

Nutritional Information

Grains & Veggies

servings calories carbohydrates fat protein cholesterol sodium sugars

Quinoa	3/4 cup	160	30g	2.5g	6g	0	10mg	0g
Brown Rice	3/4 cup	180	38g	1g	4g	0	0	0g
White Rice	3/4 cup	160	35g	0	3g	0	0	0g

Chicken	3oz	98	0	2g	18g	55mg	99mg	0g
Steak	3oz	183	0	12g	17g	44mg	43mg	0g
Salmon	3oz	90	0	2.83g	15g	55.5mg	37.5mg	0g
Tuna	2oz	60	0	>1g	14g	23mg	25mg	0g

Romaine	1oz	4.8	.8g	0	.3g	0	2.2mg	0g
Red Cabbage	1oz	8	1.6g	0	.4g	0	12mg	0g
Savoy Cabbage	1oz	8.3	1.6g	0	.3g	0	6.6mg	0g
Carrot	1oz	11.6	2.6g	0	.3g	0	21.6mg	0g
Cucumber	1oz	2.8	.5g	0	0.3	0	0	0g
Yellow Zucchini	1oz	16	4.2g	0	.28g	0	1.1mg	0g
Snow Pea	1oz	24	4g	0	1.6g	0	0	0g
Kohlrabi	1oz	7.6	1.7g	0	.5g	0	5.6mg	0g
Green Onion	.5oz	9	2g	0	.5g	0	4.5mg	0g
Radish	.5oz	1.7	.5g	0	0	0	9mg	0g
Ginger, Fresh	.1oz	2	0	0	0	0	0	0g

Sauces

servings calories carbohydrates fat protein cholesterol sodium sugars

Creamy Cucumber	2oz	51	6g	2g	3g	8.2mg	42mg	3g
Ginger Curry	2oz	88	7g	7g	1g	3.2mg	131mg	6g
Ginger Lemongrass	2oz	140	45g	0g	0g	0mg	0mg	35g
Spicy Peanut	2oz	164	13g	11g	6g	0mg	239mg	7g
Sweet Chili	2oz	94	27g	0g	0g	0mg	113mg	22g
Toasted Sesame	2oz	96	5g	8g	3g	7mg	546mg	3g
Ginger Lime Vinaigrette	2oz	216	3g	24g	1g		235mg	1g

Tamari	1Tbsp	10	1g	0	2g	0	980mg	0g
Sriracha	1tsp	5	1g	0	0	0	80mg	<1g

Super Seed Blend	1 Tbsp	5.4	>1g	>1g	>1	0	0	0g
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Bowls

Calories Carbohydrates Fat Protein Cholesterol Sodium

Chicken, Brown Rice	380	56.8g	3g	27g	55mg	637.6mg	0g
Chicken, Quinoa	360	48.8g	4.5g	29g	55mg	647.6mg	0g
Chicken, White Rice	360	53.8g	2g	28g	55mg	637.6mg	0g
Chicken, Romaine	210	21g	2g	25g	55mg	642mg	0g

Steak, Brown Rice	465	56.8g	13g	26g	44mg	581.6mg	0g
Steak, Quinoa	445	48.8g	14.5g	28g	44mg	591.6mg	0g
Steak, White Rice	465	53.8g	12g	25g	44mg	581.6mg	0g
Steak, Romaine	295	21g	12g	23g	44mg	586mg	0g

Tuna, Brown Rice	342	56.8g	1g	22g	25mg	198.6mg	0g
Tuna, Quinoa	321	48.8g	2.5g	24g	25mg	208.6mg	0g
Tuna, White Rice	321	53.8g	0	21g	25mg	198.6mg	0g
Tuna, Romaine	172	21g	0	18.5g	25mg	203.1mg	0g

Veggie, Brown Rice	286.5	58.3g	1g	9.5g	0	63mg	0g
Veggie, Quinoa	266.5	50.3g	2.5g	11.5g	0	73mg	0g
Veggie, White Rice	266.5	55.3g	0	8.5g	0	63mg	0g
Veggie, No Grains	112	20.4g	0	5.5g	0	63mg	0g

Salmon, Brown Rice	376.5	58.3g	3.83g	24.5g	55.5mg	100.5mg	0g
Salmon, Quinoa	356.5	50.3g	5.33g	26.5g	55.5mg	110.5mg	0g
Salmon, White Rice	356.5	55.3g	2.83g	23.5g	55.5mg	100.5mg	0g
Salmon, No Grains	202	20.4g	2.83g	20.5g	55.5mg	100.5mg	0g