

# Sunchoke and Celeriac with Parsley

**Nutrition per serving:** 348 calories, 9 g protein, 52 g carbs, 8 g fiber, 21 g sugar, 14 g fat, 1.5 g saturated fat, 610 mg sodium

# Cumin Sweet Potato

**Nutrition per serving:** 187 calories, 4 g protein, 37 g carbs, 5 g fiber, 8 g sugar, 3 g fat, 1 g saturated fat, 299 mg sodium

# Spring Allium

**Nutrition per serving:** 125 calories, 3 g protein, 14 g carbs, 3 g fiber, 3 g sugar, 7 g fat, 1 g saturated fat, 489 mg sodium

# Creamy Gazpacho with Almonds

**Nutrition per serving:** 172 calories, 5 g protein, 15 g carbs, 5 g fiber, 9 g sugar, 12 g fat, 1 g saturated fat, 219 mg sodium

# Eggplant Tahini

**Nutrition per serving:** 105 calories, 3 g protein, 13 g carbs, 5 g fiber, 6 g sugar, 6 g fat, 1 g saturated fat, 211 mg sodium

# Butternut Turmeric

**Nutrition per serving:** 185 calories, 3 g protein, 32 g carbs, 6 g fiber, 7 g sugar, 7 g fat, 1 g saturated fat, 225 mg sodium

# Herbed Dairy-Free Cream of Mushroom

**Nutrition per serving:** 288 calories, 8 g protein, 22 g carbs, 8 g fiber, 8 g sugar, 22 g fat, 12 g saturated fat, 244 mg sodium

# White Turnip with Turnip Greens.

**Nutrition per serving:** 87 calories, 1 g protein, 6 g carbs, 2 g fiber,  
3 g sugar, 7 g fat, 1 g saturated fat, 252 mg sodium



# Simply Asparagus

**Nutrition per serving:** 165 calories, 11 g protein, 21 g carbs, 10 g fiber, 10 g sugar, 7 g fat, 1 g saturated fat, 437 mg sodium

# Beet Balsamic Bisque

**Nutrition per serving:** 78 calories, 2 g protein, 11 g carbs, 3 g fiber, 7 g sugar, 4 g fat, 0.5 g saturated fat, 480 mg sodium

# Creamy Cauliflower and Leek

**Nutrition per serving:** 160 calories, 4 g protein, 9 g carbs, 3 g fiber, 3 g sugar, 13 g fat, 1.5 g saturated fat, 230 mg sodium

# Whole Celery Plant

**Nutrition per serving:** 177 calories, 4 g protein, 26 g carbs, 4 g fiber, 4 g sugar, 7 g fat, 1 g saturated fat, 594 mg sodium

# Raw Cashew and Cucumber

**Nutrition per serving:** 272 calories, 10 g protein, 38 g carbs, 6 g fiber, 7 g sugar, 10 g fat, 1 g saturated fat, 219 mg sodium

# Carrot and Turmeric

**Nutrition per serving:** 160 calories, 3 g protein, 30 g carbs, 7 g fiber, 16 g sugar, 4 g fat, 0.5 g saturated fat, 190 mg sodium

# Spring Pea with Cashew Cream

**Nutrition per serving:** 215 calories, 11 g protein, 29 g carbs, 9 g fiber, 11 g sugar, 7 g fat, 1 g saturated fat, 47 mg sodium

# Beans and Greens

**Nutrition per serving:** 429 calories, 25 g protein, 73 g carbs, 27 g fiber, 4 g sugar, 5 g fat, 1 g saturated fat, 446 mg sodium



# Lentil and Kale

**Nutrition per serving:** 471 calories, 31 g protein, 78 g carbs, 20 g fiber, 5 g sugar, 6 g fat, 0.5 g saturated fat, 860 mg sodium

# Chickpea Stew

**Nutrition per serving:** 285 calories, 12 g protein, 40 g carbs, 11 g fiber, 9 g sugar, 10 g fat, 1.g saturated fat, 627 mg sodium

# Mung and Quinoa Congee

**Nutrition per serving:** 262 calories, 13 g protein, 42 g carbs, 12 g fiber, 5 g sugar, 5 g fat, 1 g saturated fat, 825 mg sodium

# White Bean Puree with Beets and Beet Greens

**Nutrition per serving:** 246 calories, 12 g protein, 42 g carbs, 16 g fiber, 5 g sugar, 4 g fat, 0.5 g saturated fat, 100 mg sodium

# Bell Pepper Bisque

**Nutrition per serving:** 271 calories, 12 g protein, 41 g carbs, 16 g fiber, 5 g sugar, 8 g fat, 1 g saturated fat, 818 mg sodium

# Black Lentils with Coffee and Shiitakes

**Nutrition per serving:** 458 calories, 31 g protein, 70 g carbs, 27 g fiber, 7 g sugar, 8 g fat, 6 g saturated fat, 30 mg sodium

# Sesame Black Bean Chili

**Nutrition per serving:** 339 calories, 16 g protein, 45 g carbs, 16 g fiber, 6 g sugar, 13 g fat, 2 g saturated fat, 849 mg sodium

# Red Chili

**Nutrition per serving:** 340 calories, 15 g protein, 41 g carbs, 16 g fiber, 5 g sugar, 14 g fat, 2 g saturated fat, 410 mg sodium



# Green Chili

**Nutrition per serving:** 287 calories, 11 g protein, 37 g carbs, 14 g fiber, 1 g sugar, 11 g fat, 1.5 g saturated fat, 802 mg sodium

# Plant-Based Tagine

**Nutrition per serving:** 411 calories, 17 g protein, 49 g carbs, 14 g fiber, 14 g sugar, 19 g fat, 2 g saturated fat, 668 mg sodium

# Chilled Chickpea- Avocado Tahini Puree

**Nutrition per serving:** 414 calories, 14 g protein, 45 g carbs, 17 g fiber,  
7 g sugar, 23 g fat, 3 g saturated fat, 611 mg sodium

# Carrot Coconut Curry

**Nutrition per serving:** 506 calories, 17 g protein, 52 g carbs, 15 g fiber, 8 g sugar, 29 g fat, 24 g saturated fat, 717 mg sodium

# Spring Favas with Asparagus, Lemon, and Dill

**Nutrition per serving:** 215 calories, 12 g protein, 28 g carbs, 12 g fiber,  
4 g sugar, 8 g fat, 1 g saturated fat, 815 mg sodium

# Black-Eyed Pea Succotash

**Nutrition per serving:** 151 calories, 7 g protein, 24 g carbs, 7 g fiber, 6 g sugar, 4 g fat, 0.5 g saturated fat, 438 mg sodium

# Split Pea with Shiitake "Bacon"

**Nutrition per serving:** 284 calories, 13 g protein, 42 g carbs, 22 g fiber,  
3 g sugar, 8 g fat, 1 g saturated fat, 829 mg sodium

# Pumpkin Apple

**Nutrition per serving:** 204 calories, 4 g protein, 44 g carbs, 4 g fiber, 27 g sugar, 4 g fat, 3 g saturated fat, 112 mg sodium



# Strawberry Rhubarb

**Nutrition per serving:** 89 calories, 3 g protein, 20 g carbs, 6 g fiber, 10 g sugar, 1 g fat, 0 g saturated fat, 28 mg sodium

# Berry and Flaxseed

**Nutrition per serving:** 146 calories, 4 g protein, 20 g carbs, 6 g fiber, 10 g sugar, 7 g fat, 1 g saturated fat, 17 mg sodium

# Creamy Cocoa with Sweet Potatoes

**Nutrition per serving:** 290 calories, 5 g protein, 25 g carbs, 4 g fiber, 3 g sugar, 21 g fat, 18 g saturated fat, 232 mg sodium

# Pear and Sunflower Seed

**Nutrition per serving:** 213 calories, 4 g protein, 37 g carbs, 8 g fiber, 23 g sugar, 6 g fat, 0.5 g saturated fat, 22 mg sodium

# Honeydew with Matcha and Mint

**Nutrition per serving:** 114 calories, 2 g protein, 18 g carbs, 3 g fiber, 14 g sugar, 4 g fat, 3.5 g saturated fat, 126 mg sodium

# Vanilla Pistachio with Oats

**Nutrition per serving:** 112 calories, 4 g protein, 15 g carbs, 3 g fiber, 3 g sugar, 5 g fat, 0.5 g saturated fat, 40 mg sodium

Note: nutrition if it's decided to go with ½ cup shelled pistachios: 150 calories, 5 g protein, 17 g carbs, 3 g fiber, 3 g sugar, 8 g fat, 1 g saturated fat, 40 mg sodium

# Grapefruit and Fennel Consommé

**Nutrition per serving:** 132 calories, 2 g protein, 25 g carbs, 5 g fiber, 18 g sugar, 4 g fat, 0.5 g saturated fat, 84 mg sodium

# Raw Native Corn with Basil

**Nutrition per serving:** 103 calories, 5 g protein, 19 g carbs, 4 g fiber, 6 g sugar, 3 g fat, 0 g saturated fat, 219 mg sodium



# Minty Melon Chia

**Nutrition per serving:** 130 calories, 3 g protein, 24 g carbs, 5 g fiber, 15 g sugar, 4 g fat, 0.5 g saturated fat, 58 mg sodium

# Sweet Potato Soup with Persimmons and Pomegranate

**Nutrition per serving:** 208 calories, 3 g protein, 35 g carbs, 5 g fiber, 12 g sugar, 8 g fat, 1 g saturated fat, 69 mg sodium

# Spiced Fig and Cashew

**Nutrition per serving:** 256 calories, 4 g protein, 47 g carbs, 6 g fiber, 35 g sugar, 8 g fat, 1.5 g saturated fat, 20 mg sodium

# Roasted Chestnuts with Saigon Cinnamon

**Nutrition per serving:** 423 calories, 5 g protein, 87 g carbs, 10 g fiber,  
22 g sugar, 7 g fat, 1 g saturated fat, 227 mg sodium

# Spicy Broccoli and Hempseed Stew

**Nutrition per serving:** 320 calories, 18 g protein, 37 g carbs, 10 g fiber,  
6 g sugar, 12 g fat, 2 g saturated fat, 436 mg sodium

# Courgette Stew

**Nutrition per serving:** 124 calories, 3 g protein, 13 g carbs, 3 g fiber, 7 g sugar, 7 g fat, 1 g saturated fat, 104 mg sodium

# Winter Root Vegetable Stew

**Nutrition per serving:** 229 calories, 4 g protein, 31 g carbs, 7 g fiber, 9 g sugar, 11 g fat, 1.5 g saturated fat, 737 mg sodium

# Antioxidant Stew

**Nutrition per serving:** 225 calories, 4 g protein, 27 g carbs, 5 g fiber, 8 g sugar, 8 g fat, 1 g saturated fat, 485 mg sodium



# Curly Kale Stew

**Nutrition per serving:** 306 calories, 5 g protein, 15 g carbs, 4 g fiber, 4 g sugar, 28 g fat, 24 g saturated fat, 441 mg sodium

# Summer Ratatouille

**Nutrition per serving:** 163 calories, 7 g protein, 21 g carbs, 8 g fiber, 12 g sugar, 8 g fat, 1 g saturated fat, 813 mg sodium

# Fall Ratatouille

**Nutrition per serving:** 148 calories, 4 g protein, 20 g carbs, 4 g fiber, 6 g sugar, 8 g fat, 1 g saturated fat, 435 mg sodium

# Mushroom Stew with Steel-Cut Oats

**Nutrition per serving:** 187 calories, 11 g protein, 22 g carbs, 5 g fiber, 7 g sugar, 9 g fat, 1 g saturated fat, 832 mg sodium

# Black Rice with Beets and Sesame Seeds

**Nutrition per serving:** 249 calories, 6 g protein, 33 g carbs, 6 g fiber, 10 g sugar, 12 g fat, 2 g sat fat, 514 mg sodium

# Green Coconut Curry with Broccoli

**Nutrition per serving:** 322 calories, 8 g protein, 17 g carbs, 6 g fiber, 5 g sugar, 28 g fat, 24 g sat fat, 411 mg sodium

# "Chicken" Stew with Rice

**Nutrition per serving:** 175 calories, 5 g protein, 23 g carbs, 4 g fiber, 6 g sugar, 8 g fat, 1 g saturated fat, 580 mg sodium

# Rainbow Chard Stew with Harissa-Infused Millet

**Nutrition per serving:** 172 calories, 3 g protein, 21 g carbs, 3 g fiber, 3 g sugar, 8 g fat, 1.6 saturated fat, 776 mg sodium



# Cranberry Beans and Kabocha Squash Stew

**Nutrition per serving:** 307 calories, 13 g protein, 42 g carbs, 14 g fiber,  
5 g sugar, 11 g fat, 2 g saturated fat, 408 mg sodium

# Potato and Cabbage Paprikash

**Nutrition per serving:** 193 calories, 5 g protein, 17 g carbs, 3 g fiber, 4 g sugar, 14 g fat, 2 g saturated fat, 422 mg sodium

# Avocado Kimchi Stew

**Nutrition per serving:** 379 calories, 8 g protein, 26 g carbs, 18 g fiber, 4 g sugar, 31 g fat, 4 g saturated fat, 404 mg sodium

# Daikon Radish with Tamarind and Spinach

**Nutrition per serving:** 103 calories, 3 g protein, 6 g carbs, 2 g fiber, 1 g sugar, 9 g fat, 1 g saturated fat, 257 mg sodium

# Vegan Bone Broth

**Nutrition per serving:** 62 calories, 0 g protein, 1 g carbs, 0 g fiber, 0 g sugar, 7 g fat, 1 g saturated fat, 64 mg sodium

# Lime Pepper

**Nutrition per serving:** 74 calories, 2 g protein, 10 g carbs, 3 g fiber, 4 g sugar, 4 g fat, 1 g saturated fat, 429 mg sodium

# Wakame Broth with Mushrooms & Green Garlic

**Nutrition per serving:** 121 calories, 7 g protein, 15 g carbs, 5 g fiber, 3 g sugar, 4 g fat, 3 g saturated fat, 501 mg sodium

# Cabbage Borscht

**Nutrition per serving:** 206 calories, 3 g protein, 13 g carbs, 3 g fiber, 6 g sugar, 17 g fat, 3 g saturated fat, 307 mg sodium



# Confetti Pho

**Nutrition per serving:** 88 calories, 1 g protein, 7 g carbs, 2 g fiber, 3 g sugar, 7 g fat, 1 g saturated fat, 109 mg sodium

# Lemon-Fennel Consommé

**Nutrition per serving:** 92 calories, 1 g protein, 7 g carbs, 1 g fiber, 4 g sugar, 7 g fat, 1 g saturated fat, 410 mg sodium

# Pumpkin and Mushrooms with Star Anise Broth

**Nutrition per serving:** 96 calories, 2 g protein, 8 g carbs, 2 g fiber, 3 g sugar, 7 g fat, 1.6 saturated fat, 418 mg sodium

# Jalapeño Tomato Broth

**Nutrition per serving:** 118 calories, 3 g protein, 13 g carbs, 4 g fiber, 8 g sugar, 7 g fat, 1 g saturated fat, 459 mg sodium

# Spirulina and Kale

**Nutrition per serving:** 76 calories, 3 g protein, 9 g carbs, 2 g fiber, 2 g sugar, 4 g fat, 0.5 saturated fat, 248 mg sodium

# White Miso with Peas and Thai Basil

**Nutrition per serving:** 109 calories, 4 g protein, 14 g carbs, 3 g fiber, 6 g sugar, 4 g fat, 0.5 saturated fat, 536 mg sodium

# Red Miso with Turnips and Sesame Oil

**Nutrition per serving:** 148 calories, 5 g protein, 24 g carbs, 9 g fiber, 8 g sugar, 3 g fat, 0.5 saturated fat, 683 mg sodium

# Ginger Broth with Napa Cabbage and Carrots

**Nutrition per serving:** 273 calories, 3 g protein, 8 g carbs, 3 g fiber, 2 g sugar, 27 g fat, 24 saturated fat, 242 mg sodium



# Classic Filipino Sinigang

**Nutrition per serving:** 122 calories, 2 g protein, 15 g carbs, 3 g fiber, 4 g sugar, 7 g fat, 1 g saturated fat, 610 mg sodium

# Favas and Morels in Mushroom Broth

**Nutrition per serving:** 188 calories, 13 g protein, 34 g carbs, 12 g fiber,  
3 g sugar, 1 g fat, 0 saturated fat, 233 mg sodium