

Soups	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Beef Barley	240	120	6	2	0.3	9	2	3	9	25	470	400	30	1.25
Borscht	240	70	3.5	2	0.1	9	2	3	1	10	320	250	30	0.75
Broccoli Cheddar	240	210	15	9	0.5	13	1	2	6	40	440	175	150	1
Butternut Squash	240	130	7	4.5	0.3	16	2	6	2	20	270	400	40	0.75
Chicken Noodle	240	120	4.5	1	0	11	1	2	10	15	480	125	20	1.75
Chicken Wild Rice	240	120	4.5	1	0	10	2	2	10	15	330	175	30	2.25
Clam Chowder	240	230	12	6	0.3	19	1	2	12	40	490	450	75	2
Gingered Carrot	240	70	1.5	1	0	15	3	10	1	0	420	350	40	0.75
Harvest Pumpkin	240	70	2	0.5	0	9	2	2	5	10	590	450	30	0.75
Italian Wedding	240	80	5	2	0.2	4	1	0	4	10	580	225	20	0.75
Minestrone	240	190	12	4	0	13	2	2	9	30	700	400	40	1.5
Mulligatawny	240	100	6	5	0	13	2	5	1	0	630	300	30	1.5
Pea and Ham	240	80	1.5	1	0	11	4	2	5	5	370	200	20	0.75
Sweet Potato Maple	240	140	7	5	0.2	19	3	8	3	15	160	400	75	0.5
Thai Chicken	240	220	19	15	0.1	6	1	2	8	25	350	400	30	3
Tuscan Tomato	240	130	10	3.5	0.2	10	2	5	2	15	510	300	75	2
Vegetable Medley	240	60	1	0	0	12	3	3	3	0	310	350	50	1.25
Wild Mushroom	240	220	16	10	0.5	13	1	2	4	50	370	300	30	0.5
Stews and Chillies	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Beef Stew	300	220	7	0.5	0	20	3	4	16	40	380	550	50	1.75
Italian Meatball Stew	300	210	11	2.5	0.1	22	5	6	7	15	550	700	75	2
Beef Chili	300	400	15	5	0.5	35	10	9	32	75	1140	950	125	7.5
Vegan Chili	300	140	2	0.2	0	28	7	8	7	0	560	600	75	3.5
Bone Broths	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Chicken	240	70	3	1	0	1	0	0	7	10	390	200	10	0.5
Beef	240	70	4.5	1.5	0	1	0	1	7	20	460	225	0	0.4
Chocolate	240	110	9	7	0	14	4	1	5	5	280	450	150	2.25
Meals to Go	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Bacon Mac & Cheese	300	490	19	4	0.2	59	0	2	18	90	240	300	125	3
Beef Chili	300	560	27	14	1	48	5	4	31	95	900	500	500	3.5
Butter Turkey	300	520	29	18	1	45	2	3	20	120	300	350	75	2.5
Creamy Chicken Alfredo	380	630	25	14	0.5	63	0	2	38	200	470	400	300	3
Italian Meatball Penne	300	440	15	5	0.4	55	1	2	20	95	590	150	150	3.5
Lasagne	300	450	23	11	0.2	11	1	6	48	125	1070	550	700	3
Dips	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Artichoke Parmesan	30	80	7	1.5	0	3	1	0	2	0	115	75	30	0.2
Bacon and Onion	30	80	7	2	0	2	0	0	2	10	170	75	30	0.1
Bruschetta	30	20	1.5	0.2	0	1	0	0	0.4	0	60	50	0	0.2

Chocolate Cinnamon Mousse	30	120	8	5	0.2	11	1	10	1	25	50	40	20	0.2
Cilantro Cream	30	50	4.5	3	0	2	0	1	1	15	100	50	30	0.2
Cranberry Tapenade	30	70	6	1	0	4	1	3	0.3	0	350	10	10	0.2
Fig and Olive Pâté	30	70	6	3	0	3	0	2	1	10	115	40	30	0.4
Hummus	30	45	2	0.2	0	6	2	1	2	0	70	40	20	0.3
Maple Mousse	30	90	7	4.5	0.2	6	0	6	1	25	20	40	20	0
Plumberry Compote	30	60	4	2.5	0	2	0	2	2	10	65	20	20	0.2
Mushroom Pâté	30	100	10	4	0.1	3	1	1	2	20	170	100	30	0.4
Pico de Gallo	30	15	0	0	0	3	1	1	1	0	60	75	0	0.2
Roasted Red Pepper Salsa	30	70	7	4	0	2	0	1	1	20	80	40	20	0.1
Smoked Salmon Pâté	40	10	0	0	0	2	0	1	0.5	0	200	100	0	0.2
Southwestern Fiesta Tapenade	30	90	8	4.5	0	1	0	1	2	25	115	100	30	0.5
	30	60	5	2	0	3	0	2	1	10	85	125	20	0.4
	30	50	5	0.5	0	1	1	0	1	0	470	20	20	0.3
STOCKS	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Beef Stock	240	35	0.5	0.2	0	1	0	1	5	5	85	450	0	0.4
Chicken Stock	240	35	0.5	0	0	0	0	0	7	5	120	225	0	0.2
Fish Stock	240	30	1.5	0	0	1	0	1	3	0	45	200	50	0.1
Turkey Stock	240	35	0.5	0	0	0	0	0	7	5	120	225	0	0.2
Veal Stock	240	35	0.5	0.2	0	1	0	1	5	5	85	450	0	0.4
Vegetable Stock	240	35	1	0	0	7	1	2	1	0	75	200	10	0.4
REDUCTIONS	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Glace de Poulet	30	70	2.5	1	0.1	1	0	0	10	25	65	225	10	1
Glace de Veau	30	70	2.5	1	0.1	1	0	0	10	25	65	225	10	1
Glace de Viande	30	70	2.5	1	0.1	1	0	0	10	25	65	225	10	1
SAUCES	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Alfredo	60	160	14	9	0.5	4	0	1	3	45	230	75	100	0.1
Authentic Italian	125	90	7	1	0	6	1	3	1	0	550	225	20	1
Cheese Sauce	60	100	7	4	0.2	5	0	2	4	20	115	125	125	0.5
Demi-Glace	60	50	4	2	0.1	3	0	1	1	10	50	40	10	0.3
Pizza	60	60	4.5	0.5	0	5	1	3	1	0	135	250	20	1.25
GRAVIES	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Chicken	60	45	4	1	0	2	0	0	0.2	5	135	50	0	0.1
Beef	60	50	4	2	0	3	0	0	1	5	130	10	0	0.2
Turkey	60	45	4	1	0	2	0	0	0.2	5	135	50	0	0.1
BUTTERS	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Herbed Butter	15	100	11	7	0.4	0	0	0	0.2	30	110	10	10	0.1
Parmesan Butter	15	100	10	7	0.4	1	0	0	1	25	95	20	10	0.1

PESTOS	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Italian Basil	30	110	9	1.5	0	5	1	0	2	0	110	100	50	0.75
Sundried Tomato	30	120	11	1.5	0	4	1	0	2	0	125	150	40	0.75
Thai Basil	30	120	12	1.5	0	4	0	0	1	0	135	100	30	0.75
VINAIGRETTES & DRESSINGS	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Balsamic	30	120	12	1.5	0	4	0	3	0.1	0	120	50	10	0.4
Cranberry Hazelnut	30	140	14	2	0	6	0	5	0.1	0	105	10	0	0.1
Fig and Walnut	30	140	15	2	0	3	0	3	0.1	0	25	10	0	0.1
Lemon Poppyseed	30	110	10	1	0	7	0	7	0.2	0	60	20	10	0.2
Raspberry	30	140	12	1.5	0	7	0	7	0.1	0	115	20	0	0.2
MARINADES	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Mojo	30	80	7	0.5	0	4	0	2	2	0	770	50	10	0.5
SPECIALTY	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Croutons	15	35	0	0	0	5	0	0	3	0	60	75	30	0.75
Chocolate Mulled Wine Sauce	30	60	0.5	0.3	0	12	0	11	0.3	0	25	50	10	0.2
Raspberry Coulis	30	25	0	0	0	7	0	6	0.1	0	0	20	0	0