppers, olives, and capers.

Ingredients

Brown Rice [Water, Parboiled Brown Rice], Chicken Breast, Marinara [Tomatoes, Extra Virgin Olive Oil, Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, Citric Acid], Carrots, Cremini Mushroom, Green Bell Pepper, Yellow Onion, Green Olives [Manzanilla Olives, Water, Salt, And Lactic Acid], Capers [Capers, Water, Salt, Vinegar], Extra Virgin Olive Oil, Kosher Salt, Garlic Powder

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (283g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 590mg	26%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	16%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 27g	54%
Vitamin D 14.4mcg	70%
Calcium 60mg	4%
Iron 1.6mg	10%
Potassium 760mg	15%
Phosphorus 270mg	20%

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Chicken Fajita Bowl

Tender fajita-seasoned chicken breast over hearty brown rice, served with sautéed bell peppers, onions, and black beans, seasoned with lime juice and a touch of jalapeño for a zesty kick.

Ingredients

Brown Rice [Water and Parboiled Brown Rice], Fajita Vegetables [Green Bell Pepper, Red Bell Pepper, Yellow Onion, Black Beans (Black Beans, Water, Salt, Calcium Chloride {Firming Agent}), Jalapeño, Lime Juice, Extra Virgin Olive Oil, Kosher Salt], Fajita Chicken [Chicken Breast and Taco Seasoning (Spices {Including Chili Pepper, Paprika, Oregano, Corn Starch, Salt, Onion, Garlic})]]

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (283g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 610mg	27%
Total Carbohydrate 50g	18%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 3.1mg	15%
Potassium 750mg	15%
Phosphorus 380mg	30%

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Chicken Noodle Bowl

Tender chicken breast, crispy Napa cabbage, and green bell peppers tossed with rice noodles in a tangy-sweet sauce with coconut aminos, lime, and maple, finished with garlic, ginger, sesame, and chili.

Ingredients

Chicken Breast, Napa Cabbage, Green Bell Pepper, Rice Noodles, Yellow Onion, Organic Coconut Aminos [Organic Coconut Nectar, Organic Pure Coconut Blossom Sap, Natural Unrefined Sea Salt (Less than 2%)], Carrot, Maple Syrup, Water, Olive Oil, Lime Juice, Rice Vinegar, Sesame Oil, Corn Starch, Garlic, Kosher Salt, Ground Ginger, Dried Cilantro, Red Chili Flakes **Contains: Sesame, Tree Nuts (Coconut)**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (255g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 540mg	24%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	6%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.8mg	4%
Potassium 400mg	8%

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Chicken Pesto Pasta

Hearty whole wheat pasta tossed with tender chicken breast, sautéed spinach, cremini mushrooms, and yellow onion in a rich, flavorful green pesto.

Ingredients

Wheat Pasta [Water, Durum Wheat Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine, Mononitrate, Riboflavin, Folic Acid], Chicken Breast, Spinach, Cremini Mushrooms, Yellow Onion, Half and Half [Milk, Cream, Contains less than 1% of: Sodium Citrate, Disodium Phosphate]. Sun-Dried Tomato [Sun-Dried Tomatoes, Salt, Glucose, Citric Acid, Sulphur Dioxide, Potassium Sorbate, Ascorbic Acid (Sulphur Dioxide Added to Promote Color Retention)], Basil, Extra Virgin Olive Oil, Garlic, Parmesan Cheese [Cultured Milk, Salt, Enzymes, Cellulose to Prevent Caking, Natamycin to Protect Flavor], Kosher Salt **Contains: Wheat, Milk**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Egg-free, Fish-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free

Nutrition Facts

1 serving per container	
Serving size	1 each (255g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 550mg	24%
Total Carbohydrate 40g	14%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 30g	60%
Vitamin D 0.1mcg	0%
Calcium 80mg	6%
Iron 3.3mg	20%
Potassium 790mg	15%
Phosphorus 260mg	20%

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Fennel, White Bean and Tomato Pasta

Whole wheat pasta tossed with great northern beans, sautéed fennel, spinach, and Roma tomatoes in a light, savory sauce with garlic, onion, basil, and parsley.

Ingredients

Roma Tomato, Water, Spinach, Wheat Pasta [Durum Wheat Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Great Northern Beans [Great Northern Beans, Water, Salt, Calcium Chloride], Yellow Onion, Liquid Mirepoix [Carrot, Celery, Onion], Olive Oil, Fennel, Garlic, Basil, Nutritional Yeast [Inactive Dry Yeast, Niacin (B3), Pyridoxine Hydrochloride (B6), Thiamin Hydrochloride (B1), Riboflavin (B2), Folic Acid and Vitamin B12], Kosher Salt, Dried Parsley **Contains: Wheat**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free

Nutrition Facts

1 serving per container	
Serving size	1 each (283g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 35g	13%
Dietary Fiber 7g	24%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	21%
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 3.2mg	20%
Potassium 540mg	10%
Phosphorus 100mg	8%

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Kung Pao Shrimp

Juicy shrimp stir-fried with crisp green bell peppers and red onions, cooked with sesame oil, garlic, ginger, and red chili flakes, served over brown rice with a spicy-sweet sauce.

Ingredients

Shrimp [Shrimp, Water, Salt and Sodium Tripolyphosphate (To Retain Moisture)], Green Bell Pepper, Parboiled Brown Rice, Red Onion, Olive Oil, Organic Coconut Aminos [Organic Coconut Nectar, Organic Pure Coconut Blossom Sap, Natural Unrefined Sea Salt (Less than 2%)], Rice Vinegar, Light Brown Sugar, Kosher Salt, Corn Starch, Vegetable Stock [Water, Nutritional Yeast Extract (Yeast, Salt)], Carrots, Onions, Turmeric Root, Garlic, Parsley, Leek, Rosemary, Lovage, Celery, Black Pepper, Balm, Dill, Paprika, Sesame Oil, Garlic, Garlic Powder, Ground Ginger, Red Chili Flakes. **Contains: Sesame, Shellfish (Shrimp), Tree Nuts (Coconut)**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (312 g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 8g	11%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 580mg	25%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.9mg	6%
Potassium 330mg	8%

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Lemongrass Meatballs

Tender turkey meatballs infused with lemongrass, garlic, ginger, and red curry, served over brown rice with steamed broccoli and balanced with hints of lime, basil, and oregano.

Ingredients

Brown Rice, Ground Turkey (97% lean), Broccoli, Dry Oregano, Basil, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Garlic, Onion, Olive Oil, Rolled Oats, Egg, Fish Sauce (Anchovy, Sea Salt), Sambal (Chili, Distilled Vinegar, Potassium Sorbate, Xanthan Gum), Lemongrass, Gluten Free Less Sodium Tamari (Water, Soybeans, Salt, Sugar, Alcohol, Vinegar, Lactic Acid), Lime, Red Curry Paste (Garlic, Red Chili Pepper, Soybean Oil, Lemongrass, Galangal Root (Thai Ginger), Salt, Shallot, Coriander Root, Makrut Lime Peel & Spices), Cornstarch, Ginger **Contains: Eggs, Fish (Anchovy)Soy**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (283g)
Calories	
330	% Daily Value*
Total Fat 8g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 580mg	25%
Total Carbohydrate 44g	16%
Dietary Fiber 5g	16%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0.4mcg	0%
Calcium 140mg	10%
Iron 2.8mg	15%
Potassium 570mg	10%
Phosphorus 320mg	25%

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Mediterranean Style Quinoa Tabbouleh Bowl

A gluten-free take on classic tabbouleh with quinoa, chickpeas, Roma tomatoes, zucchini, and green bell peppers, tossed in a tangy lemon dressing with olive oil, mint, basil, parsley, and thyme.

Ingredients

Chickpeas [Chickpeas, Water, Salt], Roma Tomato, Quinoa, Zucchini, Green Bell Pepper, Lemon Juice, Olive Oil, Fennel, Mint, Basil, Kosher Salt, Parsley, Thyme

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (269g)
Calories	
320	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	23%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3.8mg	20%
Potassium 580mg	10%

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Mushroom Grain Bowl

Roasted cremini mushrooms, zucchini, and tomatoes with chickpeas and great northern beans, served over quinoa and brown rice and infused with thyme, rosemary, paprika, and cayenne.

Ingredients

Cremini Mushrooms, Roma Tomato, Zucchini, Water, Chickpeas [Chick Peas, Water, Salt], Great Northern Beans [Great Northern Beans, Water, Salt, Calcium Chloride], Quinoa, Yellow Onion, Parboiled Brown Rice, Olive Oil, Kosher Salt, Garlic Powder, Dried Thyme, Ground Rosemary, Paprika, Lemon Pepper Seasoning [Salt, Citric Acid, Dehydrated Onion, Spices, Dehydrated Garlic, Silicon Dioxide (to prevent caking) and Oil of Lemon], Cayenne Pepper

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (269g)
Calories	
340	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	28%
Total Carbohydrate 42g	15%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0.2mcg	0%
Calcium 70mg	6%
Iron 3.7mg	20%
Potassium 630mg	15%

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Pad Thai-Style Noodles with Shrimp

Juicy shrimp, sautéed Napa cabbage, green bell peppers, cremini mushrooms, and carrots tossed with rice noodles in a rich, flavorful sauce.

Ingredients

Napa Cabbage, Water, Shrimp [Shrimp, Water, Salt, Sodium Tripolyphosphate (To retain Moisture)], Green Bell Pepper, Rice Noodles, Cremini Mushroom, Carrot, Gluten Free Less Sodium Tamari [Water, Soybeans, Salt, Sugar, Alcohol, Vinegar, Lactic Acid], Peanuts [Peanuts, Salt, Peanut Oil], Peanut Butter [Peanuts], Rice Vinegar, Olive Oil, Maple Syrup, Green Onion, Sambal Oelek [Water, Jalapeño Pepper, Sugar, Garlic Puree, Modified Starch, Acetic Acid, Xanthan Gum, Potassium Sorbate, Sodium Benzoate, Citric Acid, Hot Pepper Extract], Garlic, Guar Gum, Ground Ginger, Dried Cilantro, Kosher Salt **Contains: Shellfish (Shrimp), Soy, Peanuts**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Sesame-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (297g)
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Amount per serving	% Daily Value*
Calories	330
Total Fat 12g	16%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 630mg	27%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	13%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 1.3mg	8%
Potassium 360mg	8%

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Pasta Primavera with Chicken

Whole wheat pasta with chicken breast, broccoli florets, Roma tomatoes, and sweet yellow onions, sautéed in olive oil with garlic and fresh basil, topped with Parmesan for a savory touch.

Ingredients

Wheat Pasta [Water, Durum Wheat Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine, Mononitrate, Riboflavin, Folic Acid], White Chicken Meat, Water, Broccoli, Roma Tomato, Red Onion, Garlic, Basil, Olive Oil, Garlic, Parmesan Cheese [Cultured Milk, Salt, Enzymes, Cellulose to Prevent Caking, Natamycin to Protect Flavor], Kosher Salt **Contains: Wheat, Milk**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Egg-free, Fish-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free

Nutrition Facts

1 serving per container	
Serving size	1 each (312g)
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Amount per serving	% Daily Value*
Calories	410
Total Fat 4.5g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 640mg	28%
Total Carbohydrate 51g	19%
Dietary Fiber 4g	15%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 32g	65%
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 3mg	15%
Potassium 790mg	15%
Phosphorus 380mg	30%

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Pesto Shrimp Pasta

Succulent shrimp and hearty wheat pasta tossed with creamy pesto, sautéed spinach, sun-dried tomatoes, and yellow onions for a vibrant, flavorful bite.

Ingredients

Wheat Pasta [Water, Durum Wheat Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine, Mononitrate, Riboflavin, Folic Acid] Shrimp [Shrimp, Water, Salt and Sodium Tripolyphosphate (To Retain Moisture)], Spinach, Yellow Onion, Half and Half [Milk, Cream, Contains less than 1% of: Sodium Citrate, Disodium Phosphate], Sun-Dried Tomato [Sun-Dried Tomatoes, Salt, Glucose, Citric Acid, Sulphur Dioxide, Potassium Sorbate, Ascorbic Acid (Sulphur Dioxide Added to Promote Color Retention)], Basil, Extra Virgin Olive Oil, Garlic, Parmesan Cheese [Cultured Milk, Salt, Enzymes, Cellulose to Prevent Caking, Natamycin to Protect Flavor], Kosher Salt **Contains: Wheat, Milk, Shellfish (Shrimp)**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Egg-free, Fish-free, Nut-free, Sesame-free, Peanut-free

Nutrition Facts

1 serving per container	
Serving size	1 each (269g)
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Amount per serving	% Daily Value*
Calories	330
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 480mg	21%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 3.3mg	20%
Potassium 620mg	15%
Phosphorus 280mg	20%

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Ratatouille Vegetables w/ Creamy Polenta

A rustic stew of green bell peppers, zucchini, eggplant, and onions simmered in rich marinara with herbs, olives, and capers, served over creamy polenta with a subtle cheesy flavor.

Ingredients

Ratatouille [Full Red Marinara (Tomatoes, Extra Virgin Olive Oil, Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, Citric Acid), Green Bell Pepper, Zucchini, Eggplant, Garlic, Yellow Onion, Extra Virgin Olive Oil, Diamond Kosher Salt, Green Olives (Manzanilla Olives, Water, Salt, And Lactic Acid), Capers (Capers, Water, Salt, Vinegar), Basil], Polenta [Water, Polenta (Degermed Yellow Cornmeal), Nutritional Yeast (Inactive Dry Yeast, Niacin {B3}, Pyridoxine Hydrochloride {B6}, Thiamin Hydrochloride {B1}, Riboflavin {B2}, Folic Acid and Vitamin B12), Kosher Salt]

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (269g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 17g	21%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	28%
Total Carbohydrate 37g	14%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.5mg	8%
Potassium 680mg	15%
Phosphorus 100mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shrimp Salsa Verde with Yellow Rice

Juicy shrimp with tangy salsa verde made from cilantro, lime, garlic, and jalapeño, served alongside brown rice, black beans, and sautéed bell peppers.

Ingredients

Rice Mix [Water, Black Beans, Parboiled Brown Rice, Yellow Onion, Green Bell Pepper, Red Bell Pepper, Jalapeño, Lime Juice, Olive Oil, Kosher Salt, Garlic Powder, Annatto Seed, Black Pepper, Ground Coriander, Cumin, Dried Oregano], Shrimp [Shrimp, Water, Salt and Sodium Tripolyphosphate (To Retain Moisture)], Salsa Verde [Cilantro, Water, Olive Oil, Lime Juice, Garlic, Jalapeno, Kosher Salt, Garlic Powder, Annatto Seed, Black Pepper, Ground Coriander, Cumin, Dried Oregano] **Contains: Shellfish (Shrimp)**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 Container (283g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 600mg	26%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	20%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.8mg	10%
Potassium 450mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Southern Cajun Chicken

Tender Cajun-seasoned white meat chicken with paprika, cumin, coriander, and thyme, served over brown rice with maple-roasted sweet potatoes and sautéed collard greens.

Ingredients

Brown Rice, Water, White Meat Chicken, Sweet Potato, Collard Greens, Olive Oil, Maple Syrup, Thyme, Ground Annatto Seed, Garlic Powder, Onion Powder, Paprika, Kosher Salt, Ground Black Pepper, Cumin, Coriander, Oregano, Cinnamon

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (269g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 600mg	26%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	19%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 27g	54%
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 1.8mg	10%
Potassium 730mg	15%
Phosphorus 340mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Tofu Pad Thai

Tender rice noodles stir-fried with smoked tofu, Napa cabbage, green bell peppers, carrots, and mushrooms, tossed in a savory, smoky sauce with a hint of peanut and spice.

Ingredients

Rice Noodle (Rice, Water), Extra Firm Tofu, Napa Cabbage, Green Bell Pepper, Carrot, Mushrooms, Tamari Soy Sauce (Water, Soybeans, Salt, Sugar, Vinegar, Lactic Acid), Olive Oil, Green Onion, Rice Vinegar (Diluted with Water to 4.2% Acidity), Natural Peanut Butter, Sambal Oelek (Chili, Salt, Acetic Acid, Potassium Sorbate And Sodium Bisulfite As Preservative), Garlic, Maple Syrup, Garlic Powder, Cornstarch, Peanuts, Cilantro, Ginger, Ground Black Pepper, Salt **Contains: Peanuts, Soy**

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (312g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	27%
Vitamin D 7.8mcg	40%
Calcium 230mg	15%
Iron 2.6mg	15%
Potassium 490mg	10%
Phosphorus 100mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Turkey Chili w/ Black Beans & Sweet Potato

Hearty chili with lean white meat turkey, sweet potatoes, black beans, corn, red bell peppers, and onions, slow-simmered in a rich tomato base and seasoned with chili powder.

Ingredients

White Meat Turkey, Diced Tomatoes [Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid], Sweet Potato, Tomato Puree [Tomato Puree (Water, Tomato Paste), Citric Acid], Black Beans, Corn [Corn, Water, Salt], Red Bell Pepper, Yellow Onion, Olive Oil, Garlic, Kosher Salt, Chili Powder, Cumin, Red Chili Flakes, Cayenne Pepper

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 590mg	26%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	22%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 29g	59%
Vitamin D 0.2mcg	0%
Calcium 50mg	4%
Iron 2.5mg	15%
Potassium 800mg	15%
Phosphorus 290mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Turkey Meatballs and Penne

Tender, herb-seasoned turkey meatballs with garlic, oregano, and basil, served over Penne pasta with rich marinara sauce and extra virgin olive oil.

Ingredients

Ground Turkey (97% lean), Rolled Oats, Eggs, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Dry Oregano, Dry Basil, Garlic, Onion, Kosher Salt, Olive Oil, Penne Pasta (Durum Wheat Semolina, Niacin, Ferrous Lactate, Thiamine Mononitrate, Riboflavin, Folic Acid), Full Red Marinara (Extra virgin Olive Oil, Sunflower Oil, Salt, Onions, Sugar, Black Pepper, Basil, Oregano, Parsley, Natural Citric Acid) Contains: Wheat, Eggs, Fish (Anchovies)

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free

Nutrition Facts

1 serving per container	
Serving size	1 each (283g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 640mg	28%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	16%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	45%
Vitamin D 0.4mcg	0%
Calcium 60mg	4%
Iron 3.2mg	20%
Potassium 660mg	15%
Phosphorus 160mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Vegan Burrito Bowl

Roasted sweet potatoes, black beans, and quinoa tossed with sautéed green bell peppers, red onions, and garlic, seasoned with warm spices and topped with sweet corn, cilantro, and a squeeze of lime.

Ingredients

Sweet Potato, Corn (Corn, Water, Salt) Black Beans, Quinoa, Cilantro, Green Bell Pepper, Olive Oil, Red Onion, Lime Juice, Garlic, Annatto Seed, Garlic Powder, Jalapeno, Kosher Salt, Black Pepper, Coriander, Cumin, Oregano

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container
Serving size 1 Container (269g)

Amount per serving	Calories	320
Total Fat 10g	% Daily Value*	13%
Saturated Fat 1.5g		7%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 610mg		27%
Total Carbohydrate 49g		18%
Dietary Fiber 8g		28%
Total Sugars 4g		
Includes 0g Added Sugars		0%
Protein 9g		19%
Vitamin D 0mcg		0%
Calcium 70mg		6%
Iron 3.4mg		20%
Potassium 680mg		15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Veggie Power Bowl

A nutrient-packed medley of steamed brown rice, tender roasted sweet potatoes and beets, and sautéed collard greens.

Ingredients

Brown Rice, Water, Sweet Potato, Collard Greens, Beets, Chickpeas, Olive Oil, Maple Syrup, Garlic, Ground Annatto Seed, Garlic Powder, Thyme, Onion Powder, Paprika, Kosher Salt, Ground Black Pepper, Cumin, Coriander, Oregano, Ground Cinnamon

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container
Serving size 1 each (269g)

Amount per serving	Calories	330
Total Fat 3g	% Daily Value*	4%
Saturated Fat 0.5g		4%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 650mg		28%
Total Carbohydrate 62g		23%
Dietary Fiber 11g		39%
Total Sugars 5g		
Includes 0g Added Sugars		0%
Protein 10g		21%
Vitamin D 0mcg		0%
Calcium 190mg		15%
Iron 2.3mg		15%
Potassium 580mg		10%
Phosphorus 190mg		15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Turkey Chili w/ Kidney Beans & Sweet Potato

Hearty chili with lean white meat turkey, sweet potatoes, kidney beans, corn, red bell peppers, and onions, slow-simmered in a rich tomato base and seasoned with chili powder.

Ingredients

White Meat Turkey, Diced Tomatoes [Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid], Sweet Potato, Tomato Puree [Tomato Puree (Water, Tomato Paste), Citric Acid], Kidney Beans, Corn [Corn, Water, Salt], Red Bell Pepper, Yellow Onion, Olive Oil, Garlic, Kosher Salt, Chili Powder, Cumin, Red Chili Flakes, Cayenne Pepper

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container
Serving size 1 each

Amount per serving	Calories	330
Total Fat 4.5g	% Daily Value*	6%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 65mg		21%
Sodium 590mg		26%
Total Carbohydrate 27g		10%
Dietary Fiber 6g		22%
Total Sugars 5g		
Includes 0g Added Sugars		0%
Protein 30g		59%
Vitamin D 0.2mcg		0%
Calcium 50mg		4%
Iron 2.3mg		15%
Potassium 800mg		15%
Phosphorus 300mg		25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INCREDIBLY WHITE MEAT TURKEY DICE



Veggie Squash Bowl

Hearty brown rice with roasted butternut squash, crispy Brussels sprouts, red onions, and dried cranberries, tossed in a tangy cider-Dijon dressing with a touch of pure maple syrup.

Ingredients

Parboiled Brown Rice, Butternut Squash, Water, Brussels, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Red Onion, Extra Virgin Olive Oil, Cider Vinegar (Raw Apple Cider Vinegar, Purified Water to 5% Acidity), Diamond Kosher Salt, Dijon Mustard (Distilled White Vinegar, Mustard Seed, Water, Salt, White Wine, Citric Acid, Tartaric Acid, Fruit Pectin, Sugar, Spices), Pure Maple Syrup

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (283g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 64g	23%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 6g	11%
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 2.2mg	10%
Potassium 760mg	15%
Phosphorus 170mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Veggie Stuffed Pepper

Sweet green bell peppers stuffed with brown rice, black beans, chickpeas, and sautéed zucchini, carrots, and onions, seasoned with chili powder, paprika, cumin, and garlic.

Ingredients

Green Bell Peppers, Water, Zucchini Green, Black Beans [Water, Salt, Calcium Chloride], Brown Rice, Chickpeas [Chickpeas, Water, Salt], Carrots, Yellow Onion, Olive Oil, Chili Powder, Garlic, Salt, Paprika, Cumin, Cayenne

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: Vegan, Vegetarian

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Fish-free, Gluten-free, Nut-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (269g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 69g	25%
Dietary Fiber 12g	44%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	23%
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 3.5mg	20%
Potassium 760mg	15%
Phosphorus 290mg	25%

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Vietnamese Roasted Pork Tenderloin

Crispy Vietnamese-style roasted pork tenderloin served over scallion brown rice with roasted bok choy and a savory-sweet sauce.

Ingredients

Parboiled Brown Rice, Pork Tenderloin, Coconut Water [Coconut Water, Less than 1% Sugar, Vitamin C (Ascorbic Acid)], Bok Choy, Salt, Olive Oil, Water, Light Brown Sugar, Cornstarch, Fish Sauce (Anchovy, Sea Salt), Garlic, Shallot, Rice Vinegar (Diluted with Water to 4.2% Acidity) **Contains:** Fish (Fish Sauce), Tree Nuts (Coconut)

Condition Support: Diabetes Friendly, Heart Healthy, BP Friendly, Kidney Friendly

Meal Preferences: None

Dietary Exclusions: Alcohol-free, Dairy-free, Egg-free, Gluten-free, Sesame-free, Shellfish-free, Peanut-free, Soy-free, Wheat-free

Nutrition Facts

1 serving per container	
Serving size	1 each (305g)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 600mg	26%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	9%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 29g	57%
Vitamin D 0.3mcg	0%
Calcium 100mg	8%
Iron 2.1mg	10%
Potassium 800mg	15%
Phosphorus 440mg	35%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

LEARN MORE:

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