



### Zucchini Pomodoro Veggie Noodles

Tomatoes and garlic make a quick, rich sauce for zucchini noodles topped with gluten free breadcrumbs.

**Nutrition Facts** Serv. Size: 7 oz (198g), Servings: 2, Amount Per Serving: **Calories** 60, Fat Cal. 0, **Total Fat** 0.5g (1% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 12g (4% DV), Fiber 2g (8% DV), Sugars 5g, **Protein** 3g, Vitamin A (15% DV), Vitamin C (60% DV), Calcium (4% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Sweet & Spicy Veggie Noodles

Butternut squash noodles, edamame, and cilantro with a carrot-ginger sauce and fiery Sriracha.

**Nutrition Facts** Serv. Size: 6 oz (170g), Servings: 2, Amount Per Serving: **Calories** 120, Fat Cal. 15, **Total Fat** 1.5g (3% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 22g (7% DV), Fiber 4g (16% DV), Sugars 7g, **Protein** 5g, Vitamin A (250% DV), Vitamin C (45% DV), Calcium (8% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Lo Mein Veggie Noodles

Turnips, cabbage, carrots, and a garlicky gluten-free pepper sauce make this ode to classic veggie lo mein.

**Nutrition Facts** Serv. Size: (147g), Servings: 2, Amount Per Serving: **Calories** 70, Fat Cal. 15, **Total Fat** 2g (3% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 190mg (8% DV), **Total Carb.** 13g (4% DV), Fiber 3g (12% DV), Sugars 7g, **Protein** 3g, Vitamin A (50% DV), Vitamin C (60% DV), Calcium (4% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Chili Cilantro Cauliflower Rice

Tender corn, salsa verde and chili powder with fresh cilantro and pumpkin seeds make this Southwestern-inspired cauliflower rice.

**Nutrition Facts** Serv. Size: 7.25 oz (206g), Servings: 2, Amount Per Serving: **Calories** 350, Fat Cal. 60, **Total Fat** 7g (11% DV), Sat. Fat 1g (5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 660mg (28% DV), **Total Carb.** 65g (22% DV), Fiber 10g (40% DV), Sugars 6g, **Protein** 11g, Vitamin A (20% DV), Vitamin C (70% DV), Calcium (4% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Moroccan Spiced Cauliflower Rice

Carrots, scallions and our cinnamon turmeric-laced spice mixture make a Moroccan-inspired cauliflower rice.

**Nutrition Facts** Serv. Size: 7.5oz (214g), Servings: 2, Amount Per Serving: **Calories** 100, Fat Cal. 10, **Total Fat** 1g (2% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 75mg (3% DV), **Total Carb.** 22g (7% DV), Fiber 6g (24% DV), Sugars 12g, **Protein** 3g, Vitamin A (160% DV), Vitamin C (120% DV), Calcium (6% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Tabouli Style Cauliflower Rice

The classic Tabouli only with cauliflower rice: Tomatoes, cucumbers, parsley, and fresh squeezed lemon juice.

**Nutrition Facts** Serv. Size: 7.5oz (230g), Servings: 2, Amount Per Serving: **Calories** 50, Fat Cal. 0, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 40mg (2% DV), **Total Carb.** 13g (4% DV), Fiber 5g (20% DV), Sugars 3g, **Protein** 3g, Vitamin A (20% DV), Vitamin C (160% DV), Calcium (6% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Broccoli Fried Cauliflower Rice

Broccoli florets, scallions and sesame-tamari sauce are stir-fried for a quick fried rice style dish.

**Nutrition Facts** Serv. Size: 1/2 Kit (164g), Servings: 2, Amount Per Serving: **Calories** 140, Fat Cal. 100, **Total Fat** 11g (17% DV), Sat. Fat 1.5g (8% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 600mg (25% DV), **Total Carb.** 9g (3% DV), Fiber 3g (12% DV), Sugars 3g, **Protein** 4g, Vitamin A (8% DV), Vitamin C (150% DV), Calcium (4% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Risotto Style Cauliflower Rice

Brussels sprouts, English peas, mint and parmesan cheese make a bright cauliflower-based risotto.

**Nutrition Facts** Serv. Size: 6 oz (170g), Servings: 2, Amount Per Serving: **Calories** 120, Fat Cal. 40, **Total Fat** 4.5g (7% DV), Sat. Fat 2.5g (13% DV), **Trans Fat** 0g, **Cholest.** 10mg (3% DV), **Sodium** 250mg (10% DV), **Total Carb.** 13g (4% DV), Fiber 5g (20% DV), Sugars 4g, **Protein** 10g, Vitamin A (15% DV), Vitamin C (150% DV), Calcium (20% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Thai Curry Cauliflower Rice

Green beans, garlic and a gingery coconut sauce make Thai-inspired vegetarian cauliflower curry.

**Nutrition Facts** Serv. Size: 7 oz (198g), Servings: 2, Amount Per Serving: **Calories** 150, Fat Cal. 80, **Total Fat** 9g (14% DV), Sat. Fat 1g (5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 330mg (14% DV), **Total Carb.** 18g (6% DV), Fiber 4g (16% DV), Sugars 8g, **Protein** 3g, Vitamin A (110% DV), Vitamin C (80% DV), Calcium (6% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.