

## Cinnamon French Toast

### Nutrition Facts

Serving Size: 1 Slice  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 250** **Calories from Fat 180**

% Daily Value\*

<b>Total Fat</b>	20g	31%
Saturated Fat	7g	35%
Trans Fat	0g	

<b>Total Carbohydrate</b>	9g	3%
Dietary Fiber	2g	8%
Sugars	5g	

**Protein** 10g 20%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
250	20g	10g	7g	2g
	54%	27%	19%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cran-Apple Power Bars

### Nutrition Facts

Serving Size: 1 Bar  
Servings per Recipe: 12  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 172** **Calories from Fat 72**

% Daily Value\*

<b>Total Fat</b>	8g	12%
Saturated Fat	1g	5%
Trans Fat	0g	

<b>Total Carbohydrate</b>	20g	7%
Dietary Fiber	3g	12%
Sugars	13g	

**Protein** 6g 12%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
172	8g	6g	17g	3g
	26%	19%	55%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Hot Cereal

### Nutrition Facts

Serving Size: 1 Bowl  
Servings per Recipe: 2  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 346** **Calories from Fat 261**

% Daily Value\*

<b>Total Fat</b>	29g	45%
Saturated Fat	9g	45%
Trans Fat	0g	

<b>Total Carbohydrate</b>	14g	5%
Dietary Fiber	11g	44%
Sugars	2g	

**Protein** 8g 16%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
346	29g	8g	3g	11g
	73%	20%	8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Super Spice Granola

### Nutrition Facts

Serving Size: 1/8 Total Yield  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 528** **Calories from Fat 405**

% Daily Value\*

<b>Total Fat</b>	45g	69%
Saturated Fat	7g	35%
Trans Fat	0g	

<b>Total Carbohydrate</b>	23g	8%
Dietary Fiber	5g	20%
Sugars	13g	

**Protein** 14g 28%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
528	45g	14g	18g	5g
	58%	18%	23%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Breakfast Sausage, Pork

### Nutrition Facts

Serving Size: 1 Sausage Pattie  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 195** **Calories from Fat 90**

% Daily Value\*

<b>Total Fat</b>	10g	15%
Saturated Fat	3g	15%
Trans Fat	0g	

<b>Total Carbohydrate</b>	3g	1%
Dietary Fiber	0g	0%
Sugars	2g	

**Protein** 24g 48%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
195	10g	24g	3g	0g
	27%	65%	8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Breakfast Sausage, Turkey

### Nutrition Facts

Serving Size: 1 Sausage Pattie  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 155** **Calories from Fat 81**

% Daily Value\*

<b>Total Fat</b>	9g	14%
Saturated Fat	2g	10%
Trans Fat	0g	

<b>Total Carbohydrate</b>	3g	1%
Dietary Fiber	0g	0%
Sugars	2g	

**Protein** 16g 32%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
155	9g	16g	3g	0g
	32%	57%	11%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Paleo Bagels

### Nutrition Facts

Serving Size: 1 Bagel  
Servings per Recipe: 6  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 259** **Calories from Fat 180**

% Daily Value\*

<b>Total Fat</b>	20g	31%
Saturated Fat	2g	10%
Trans Fat	0g	

<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	5g	20%
Sugars	1g	

<b>Protein</b>	12g	24%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
259	20g	12g	8g	5g
	50%	30%	20%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Apricot Muffins

### Nutrition Facts

Serving Size: 1 Muffin  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 205** **Calories from Fat 144**

% Daily Value\*

<b>Total Fat</b>	16g	25%
Saturated Fat	13g	65%
Trans Fat	0g	

<b>Total Carbohydrate</b>	11g	4%
Dietary Fiber	2g	8%
Sugars	8g	

<b>Protein</b>	4g	8%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
205	16g	4g	9g	2g
	55%	14%	31%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Nut-Free Bran Muffins

### Nutrition Facts

Serving Size: 1 Muffin  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 262** **Calories from Fat 144**

% Daily Value\*

<b>Total Fat</b>	16g	25%
Saturated Fat	5g	25%
Trans Fat	0g	

<b>Total Carbohydrate</b>	28g	9%
Dietary Fiber	6g	24%
Sugars	15g	

<b>Protein</b>	8g	16%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
262	16g	8g	22g	6g
	35%	17%	48%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Paleo Pancakes

### Nutrition Facts

Serving Size: 1 Pancake  
Servings per Recipe: 18  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 113** **Calories from Fat 90**

% Daily Value\*

<b>Total Fat</b>	10g	15%
Saturated Fat	4g	20%
Trans Fat	0g	

<b>Total Carbohydrate</b>	3g	1%
Dietary Fiber	1g	4%
Sugars	1g	

<b>Protein</b>	3g	6%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
113	10g	3g	2g	1g
	67%	20%	13%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Crepes

### Nutrition Facts

Serving Size: 1 Crepe  
Servings per Recipe: 6  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 117** **Calories from Fat 90**

% Daily Value\*

<b>Total Fat</b>	10g	15%
Saturated Fat	7g	35%
Trans Fat	0g	

<b>Total Carbohydrate</b>	1g	<1%
Dietary Fiber	1g	4%
Sugars	0g	

<b>Protein</b>	4g	8%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
117	10g	4g	0g	1g
	71%	29%	0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Blueberry Coffee Cake

### Nutrition Facts

Serving Size: 1 Slice  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 422** **Calories from Fat 306**

% Daily Value\*

<b>Total Fat</b>	34g	52%
Saturated Fat	9g	45%
Trans Fat	0g	

<b>Total Carbohydrate</b>	22g	7%
Dietary Fiber	4g	16%
Sugars	14g	

<b>Protein</b>	11g	22%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
422	34g	11g	18g	4g
	54%	17%	29%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Strawberry Power Pina Colada

Nutrition Facts

Serving Size: 1 Glass

Servings per Recipe: 2

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 371

Calories from Fat 162

% Daily Value\*

Total Fat 18g

28%

Saturated Fat 16g

80%

Trans Fat 0g

Total Carbohydrate 24g

8%

Dietary Fiber 3g

12%

Sugars 16g

Protein 25g

50%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
371	18g	25g	21g	3g
	28%	39%	33%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Paleo Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 158** **Calories from Fat 117**

% Daily Value\*

<b>Total Fat</b>	13g	<b>20%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	6g	<b>2%</b>
Dietary Fiber	2g	<b>8%</b>
Sugars	2g	

<b>Protein</b>	7g	<b>14%</b>
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
158	13g	7g	4g	2g
	<b>54%</b>	<b>29%</b>	<b>17%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Nut-Free Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 158** **Calories from Fat 108**

% Daily Value\*

<b>Total Fat</b>	12g	<b>18%</b>
Saturated Fat	3g	<b>15%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	8g	<b>3%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	3g	

<b>Protein</b>	3g	<b>6%</b>
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
158	12g	3g	5g	3g
	<b>60%</b>	<b>15%</b>	<b>25%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Rye Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 126** **Calories from Fat 90**

% Daily Value\*

<b>Total Fat</b>	10g	<b>15%</b>
Saturated Fat	1g	<b>5%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	5g	<b>2%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	0g	

<b>Protein</b>	6g	<b>12%</b>
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
126	10g	6g	2g	3g
	<b>56%</b>	<b>33%</b>	<b>11%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Date Orange Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 8  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 215** **Calories from Fat 144**

% Daily Value\*

<b>Total Fat</b>	16g	<b>25%</b>
Saturated Fat	13g	<b>65%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	13g	<b>4%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	10g	

<b>Protein</b>	4g	<b>8%</b>
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
215	16g	4g	10g	3g
	<b>53%</b>	<b>13%</b>	<b>33%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Banana Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 135** **Calories from Fat 81**

% Daily Value\*

<b>Total Fat</b>	9g	<b>14%</b>
Saturated Fat	3g	<b>15%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	12g	<b>4%</b>
Dietary Fiber	2g	<b>8%</b>
Sugars	6g	

<b>Protein</b>	5g	<b>10%</b>
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
135	9g	5g	10g	2g
	<b>38%</b>	<b>21%</b>	<b>42%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Paleo Tortillas****Nutrition Facts**

Serving Size: 1 Tortilla  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 131** **Calories from Fat 108**

% Daily Value\*

<b>Total Fat</b>	12g	<b>18%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	1g	<b>&lt;1%</b>
Dietary Fiber	1g	<b>4%</b>
Sugars	0g	

<b>Protein</b>	5g	<b>10%</b>
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
131	9g	5g	0g	1g
	<b>71%</b>	<b>29%</b>	<b>0%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.



## Nut-Free Crackers

## Nutrition Facts

Serving Size: 1 Cracker

Servings per Recipe: 16

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 59      Calories from Fat 36

% Daily Value\*

Total Fat 4g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g 4%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
59	4g	2g	1g	1g
	57%	29%	14%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Garlic Crackers

## Nutrition Facts

Serving Size: 1 Cracker

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 44      Calories from Fat 36

% Daily Value\*

Total Fat 4g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g 4%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
44	4g	2g	1g	1g
	57%	29%	14%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Olive Oil Thyme Crackers

## Nutrition Facts

Serving Size: 1 Cracker

Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 52      Calories from Fat 45

% Daily Value\*

Total Fat 5g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g 4%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
52	5g	2g	1g	1g
	63%	25%	13%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Avocado Kale Slaw

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

<b>Calories</b> 152	<b>Calories from Fat</b> 117
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% Daily Value\*

<b>Total Fat</b> 13g	<b>20%</b>
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Saturated Fat 2g	<b>10%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 9g	<b>3%</b>
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Dietary Fiber 5g	<b>20%</b>
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Sugars 2g	
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<b>Protein</b> 4g	<b>8%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
152	13g	4g	4g	5g
	<b>62%</b>	<b>19%</b>	<b>19%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Primal Coleslaw

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 1063	<b>Calories from Fat</b> 999
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% Daily Value\*

<b>Total Fat</b> 111g	<b>171%</b>
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Saturated Fat 17g	<b>160%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 9g	<b>3%</b>
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Dietary Fiber 5g	<b>20%</b>
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Sugars 2g	
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<b>Protein</b> 7g	<b>14%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1063	111g	7g	4g	5g
	<b>91%</b>	<b>6%</b>	<b>3%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Bitter Dandelion Greens

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

<b>Calories</b> 106	<b>Calories from Fat</b> 72
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% Daily Value\*

<b>Total Fat</b> 8g	<b>12%</b>
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Saturated Fat 1g	<b>5%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 10g	<b>3%</b>
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Dietary Fiber 4g	<b>16%</b>
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Sugars 1g	
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<b>Protein</b> 2g	<b>4%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
106	8g	2g	6g	4g
	<b>50%</b>	<b>13%</b>	<b>38%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Colorful Winter Salad

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

<b>Calories</b> 226	<b>Calories from Fat</b> 126
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% Daily Value\*

<b>Total Fat</b> 14g	<b>21%</b>
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Saturated Fat 2g	<b>8%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 20g	<b>7%</b>
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Dietary Fiber 8g	<b>30%</b>
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Sugars 8g	
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<b>Protein</b> 5g	<b>10%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
226	14g	5g	12g	8g
	<b>45%</b>	<b>15%</b>	<b>40%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cauliflower Rice

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

<b>Calories</b> 142	<b>Calories from Fat</b> 99
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% Daily Value\*

<b>Total Fat</b> 11g	<b>17%</b>
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Saturated Fat 1g	<b>5%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 11g	<b>4%</b>
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Dietary Fiber 5g	<b>20%</b>
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Sugars 4g	
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<b>Protein</b> 3g	<b>6%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
142	11g	3g	6g	5g
	<b>55%</b>	<b>15%</b>	<b>30%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Rice Pilaf

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

<b>Calories</b> 194	<b>Calories from Fat</b> 99
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% Daily Value\*

<b>Total Fat</b> 11g	<b>17%</b>
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Saturated Fat 6g	<b>30%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 22g	<b>7%</b>
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Dietary Fiber 6g	<b>24%</b>
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Sugars 13g	
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<b>Protein</b> 5g	<b>10%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
194	11g	3g	16g	6g
	<b>34%</b>	<b>16%</b>	<b>50%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Balsamic Rosemary Beets****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 175** **Calories from Fat 36**

% Daily Value\*

**Total Fat** 4g **6%**Saturated Fat 1g **5%**

Trans Fat 0g

**Total Carbohydrate** 29g **10%**Dietary Fiber 4g **16%**

Sugars 22g

**Protein** 4g **8%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
175	4g	4g	25g	4g
	12%	12%	76%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Paleo "Potato" Leek Soup****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 216** **Calories from Fat 162**

% Daily Value\*

**Total Fat** 18g **28%**Saturated Fat 6g **30%**

Trans Fat 0g

**Total Carbohydrate** 13g **4%**Dietary Fiber 5g **20%**

Sugars 4g

**Protein** 16g **32%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
216	18g	16g	8g	5g
	43%	38%	19%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Healing Vegetable Bisque****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 226** **Calories from Fat 171**

% Daily Value\*

**Total Fat** 19g **29%**Saturated Fat 1g **5%**

Trans Fat 0g

**Total Carbohydrate** 15g **5%**Dietary Fiber 5g **20%**

Sugars 4g

**Protein** 15g **30%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
226	19g	15g	10g	5g
	43%	34%	23%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Roasted Broccoli****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 215** **Calories from Fat 72**

% Daily Value\*

**Total Fat** 8g **12%**Saturated Fat 1g **5%**

Trans Fat 0g

**Total Carbohydrate** 30g **10%**Dietary Fiber 12g **48%**

Sugars 8g

**Protein** 13g **26%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
215	8g	13g	18g	12g
	21%	33%	46%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Sauteed Turnips****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 81** **Calories from Fat 27**

% Daily Value\*

**Total Fat** 3g **5%**Saturated Fat 3g **15%**

Trans Fat 0g

**Total Carbohydrate** 13g **4%**Dietary Fiber 2g **8%**

Sugars 9g

**Protein** 1g **2%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
81	3g	1g	11g	2g
	20%	7%	73%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Stuffed Mushrooms, Beef****Nutrition Facts**

Serving Size: 1 Stuffed Mushroom

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 30** **Calories from Fat 18**

% Daily Value\*

**Total Fat** 2g **3%**Saturated Fat 1g **5%**

Trans Fat 0g

**Total Carbohydrate** 1g **<1%**Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 3g **6%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
30	2g	3g	1g	0g
	33%	50%	17%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Stuffed Mushrooms, Pork

### Nutrition Facts

Serving Size: 1 Stuffed Mushroom  
 Servings per Recipe: 24  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving		
<b>Calories</b>	<b>28</b>	<b>Calories from Fat 9</b>
		% Daily Value*
<b>Total Fat</b>	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Total Carbohydrate</b>	1g	<1%
Dietary Fiber	0g	0%
Sugars	0g	
<b>Protein</b>	4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
28	1g	4g	1g	0g
	17%	67%	17%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Sesame Noodles

### Nutrition Facts

Serving Size: 1/4 Total Yield  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	<b>146</b>	<b>Calories from Fat 108</b>
		% Daily Value*
<b>Total Fat</b>	12g	18%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	3g	12%
Sugars	5g	
<b>Protein</b>	4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
146	12g	4g	5g	3g
	57%	19%	24%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Mushroom Lo Mein

### Nutrition Facts

Serving Size: 1/4 Total Yield  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	<b>199</b>	<b>Calories from Fat 81</b>
		% Daily Value*
<b>Total Fat</b>	9g	14%
Saturated Fat	8g	40%
Trans Fat	0g	
<b>Total Carbohydrate</b>	23g	8%
Dietary Fiber	9g	36%
Sugars	12g	
<b>Protein</b>	5g	10%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
199	9g	5g	14g	9g
	32%	18%	50%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Pad Thai

### Nutrition Facts

Serving Size: 1/4 Total Yield  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	<b>481</b>	<b>Calories from Fat 284</b>
		% Daily Value*
<b>Total Fat</b>	32g	48%
Saturated Fat	12g	60%
Trans Fat	0g	
<b>Total Carbohydrate</b>	37g	12%
Dietary Fiber	13g	50%
Sugars	9g	
<b>Protein</b>	16g	32%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
481	32g	16g	24g	13g
	44%	22%	34%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Twice Baked Squash

### Nutrition Facts

Serving Size: 1/4 Total Yield  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	<b>239</b>	<b>Calories from Fat 81</b>
		% Daily Value*
<b>Total Fat</b>	9g	14%
Saturated Fat	7g	35%
Trans Fat	0g	
<b>Total Carbohydrate</b>	37g	12%
Dietary Fiber	6g	24%
Sugars	9g	
<b>Protein</b>	6g	12%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
239	9g	6g	31g	6g
	20%	13%	67%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Honey Lemon Chicken

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 747** **Calories from Fat 450**

% Daily Value\*

**Total Fat** 50g **77%**

Saturated Fat 13g **65%**

Trans Fat 0g

**Total Carbohydrate** 20g **7%**

Dietary Fiber 3g **12%**

Sugars 11g

**Protein** 55g **110%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
747	50g	55g	17g	3g
	41%	45%	14%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chicken Gumbo

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 460** **Calories from Fat 207**

% Daily Value\*

**Total Fat** 23g **35%**

Saturated Fat 9g **45%**

Trans Fat 0g

**Total Carbohydrate** 26g **9%**

Dietary Fiber 9g **36%**

Sugars 9g

**Protein** 42g **84%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
460	23g	42g	17g	9g
	28%	51%	21%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chicken Salad

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 800** **Calories from Fat 554**

% Daily Value\*

**Total Fat** 62g **95%**

Saturated Fat 9g **43%**

Trans Fat 0g

**Total Carbohydrate** 30g **10%**

Dietary Fiber 8g **32%**

Sugars 16g

**Protein** 32g **64%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
800	62g	32g	22g	8g
	53%	27%	20%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chicken Marbella

### Nutrition Facts

Serving Size: 1/6 Total Yield

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 683** **Calories from Fat 243**

% Daily Value\*

**Total Fat** 27g **42%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Total Carbohydrate** 72g **24%**

Dietary Fiber 22g **88%**

Sugars 36g

**Protein** 62g **124%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
683	27g	62g	50g	22g
	19%	45%	36%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Rosemary Lemon Chicken

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 338** **Calories from Fat 198**

% Daily Value\*

**Total Fat** 22g **34%**

Saturated Fat 4g **20%**

Trans Fat 0g

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

**Protein** 35g **70%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
338	22g	35g	2g	0g
	37%	59%	3%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Paleo Shepherd's Pie

### Nutrition Facts

Serving Size: 1/6 Total Yield

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 359** **Calories from Fat 198**

% Daily Value\*

**Total Fat** 22g **34%**

Saturated Fat 6g **30%**

Trans Fat 1g

**Total Carbohydrate** 23g **8%**

Dietary Fiber 9g **36%**

Sugars 9g

**Protein** 22g **44%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
359	22g	22g	14g	9g
	38%	38%	24%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Sesame Fish Sticks

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

**Calories 510**                      **Calories from Fat 378**

% Daily Value\*

**Total Fat** 42g                      **65%**

Saturated Fat 6g                      **30%**

Trans Fat 0g

**Total Carbohydrate** 12g                      **4%**

Dietary Fiber 7g                      **28%**

Sugars 1g

**Protein** 26g                      **52%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
510	42g	26g	5g	7g
	<b>58%</b>	<b>36%</b>	<b>7%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Salmon Salad

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 656**                      **Calories from Fat 522**

% Daily Value\*

**Total Fat** 58g                      **88%**

Saturated Fat 8g                      **38%**

Trans Fat 0g

**Total Carbohydrate** 7g                      **2%**

Dietary Fiber 4g                      **16%**

Sugars 2g

**Protein** 28g                      **56%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
656	58g	28g	3g	4g
	<b>65%</b>	<b>31%</b>	<b>4%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Mustard Salmon Fillet

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 210**                      **Calories from Fat 36**

% Daily Value\*

**Total Fat** 4g                      **6%**

Saturated Fat 1g                      **5%**

Trans Fat 0g

**Total Carbohydrate** 0g                      **0%**

Dietary Fiber 0g                      **0%**

Sugars 0g

**Protein** 29g                      **58%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
210	4g	29g	0g	0g
	<b>12%</b>	<b>88%</b>	<b>0%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Classic Salmon Burgers

### Nutrition Facts

Serving Size: 1 Burger

Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

**Calories 512**                      **Calories from Fat 235**

% Daily Value\*

**Total Fat** 26g                      **40%**

Saturated Fat 4g                      **19%**

Trans Fat 0g

**Total Carbohydrate** 35g                      **12%**

Dietary Fiber 20g                      **78%**

Sugars 2g

**Protein** 34g                      **68%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
512	26g	34g	15g	20g
	<b>34%</b>	<b>45%</b>	<b>21%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Greek Turkey Burgers

### Nutrition Facts

Serving Size: 1 Burger Pattie

Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

**Calories 213**                      **Calories from Fat 135**

% Daily Value\*

**Total Fat** 15g                      **23%**

Saturated Fat 3g                      **15%**

Trans Fat 0g

**Total Carbohydrate** 4g                      **1%**

Dietary Fiber 1g                      **4%**

Sugars 1g

**Protein** 17g                      **34%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
213	15g	17g	3g	1g
	<b>43%</b>	<b>49%</b>	<b>9%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Bacon Tart

### Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

**Calories 487**                      **Calories from Fat 392**

% Daily Value\*

**Total Fat** 44g                      **67%**

Saturated Fat 13g                      **66%**

Trans Fat 0g

**Total Carbohydrate** 8g                      **3%**

Dietary Fiber 4g                      **14%**

Sugars 2g

**Protein** 17g                      **34%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
487	44g	17g	4g	4g
	<b>67%</b>	<b>26%</b>	<b>7%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.



Green Frittata

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 142Calories from Fat 72

% Daily Value\*

Total Fat8g12%

Saturated Fat2g10%

Trans Fat0g

Total Carbohydrate7g2%

Dietary Fiber3g12%

Sugars1g

Protein10g20%

Macronutrient Ratios (per serving)

CaloriesFatProteinNet CarbsFiber

1428g10g4g3g

36%45%18%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Marinated Flank Steak

Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

Calories 299Calories from Fat 108

% Daily Value\*

Total Fat12g18%

Saturated Fat4g20%

Trans Fat0g

Total Carbohydrate10g3%

Dietary Fiber0g0%

Sugars8g

Protein32g64%

Macronutrient Ratios (per serving)

CaloriesFatProteinNet CarbsFiber

29912g32g10g0g

22%59%19%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Asian Stir-Fry

Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

Calories 490Calories from Fat 171

% Daily Value\*

Total Fat19g29%

Saturated Fat9g45%

Trans Fat0g

Total Carbohydrate40g13%

Dietary Fiber11g44%

Sugars13g

Protein45g90%

Macronutrient Ratios (per serving)

CaloriesFatProteinNet CarbsFiber

49019g45g29g11g

20%48%31%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Beef with Broccoli

Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

Calories 454Calories from Fat 180

% Daily Value\*

Total Fat20g31%

Saturated Fat11g55%

Trans Fat0g

Total Carbohydrate38g13%

Dietary Fiber13g52%

Sugars9g

Protein36g72%

Macronutrient Ratios (per serving)

CaloriesFatProteinNet CarbsFiber

45420g36g25g13g

25%44%31%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

## Basil Cream Sauce

## Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 3

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 250      Calories from Fat 225

% Daily Value\*

**Total Fat** 25g      **38%**Saturated Fat 17g      **85%**

Trans Fat 0g

**Total Carbohydrate** 1g      **<1%**Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 6g      **12%**

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
250	25g	6g	1g	0g
	<b>78%</b>	<b>19%</b>	<b>3%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Caesar Dressing

## Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 3

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

Calories 684      Calories from Fat 666

% Daily Value\*

**Total Fat** 74g      **114%**Saturated Fat 10g      **50%**

Trans Fat 0g

**Total Carbohydrate** 2g      **1%**Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 4g      **8%**

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
684	74g	4g	2g	0g
	<b>93%</b>	<b>5%</b>	<b>3%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Dill Tartar Sauce

## Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 2

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 543      Calories from Fat 509

% Daily Value\*

**Total Fat** 57g      **87%**Saturated Fat 8g      **38%**

Trans Fat 0g

**Total Carbohydrate** 5g      **2%**Dietary Fiber 2g      **8%**

Sugars 0g

**Protein** 4g      **8%**

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
543	57g	4g	3g	2g
	<b>90%</b>	<b>6%</b>	<b>4%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Paleo Mayonnaise

## Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 2

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 1011      Calories from Fat 999

% Daily Value\*

**Total Fat** 111g      **171%**Saturated Fat 15g      **75%**

Trans Fat 0g

**Total Carbohydrate** 0g      **0%**Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 3g      **6%**

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1011	111g	3g	0g	0g
	<b>97%</b>	<b>3%</b>	<b>0%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Roasted Garlic

## Nutrition Facts

Serving Size: 1 Head of Garlic

Servings per Recipe: 2

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 291      Calories from Fat 243

% Daily Value\*

**Total Fat** 27g      **42%**Saturated Fat 4g      **20%**

Trans Fat 0g

**Total Carbohydrate** 12g      **4%**Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 2g      **4%**

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
291	27g	2g	12g	0g
	<b>66%</b>	<b>5%</b>	<b>29%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Salsa Verde

## Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 3

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 652      Calories from Fat 648

% Daily Value\*

**Total Fat** 72g      **111%**Saturated Fat 10g      **50%**

Trans Fat 0g

**Total Carbohydrate** 3g      **1%**Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 1g      **2%**

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
652	72g	1g	1g	2g
	<b>97%</b>	<b>1.5%</b>	<b>1.5%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.



## Tangy "Peanut" Sauce

### Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 2

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 208** **Calories from Fat 153**

% Daily Value\*

**Total Fat** 17g **26%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Total Carbohydrate** 10g **3%**

Dietary Fiber 5g **20%**

Sugars 2g

**Protein** 7g **14%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
208	17g	7g	5g	5g
	<b>59%</b>	<b>24%</b>	<b>17%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Vegan Pesto Rustico

### Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 319** **Calories from Fat 279**

% Daily Value\*

**Total Fat** 31g **48%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Total Carbohydrate** 7g **2%**

Dietary Fiber 3g **12%**

Sugars 1g

**Protein** 5g **10%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
319	31g	5g	4g	3g
	<b>78%</b>	<b>13%</b>	<b>10%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Very Dijon Salad Dressing

### Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 3

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 328** **Calories from Fat 324**

% Daily Value\*

**Total Fat** 36g **55%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 0g **0%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
328	36g	0g	0g	0g
	<b>100%</b>	<b>0%</b>	<b>0%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Tahini Dressing

### Nutrition Facts

Serving Size: 1/2 Cup

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 255** **Calories from Fat 207**

% Daily Value\*

**Total Fat** 23g **35%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Total Carbohydrate** 7g **2%**

Dietary Fiber 3g **12%**

Sugars 0g

**Protein** 5g **10%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
255	23g	5g	4g	3g
	<b>72%</b>	<b>16%</b>	<b>12%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cherry Berry Syrup

### Nutrition Facts

Serving Size: 1 Cup

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 92** **Calories from Fat 0**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Total Carbohydrate** 22g **7%**

Dietary Fiber 2g **8%**

Sugars 17g

**Protein** 1g **2%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
92	0g	1g	20g	2g
	<b>0%</b>	<b>5%</b>	<b>95%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Coconut Whipped Cream

### Nutrition Facts

Serving Size: 1 Cup

Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 749** **Calories from Fat 603**

% Daily Value\*

**Total Fat** 67g **103%**

Saturated Fat 58g **290%**

Trans Fat 0g

**Total Carbohydrate** 32g **11%**

Dietary Fiber 0g **0%**

Sugars 23g

**Protein** 5g **10%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
749	67g	5g	32g	0g
	<b>64%</b>	<b>5%</b>	<b>31%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.



Strawberry Applesauce

Nutrition Facts

Serving Size: 1/6 Total Yield

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 69

Calories from Fat 0

% Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Total Carbohydrate 8g

3%

Dietary Fiber 1g

4%

Sugars 6g

Protein 0g

0%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
69	0g	0g	7g	1g
	0%	0%	100%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.





**Coconut Cream Tart****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,  
 Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 335** **Calories from Fat 290**

% Daily Value\*

<b>Total Fat</b>	32g	50%
Saturated Fat	23g	113%
Trans Fat	0g	

<b>Total Carbohydrate</b>	10g	3%
Dietary Fiber	5g	19%
Sugars	6g	

<b>Protein</b>	2g	4%
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
335	32g	2g	5g	5g
	82%	4%	14%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Coconut Macadamia Tart Crust****Nutrition Facts**

Serving Size: 1 Tart Crust  
 Servings per Recipe: 1  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,  
 Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 1922** **Calories from Fat 1755**

% Daily Value\*

<b>Total Fat</b>	195g	300%
Saturated Fat	92g	460%
Trans Fat	0g	

<b>Total Carbohydrate</b>	51g	17%
Dietary Fiber	44g	176%
Sugars	14g	

<b>Protein</b>	19g	38%
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
1922	195g	19g	7g	44g
	88%	9%	3%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Peach Cherry Crisp****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 6  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 353** **Calories from Fat 216**

% Daily Value\*

<b>Total Fat</b>	24g	37%
Saturated Fat	5g	25%
Trans Fat	0g	

<b>Total Carbohydrate</b>	26g	9%
Dietary Fiber	6g	24%
Sugars	20g	

<b>Protein</b>	10g	20%
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
353	24g	10g	20g	6g
	44%	19%	37%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Strawberry Rhubarb Crisp****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 6  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free,  
 Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 354** **Calories from Fat 216**

% Daily Value\*

<b>Total Fat</b>	24g	37%
Saturated Fat	19g	95%
Trans Fat	0g	

<b>Total Carbohydrate</b>	28g	9%
Dietary Fiber	10g	40%
Sugars	16g	

<b>Protein</b>	4g	8%
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
354	24g	4g	18g	10g
	52%	9%	39%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Upside-Down Apple Tartlets****Nutrition Facts**

Serving Size: 1 Tartlet  
 Servings per Recipe: 8  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,  
 Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 263** **Calories from Fat 189**

% Daily Value\*

<b>Total Fat</b>	21g	32%
Saturated Fat	7g	35%
Trans Fat	0g	

<b>Total Carbohydrate</b>	11g	4%
Dietary Fiber	3g	12%
Sugars	5g	

<b>Protein</b>	6g	12%
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
263	21g	6g	8g	3g
	60%	17%	23%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Shallot Tart Crust****Nutrition Facts**

Serving Size: 1 Tart Crust  
 Servings per Recipe: 1  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 1317** **Calories from Fat 1107**

% Daily Value\*

<b>Total Fat</b>	123g	189%
Saturated Fat	31g	155%
Trans Fat	0g	

<b>Total Carbohydrate</b>	32g	11%
Dietary Fiber	15g	60%
Sugars	5g	

<b>Protein</b>	36g	72%
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**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
1317	123g	36g	17g	15g
	70%	20%	10%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Coffee Ice Cream

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 395**                      **Calories from Fat 270**

% Daily Value\*

**Total Fat** 30g                      **46%**

Saturated Fat 21g                      **105%**

Trans Fat 0g

**Total Carbohydrate** 28g                      **9%**

Dietary Fiber 0g                      **0%**

Sugars 25g

**Protein** 6g                      **12%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
395	30g	6g	28g	0g
	<b>47%</b>	<b>9%</b>	<b>44%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Mint Chip Ice Cream

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 384**                      **Calories from Fat 252**

% Daily Value\*

**Total Fat** 28g                      **43%**

Saturated Fat 18g                      **90%**

Trans Fat 0g

**Total Carbohydrate** 31g                      **10%**

Dietary Fiber 1g                      **4%**

Sugars 25g

**Protein** 6g                      **12%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
384	28g	6g	30g	1g
	<b>44%</b>	<b>9%</b>	<b>47%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## "Peanut Butter" Ice Cream

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 370**                      **Calories from Fat 261**

% Daily Value\*

**Total Fat** 29g                      **45%**

Saturated Fat 19g                      **95%**

Trans Fat 0g

**Total Carbohydrate** 25g                      **8%**

Dietary Fiber 2g                      **8%**

Sugars 20g

**Protein** 5g                      **10%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
370	29g	5g	23g	2g
	<b>51%</b>	<b>9%</b>	<b>40%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chocolate Sorbet

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 345**                      **Calories from Fat 162**

% Daily Value\*

**Total Fat** 18g                      **28%**

Saturated Fat 12g                      **60%**

Trans Fat 0g

**Total Carbohydrate** 53g                      **18%**

Dietary Fiber 4g                      **16%**

Sugars 41g

**Protein** 0g                      **0%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
345	18g	0g	49g	4g
	<b>27%</b>	<b>0%</b>	<b>73%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cookie Dough Ice Cream

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 611**                      **Calories from Fat 432**

% Daily Value\*

**Total Fat** 48g                      **74%**

Saturated Fat 28g                      **140%**

Trans Fat 0g

**Total Carbohydrate** 39g                      **13%**

Dietary Fiber 2g                      **8%**

Sugars 29g

**Protein** 9g                      **18%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
611	48g	9g	37g	2g
	<b>51%</b>	<b>10%</b>	<b>39%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Key Lime Ice Cream

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 334**                      **Calories from Fat 243**

% Daily Value\*

**Total Fat** 27g                      **42%**

Saturated Fat 21g                      **105%**

Trans Fat 0g

**Total Carbohydrate** 24g                      **8%**

Dietary Fiber 0g                      **0%**

Sugars 19g

**Protein** 3g                      **6%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
334	27g	3g	24g	0g
	<b>50%</b>	<b>6%</b>	<b>44%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chocolate Mint Cookies

### Nutrition Facts

Serving Size: 1 Cookie  
 Servings per Recipe: 24  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	148	Calories from Fat 108
		% Daily Value*
<b>Total Fat</b>	12g	18%
Saturated Fat	4g	20%
Trans Fat	0g	
<b>Total Carbohydrate</b>	11g	4%
Dietary Fiber	2g	8%
Sugars	7g	
<b>Protein</b>	2g	4%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
148	12g	2g	9g	2g
	52%	9%	39%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cinnamon Raisin Cookies

### Nutrition Facts

Serving Size: 1 Cookie  
 Servings per Recipe: 14  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	140	Calories from Fat 81
		% Daily Value*
<b>Total Fat</b>	9g	14%
Saturated Fat	2g	10%
Trans Fat	0g	
<b>Total Carbohydrate</b>	10g	3%
Dietary Fiber	2g	8%
Sugars	7g	
<b>Protein</b>	2g	4%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
140	9g	2g	8g	2g
	47%	11%	42%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Coconut Crunch Bars

### Nutrition Facts

Serving Size: 1 Bar  
 Servings per Recipe: 32  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	110	Calories from Fat 99
		% Daily Value*
<b>Total Fat</b>	11g	17%
Saturated Fat	5g	25%
Trans Fat	0g	
<b>Total Carbohydrate</b>	4g	1%
Dietary Fiber	1g	4%
Sugars	2g	
<b>Protein</b>	1g	2%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
110	11g	1g	3g	1g
	73%	7%	20%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Lime Bars

### Nutrition Facts

Serving Size: 1 Bar  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	181	Calories from Fat 135
		% Daily Value*
<b>Total Fat</b>	15g	23%
Saturated Fat	7g	35%
Trans Fat	0g	
<b>Total Carbohydrate</b>	9g	3%
Dietary Fiber	2g	8%
Sugars	6g	
<b>Protein</b>	5g	10%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
181	15g	5g	7g	2g
	56%	19%	26%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Flourless Nut-Free Brownies

### Nutrition Facts

Serving Size: 1 Brownie  
 Servings per Recipe: 16  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	162	Calories from Fat 81
		% Daily Value*
<b>Total Fat</b>	9g	14%
Saturated Fat	5g	25%
Trans Fat	0g	
<b>Total Carbohydrate</b>	21g	7%
Dietary Fiber	1g	4%
Sugars	18g	
<b>Protein</b>	2g	4%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
162	9g	2g	20g	1g
	29%	6%	65%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Paleo Chocolate Chip Cookies

### Nutrition Facts

Serving Size: 1 Cookie  
 Servings per Recipe: 24  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	107	Calories from Fat 72
		% Daily Value*
<b>Total Fat</b>	8g	12%
Saturated Fat	2g	10%
Trans Fat	0g	
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	1g	4%
Sugars	5g	
<b>Protein</b>	2g	4%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
107	8g	2g	7g	1g
	47%	12%	41%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Spicy Chai

## Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 68 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 12g 4%

Dietary Fiber 5g 20%

Sugars 0g

Protein 3g 6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
68	0g	3g	7g	5g
	0%	30%	70%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Dandelion Root Coffee

## Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 37 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 7g 2%

Dietary Fiber 0g 0%

Sugars 0g

Protein 1g 2%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
37	0g	1g	7g	0g
	0%	12%	88%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Flax Meal Tea

## Nutrition Facts

Serving Size: 1.5 Cups of Tea

Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 30 Calories from Fat 18

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 2g 4%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
30	2g	2g	0g	2g
	50%	50%	0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Ginger Ale

## Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 14 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 0g 0%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
14	0g	0g	2g	1g
	0%	0%	100%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Mojito Mocktail

## Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 21 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 1g

Protein 0g 0%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
21	0g	0g	4g	1g
	0%	0%	100%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Strawberry Basil Soda

## Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 13 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 0g 0%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
13	0g	0g	2g	1g
	0%	0%	100%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Almond Milk

Nutrition Facts

Serving Size: 1 Cup

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 429

Calories from Fat 324

% Daily Value\*

Total Fat 36g

55%

Saturated Fat 3g

15%

Trans Fat 0g

Total Carbohydrate 9g

3%

Dietary Fiber 8g

32%

Sugars 5g

Protein 16g

32%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
429	36g	16g	1g	8g
	68%	30%	2%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary