Last Edited: 05/06/2021

Apple Awesome Muffins	**Ingredients:** Gluten free flour blend (coconut flour, quinoa flour, hazelnut flour, chia seeds), honey, unsweetened applesauce, fresh apples, almond milk, egg whites, Mighty Seed Blend (chia, hemp, flax), English walnuts, cinnamon, spices, lemon juice, baking powder, baking soda, sat	Serving Size: 2.3 oz Muffin Servings per container 2 Calories: 148 Protein: 3 g Carbs: 20 g Fat: 6 g Sat Fat: 2 g Fiber: 3 g Sugars: 8 g Sodium: 251 mg
Berry Crisp	**Ingredients:** Berries(blueberries, blackberries, strawberries), apple, gluten-free oats, cinnamon, lemon juice, lemon zest, orange juice, orange zest, brown sugar, palm shortening, vegan soy-free butter, lemon/orange essential oils, non-fat greek or coconut yogurt, agave, and vanilla extract.	Serving Size: 9 oz Calories: 338 Fat: 15 g Trans Fat: 0 g Sodium: 173 mg Carbs: 29 g Fiber: 10 g Protein: 17 g
Beet & Lentil Burger	**Ingredients:** Beets, green lentils, kale, onion, garlic, parsley, lemon, brown rice flour, PHB Mighty Seeds (chia, hemp, flax) salt, pepper. Sweet potatoes: chili powder, garlic, salt, pepper, lemon juice, olive oil. Kale salad. Garnish: cranberries, pumpkin seeds.	Serving Size: 9 oz Calories: 328 Fat: 8 g Trans Fats: 0 g Sodium: 452 mg Carbs: 47 g Protein: 16 g

<table>
<tr>
<td>Beef Stew (full meal)</td>
<td><u>Ingredients</u>:
Olive oil, garlic, Worcestershire, tomatoes, onions, smoked paprika, cumin, chipotle powder, potatoes, carrots, parsley</td>
<td>
<table>
<tr><td colspan="2">Nutrition Facts</td></tr>
<tr><td colspan="2">1 servings per container</td></tr>
<tr><td>Serving size</td><td>11 oz</td></tr>
<tr><td colspan="2">Amount Per Serving</td></tr>
<tr><td>Calories</td><td>430</td></tr>
<tr><td></td><td>% Daily Value*</td></tr>
<tr><td>Total Fat 13g</td><td>17%</td></tr>
<tr><td>Saturated Fat 4g</td><td>20%</td></tr>
<tr><td>Trans Fat 0g</td><td></td></tr>
<tr><td>Polyunsaturated Fat 0g</td><td></td></tr>
<tr><td>Monounsaturated Fat 2g</td><td></td></tr>
<tr><td>Cholesterol 120mg</td><td>40%</td></tr>
<tr><td>Sodium 540mg</td><td>23%</td></tr>
<tr><td>Total Carbohydrate 34g</td><td>12%</td></tr>
<tr><td>Dietary Fiber 10g</td><td>36%</td></tr>
<tr><td>Total Sugars 10g</td><td></td></tr>
<tr><td>Includes 0g Added Sugars</td><td>0%</td></tr>
<tr><td>Protein 44g</td><td>88%</td></tr>
<tr><td>Vitamin D 0mcg</td><td>0%</td></tr>
<tr><td>Calcium 611mg</td><td>45%</td></tr>
<tr><td>Iron 8.1mg</td><td>45%</td></tr>
<tr><td>Potassium 564mg</td><td>10%</td></tr>
<tr><td colspan="2">*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</td></tr>
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<tr>
<td>Bison Burger</td>
<td><u>Ingredients</u>:
Lean ground bison, oats, egg whites, oregano, fennel, salt, pepper, thyme, garlic, organic ketchup. chili powder, garlic, salt, pepper, lemon juice, olive oil. Kale, Quinoa, ginger, rice vinegar, lime juice, olive oil, dried cranberries, chopped nuts.</td>
<td>Serving Size: 9 oz
Calories: 311
Fat: 7 g
Sodium: 452 mg
Carbs: 41 g
Protein: 35 g</td>
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<tr>
<td>Bison Chili</td>
<td><u>Ingredients</u>:
Lean ground bison, kidney beans, black beans, pinto beans, celery, zucchini, squash, onion, bell pepper, tomatoes, jalapenos, garlic, cilantro, parsley, spices</td>
<td>
Nutrition Facts
1 servings per container
Serving size 11 oz
Amount Per Serving
Calories 320
<table>
<tr><th></th><th>% Daily Value*</th></tr>
<tr><td>Total Fat 16g</td><td>21%</td></tr>
<tr><td>Saturated Fat 6g</td><td>30%</td></tr>
<tr><td>Trans Fat 0g</td><td></td></tr>
<tr><td>Polyunsaturated Fat 1g</td><td></td></tr>
<tr><td>Monounsaturated Fat 2g</td><td></td></tr>
<tr><td>Cholesterol 105mg</td><td>35%</td></tr>
<tr><td>Sodium 380mg</td><td>17%</td></tr>
<tr><td>Total Carbohydrate 7g</td><td>3%</td></tr>
<tr><td>Dietary Fiber 2g</td><td>7%</td></tr>
<tr><td>Total Sugars 3g</td><td></td></tr>
<tr><td>Includes 0g Added Sugars</td><td>0%</td></tr>
<tr><td>Protein 38g</td><td>76%</td></tr>
<tr><td>Vitamin D 0mcg</td><td>0%</td></tr>
<tr><td>Calcium 260mg</td><td>20%</td></tr>
<tr><td>Iron 6.12mg</td><td>35%</td></tr>
<tr><td>Potassium 893mg</td><td>20%</td></tr>
</table>
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<tr>
<td>Blueberry Parker Bars</td>
<td><u>Ingredients</u>:
Dried plums, cranberries, agave, blueberry juice, oats, Mighty seeds, EVCO, NUT FREE flour, coconut flakes, dried blueberries, pumpkin seeds, cashews, salt and spices</td>
<td>Serving Size: 3 squares
Calories: 105
Fat: 6 g
Cholesterol: 0 g
Sodium: 320 mg
Carbs: 33 g
Fiber: 6 g
Protein: 4g</td>
</tr>
<tr>
<td>Vegan Brazilian Parfait</td>
<td><u>Ingredients</u>:
Coconut yogurt, agave, oats, maple syrup, molasses, coconut oil, cardamom, Himalayan pink salt, lemon juice, brazil nuts, PHB Mighty Seed Blend (chia seeds, hemp hearts, ground flax seeds), dried blueberries, essential oils lemon/orange.</td>
<td>Serving Size: 8 oz
Calories: 243
Fat: 12 g
Trans fat: 0 g
Sodium: 34 mg
Carbs: 22 g
Fiber: 7 g
Protein: 8 g</td>
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</table>

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<tr>
<td>Breakfast Bowl</td>
<td><u>Ingredients</u>:
Pork sausage, eggs, roasted potatoes, bell pepper, extra virgin olive oil, salt, black pepper.</td>
<td>
Nutrition Facts
1 servings per container
Serving size 9 oz
Amount Per Serving
Calories 360
<table>
<tr><td></td><td>% Daily Value*</td></tr>
<tr><td>Total Fat 18g</td><td>23%</td></tr>
<tr><td>Saturated Fat 6g</td><td>30%</td></tr>
<tr><td>Trans Fat 0g</td><td></td></tr>
<tr><td>Polyunsaturated Fat 2g</td><td></td></tr>
<tr><td>Monounsaturated Fat 7g</td><td></td></tr>
<tr><td>Cholesterol 450mg</td><td>150%</td></tr>
<tr><td>Sodium 720mg</td><td>31%</td></tr>
<tr><td>Total Carbohydrate 22g</td><td>8%</td></tr>
<tr><td>Dietary Fiber 2g</td><td>7%</td></tr>
<tr><td>Total Sugars 3g</td><td></td></tr>
<tr><td>Includes 0g Added Sugars</td><td>0%</td></tr>
<tr><td>Protein 25g</td><td>50%</td></tr>
<tr><td>Vitamin D 0mcg</td><td>0%</td></tr>
<tr><td>Calcium 143mg</td><td>10%</td></tr>
<tr><td>Iron 3.6mg</td><td>20%</td></tr>
<tr><td>Potassium 987mg</td><td>20%</td></tr>
</table>
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</td>
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<tr>
<td>Buddha Bowl</td>
<td><u>Ingredients</u>:
Kale, quinoa, kidney beans, garbanzo beans, broccoli, zucchini, squash, cucmber, Suzzette (sesame oil, olive oil, rice vinegar, ginger, red pepper flakes, Dijon mustard, salt, fennel oil), ginger, lime, honey, cabbag, carrots, cherry tomatoes</td>
<td>Serving Size: 12oz
Calories: 350
Fat: 17g
Sodium: 320mg
Carbs: 34g
Fiber: 7g
Sugar: 9g
Protein: 15g</td>
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<tr>
<td>Butternut Squash Soup</td>
<td><u>Ingredients</u>:
Roasted butternut squash, coconut milk, curry
(turmeric, coriander, garlic, paprika), salt, EVOO</td>
<td>Serving Size: 9 oz
Calories: 215
Fat: 3 g
Sodium: 290 mg
Carbs: 15 g
Protein: 7 g</td>
</tr>
</table>

Beefy Stuffed Pepper	**Ingredients:** Lean ground beef, eggs, oats, bell pepper, onion, quinoa, corn, mighty seed blend (flax, hemp, chia), olive oil, sauced & spicy dipping sauce, sage, garlic powder, salt	Serving Size: 1 entree Calories: 227 Fat: 9 g Sodium: 594 mg Carbs: 14 g Fiber: 2 g Sugar: 4g Protein: 35 g
Cherry Parker Bars	**Ingredients:** Cherry jucie, honey, lemon juice, cherry extract, plums, cranberries, coconut oil, spices, oats, nut free flour, coconut flakes, mighty seeds, cherries, pistacios	Serving Size: 3 squares Calories: 105 Fat: 6 g Cholesterol: 0 g Sodium: 320 mg Carbs: 33 g Fiber: 6 g Protein: 4g
Chicken Enchilada	**Ingredients:** Chicken breast, corn tortillas, green chili sauce, shredded cheese, cottage cheese, goat cheese, garlic, onions, tomatoes, jalapeno, cumin, salt, cilantro, olive oil, pinto beans, green onions, salsa, spices.	Serving Size: 9 oz Calories: 440 Fat: 20 g Cholesterol: 38 g Sodium: 1030 mg Carbs: 31 g Fiber: 6 g Protein: 34 g
Chicken Joe	**Ingredients:** Chicken thigh/breast, pepperoncini peppers, small new potatoes, carrots, onion, garlic, olive oil, spices.	Serving Size: 1 entree Calories: 297 Total Fat: 9 g Sodium: 759 mg Carbs: 27 g Sugar: 5 g Protein: 27 g

Curry Chicken (Keto)	**Ingredients:** Chicken breast, light coconut milk, onions, almonds, cilantro, rice vinegar, orange juice & zest, garlic, olive oil, sesame oil, basil, cilantro, "PHB curry it up spice", salt, spaghetti squash	Serving Size: 1 entree Calories: 321 Fat: 10 g Trans Fats: 0 g Sodium: 740 mg Carbs: 11 g Fiber: 5 g Protein: 58 g
Chicken, Kale & Quinoa Salad	**Ingredients:** Chicken Breast, quinoa, rice wine vinegar, paprika, organic kale, ginger, lime, pumpkin seeds, almonds, cranberries.	Serving Size: 4.5 oz Calories: 342 Fat: 8 g Trans Fats: 0 g Sodium: 477 mg Carbs: 51 g Fiber: 10 g Protein: 35 g
Chocolate Donuts	**Ingredients:** Coconut flour, cocoa powder, extra virgin coconut oil, eggs, flaxseeds, honey powder, salt, baking soda,	Serving Size: 1 Calories: 270 Total Fat: 19 g Trans Fat: 0 g Sodium: 152 mg Carbs: 19g Fiber: 3 g Sugar: 11g Protein: 11g
Chocolate Mint Parker Bars	**Ingredients:** Dried plums, pomegranate juice, oats, mighty seeds, EVCO, NUT FREE flour blend, coconut flakes, dark chocolate pieces, cashews, salt, mint extract, spices	Serving Size: 3 squares Calories: 105 Fat: 6 g Cholesterol: 0 g Sodium: 320 mg Carbs: 33 g Fiber: 6 g Protein: 4g

Classic Chocolate Cupcake	**Ingredients:** Organic coconut flour, organic millet flour, organic chia seeds, chocolate rice milk, honey, granulated sugar, agave nectar, egg whites, dairy-free yogurt, vanilla extract, coconut oil, salt, baking powder, baking soda	Serving Size: 1 cupcake Calories: 390 Total Fat: 21 g Sodium: 267 mg Carbs: 49 g Fiber: 5 g Sugar: 40 g Protein: 4 g
Classic Cinnamon Roll	**Ingredients:** White rice flour, tapioca starch, potato starch, xanthan gum, salt, organic sugar, eggs, egg whites, butter, cinnamon, brown sugar, dry yeast, white vinegar, sugar, coconut oil	Serving size: 1 roll Calories: 309 Fat: 4g Carbs: 37g Fiber: 3 Sugars: 24g Protein: 3g
Keto Bun	**Ingredients:** Almond flour, psyllium husk, egg whites, apple cider vinegar, sesame seeds, baking powder, salt.	Serving Size: 1 Bun Calories: 268 Fat: 21 g Carb: 13 g Fiber: 7g Sugar: 2g Sodium: 353 mg Protein: 13g
Classic Gluten-Free Bread	**Ingredients:** PHB NUT FREE organic flour blend (millet, buckwheat, teff, arrowroot, potato flour, brown rice, white rice flour, sorghum, tapioca), rice milk, eggs, honey, yeasts, apple cider vinegar, baking powder, salt, pectin, xanthan gum. Topping may contain nuts, herbs, and olive oil	Serving Size: 1 slice Calories: 217 Fat: 7 g Fiber: 4 g Sodium: 480 mg Carbs: 33 g Protein: 4 g

Classic Chocolate Cupcake w/ Buttercream Frosting	**Ingredients:** Organic coconut flour, organic millet flour, organic brown rice flour, chocolate rice milk, agave, honey powder, dark cocoa powder, egg whites, pumpkin puree, coconut oil, salt, baking powder, baking soda, cinnamon Frosting: Powdered sugar, organic butter	Serving Size: 1 cupcake Calories: 391 Total Fat: 17 g Trans Fat: 0 g Sodium: 220 mg Carbs: 60 g Fiber: 6 g Sugar: 45 g Protein: 4 g
Classic Vanilla Cupcake w/ Buttercream Frosting	**Ingredients:** Organic coconut flour, organic millet flour, organic brown rice flour, vanilla rice milk, honey,, honey powder, egg whites, dairy-free coconut yogurt, vanilla extract, coconut oil, salt, baking powder, baking soda, Frosting: Powdered sugar, organic butter	Serving Size: 1 cupcake (4oz) Calories: 342 Total Fat: 15 g Trans Fat: 0 g Sodium: 193 mg Carbs: 50 g Fiber: 3 g Sugar: 39 g Protein: 2 g
Coco Chili Muffins	**Ingredients:** Gluten-free NUT flour blend (coconut flour, quinoa flour, hazelnut meal, chia seeds), chocolate almond milk, honey, 100% pomegranate juice, egg whites, organic extra virgin coconut oil, dark chocolate cocoa powder, dark chocolate chips, organic coconut sugar, unsweetened coconut flakes, Mighty Seed Blend (chia, hemp, flax), chipotle powder, chili flakes salt, baking soda	Serving Size: 1 cupcake Calories: 228 Total Fat: 8 g Trans Fat: 0 g Sodium: 152 mg Carbs: 36 g Fiber: 5 g Sugar: 55 g Protein:

Cocoamint Muffins	**<u>Ingredients</u>:** Gluten-free NUT flour blend (coconut flour, quinoa flour, hazelnut meal, chia seeds), chocolate almond milk, honey, 100% cherry juice, egg whites, organic extra virgin coconut oil, dark chocolate cocoa powder, dark chocolate chips, organic coconut sugar, unsweetened coconut flakes, Mighty Seed Blend (chia, hemp, flax), peppermint extract, salt, baking soda	Serving Size 2.3 oz muffin Servings per container: 2 Calories: 170 Protein: 5 g Carbs: 22 g Fat: 8 g Sat Fat: 4.5 g Fiber: 4 g Sugars: 11 g Sodium: 125 mg
Coconut Crinkle Cookie	**<u>Ingredients</u>:** Gluten-free NUT flour blend (coconut flour, quinoa flour, hazelnut meal), organic coconut oil, vanilla ALMOND milk, eggs, Mighty Seeds (chia, flax, hemp), coconut extract/emulsion, vanilla extract, dried blueberries, honey powder, baking soda, unsweetened coconut flakes, salt	Serving Size 1 cookie Calories: 295 g Fat: 20 g Carbs: 29 g Protein: 6 g

Dark Chocolate Almond Muffins	**Ingredients:** Gluten-free NUT flour blend (coconut flour, quinoa flour, hazelnut meal, chia seeds), chocolate ALMOND milk, 100% cherry juice, honey, egg whites, organic extra virgin coconut oil, dark chocolate cocoa powder, raw chopped almonds, dark chocolate chips, organic coconut sugar, Mighty Seed Blend (chia, hemp, flax), baking powder, baking soda, salt	Serving Size 2.3 oz muffin Servings per container: 2 Calories: 170 Protein: 5 g Carbs: 22 g Fat: 8 g Sat Fat: 4.5 g Fiber: 4 g Sugars: 11 g Sodium: 125 mg
Fish Tacos	**Ingredients:** Tilapia, corn tortillas, green cabbage, bell peppers, olive oil, rice vinegar, sage, cumin, coriander, salt, pepper, green sauce, sriracha, cilantro, lime	Serving Size: 2 tacos Calories: 360 Fat: 14 g Trans fat: 0 g Sodium: 520 mg Carbs: 29 g Sugar: 6g Fiber: 5 g Protein: 29 g
Frittata & Roasted Potatoes	**Ingredients:** Eggs, kale, goat cheese, cottage cheese, cheddar cheese, parmesan, garlic, fresh basil, roma tomatoes, extra virgin olive oil, garlic salt, pepper, roasted potatoes,.	Serving Size: 10 oz Calories: 542 Fat: 26 g Trans fat: 0 g Sodium: 1 mg Carbs: 28 g Fiber: 4 g Protein: 35 g

Goin' Nuts Over Greek Parfait	**Ingredients:** Greek yogurt-nonfat vanilla, agave. Organic nuts: cashews, almonds, walnuts, pistachios, pumpkin seeds, dried cherries, "Mighty Seeds Blend" (chia, hemp hearts, flaxseeds), organic pure cherry juice, spices, coconut sugar.	Serving Size: 6 oz Calories: 240 Fat: 10 g Trans fat: 0 g Sodium: 55 mg Carbs: 27 g Sugar: 10 g Protein: 15 g
Ginger Stud Muffins	**Ingredients:** Gluten-free NUT flour blend (coconut flour, quinoa flour, hazelnut meal, chia seeds), vanilla greek yogurt, egg whites, coconut oil, vanilla ALMOND milk, honey, Mighty Seed Blend (chia, hemp hearts, flaxseeds), dark chocolate chips, coconut flakes, walnuts, crystalized ginger, ginger pulp, baking powder, baking soda, salt	Serving Size 2.3 oz muffin Servings per container: 2 Calories: 190 Protein: 5 g Carbs: 20 g Fat: 9 g Sat Fat: 4.5 g Fiber: 6 g Sugars: 15 g Sodium: 125 mg
Keto Cinnamon Roll	**Ingredients:** Almond flour, coconut flour, ideal sweetener(xylitol), golden flaxseed meal, eggs, unsweetened coconut yogurt, butter, apple cider vinegar, vanilla extract, cinnamon, baking powder, xanthan gum, salt Frosting: Cream cheese, butter, ideal sweetener (xylitol), vanilla extract	Serving Size: 1 cinnamon roll Calories: 375 Carbs: 11g Sugars: 2g Fiber: 5g Fat: 34 g Protein: 9 g

Keto Cupcake w/ Cream Cheese Frosting	**Ingredients:** Almond flour, sour cream, eggs, organic butter, ideal sweetener(xylitol), baking powder, flavor extract Frosting: Cream cheese, sour cream, butter, stevia	Serving Size: 1 cupcake Calories: 465 Carbs: 7g Fat: 45g Protein: 10g
Keto Cupcake w/ Cocowhip Frosting	**Ingredients:** Almond flour, sour cream, eggs, organic butter, ideal sweetener(xylitol), baking powder, flavor extract Frosting: Coconut cream (coconut extract, water), coconut oil, coconut sugar, guar gum	Serving Size: 1 cupcake Calories: 320 Carbs: 7g Fat: 30g Protein: 8g
Keto Pesto Chicken	**Ingredients:** Spaghetti squash, chicken breast, arugula, sesame oil, hemp seeds, chopped almonds, pesto	Serving Size: 9oz Calories: 363 Fat: 26 g Sodium: 187 mg Carbs: 7 g Sugar: 3 g Protein: 28g
Keto Broccoli Cheddar Bake	**Ingredients:** Chicken breast, broccoli , olive oil, cheddar cheese, salt, spices	Serving Size: 10 0z Calories: 367 Total Fat: 28 g Sodium: 477 mg Carbs: 6 g Protein: 33 g Fiber: 3.1 g

Keto Peanut Butter Cookie	**Ingredients:** Peanut butter, chopped almonds, coconut flour, stevia, cinnamon, eggs, salt	Serving Size: 1 cookie Calories: 228 Total Fat: 8 g Carbs: 36 g Fiber: 5 g Sugar: 55 g
Keto Loaf	**Ingredients:** Butter, coconut oil, eggs, baking powder, almond flour, xanthan gum, salt	Serving Size: 1 slice Calories: 225 Total Fat: 21 g Carbs: 4g Fiber: 2 g Sugar: 0g Protein: 7g
Keto Pesto Chicken Pasta	**Ingredients:** Chicken breast, spaghetti squash, mozzarella, pesto (basil, olive oil, parmesan, cashews), sesame seeds, mighty seeds, black pepper	Serving Size: 10oz Calories: 357 Protein: 42g Fat: 17g Sodium: 793mg Carbohydrates: 9g Sugar: 0g Fiber: 3g
Keto Spaghetti Squash and Turkey Meatballs	**Ingredients:** Spaghetti squash, honey, ginger lime dressing, arugula. Lean ground turkey, spinach, marinara sauce, parmesan, mozzarella, herbs	Serving Size: 10 oz Calories: 337 Total Fat: 12g Trans Fat: 0 g Sodium: 152 mg Carbs: 6 g Fiber: 2 g Sugar: 2 g Protein: 42g

Keto Stuffed Mushrooms	**Ingredients:** Portobella Mushrooms, Goat cheese, cottage cheese, garlic, Mighty seeds, sesame oil, toasted pumpkin seeds, spices	Serving Size: 9 oz Calories: 390 Fat: 32 g Sodium: 241 mg Carbs: 9 g Fiber: 3 g Protein: 26 g
Keto Stuffed Portobello	**Ingredients:** Portobello, spinach, olive oil, PHB cheese, parmesan, bell peppers, quinoa spice	Serving Size: 6oz Calories: 297 Total Fat: 12g Trans Fat: 0 g Sodium: 152 mg Carbs: 12g Fiber: 3g Sugar: 0 g Protein: 8g
Keto Tomatillo Chicken w/ Broccoli Cheese	**Ingredients:** Chicken breast, cheddar cheese, broccoli, tomatillos, olive oil	Serving Size: 9oz Calories: 341 Total Fat: 16g Trans Fat: 0 g Sodium: 152 mg Carbs: 11g Fiber: 4g Sugar: 1 g Protein: 47g

Keto Loaded Lasagna	**Ingredients:** Lean ground beef, cottage cheese, goat cheese, parmesan, mozzarella, marinara sauce, zucchini, mushrooms, onions, garlic, herbs, spices, salt.	Serving Size: 11 oz Calories: 507 Fat: 22 g Sodium: 989 mg Carbs: 29 g Fiber: 8 g Sugars: 16g Protein: 52 g
NUT flour blend	**Ingredients:** Hazelnut flour, coconut flour, chia seeds, quinoa flour	
Nutty Monkey Muffins	**Ingredients:** NUT flour blend, fresh ripe bananas, honey, vanilla almond milk, Greek yogurt, egg whites, Mighty Seeds (chia, hemp, flax), coconut sugar, lemon juice, lemon peel, spices, unsweetened coconut, English Walnuts, spices, baking powder, baking soda, salt, organic extra virgin coconut oil	Serving Size 2.3 oz muffin Servings per container: 2 Calories: 154 Protein: 5 g Carbs: 20 g Fat: 8 g Sat Fat: 3.5 g Fiber: 4 g Sugars: 9 g Sodium: 110 mg

Peanut Butter Crunch	**Ingredients:** PHB NUT flour blend (coconut, hazelnut, quinoa), eggs, chia seeds, vanilla ALMOND milk, vanilla extract, coconut sugar, cinnamon, peanut butter, coconut oil, hemp seeds, pumpkin seeds, dark chocolate chips, baking soda, salt	Serving Size: 1 cookie Calories: 277 Fat: 20 g Sodium: 240 mg Carbs: 17 g Fiber: 6g Sugars: 7g Protein: 7g
Power Balls	**Ingredients:** ALMOND flour, coconut flour, peanut butter, ALMOND butter, maple syrup, salt, dark cocoa powder, chocolate almond milk	Serving Size: 1 ball Calories: 137 Total Fat: 10 g Sodium: 78 mg Carbs: 8 g Fiber: 2 g Sugar: 5 g Protein: 4 g
Power Oats	**Ingredients:** Gluten Free Oats, whey isolate, cranberries, organic pumpkin seeds, “Mighty Seeds Blend” (chia, hemp, flax), walnuts, cinnamon	Serving Size: 9 oz Calories: 170 g Fat: 6 g Trans Fats: 0 g Sodium: 150 mg Carbs: 25 g Fiber: 9 g Protein: 16 g Sugar 5 g Saturated Fats: 1g

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<tr>
<td>Pulled Pork & Red Cabbage</td>
<td><u>Ingredients</u>:
Pork tenderloin, tomato sauce, dried chili peppers, honey, worchestershire sauce, spices, sriracha, cilantro, lime, salt</td>
<td>
Nutrition Facts
1 servings per container
Serving size 10 oz
Amount Per Serving
Calories 390
<table>
<tr><th></th><th>% Daily Value*</th></tr>
<tr><td>Total Fat 11g</td><td>14%</td></tr>
<tr><td>Saturated Fat 2g</td><td>10%</td></tr>
<tr><td>Trans Fat 0g</td><td></td></tr>
<tr><td>Polyunsaturated Fat 4g</td><td></td></tr>
<tr><td>Monounsaturated Fat 2g</td><td></td></tr>
<tr><td>Cholesterol 150mg</td><td>50%</td></tr>
<tr><td>Sodium 470mg</td><td>20%</td></tr>
<tr><td>Total Carbohydrate 14g</td><td>5%</td></tr>
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<tr><td>Protein 55g</td><td>110%</td></tr>
<tr><td>Vitamin D 0mcg</td><td>0%</td></tr>
<tr><td>Calcium 572mg</td><td>45%</td></tr>
<tr><td>Iron 2.7mg</td><td>15%</td></tr>
<tr><td>Potassium 1504mg</td><td>30%</td></tr>
</table>
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<tr>
<td>Pumpkin Cardamom Muffins</td>
<td><u>Ingredients</u>:
Gluten-free flour blend (coconut flour, quinoa flour, hazelnut meal, chia seeds), unsweetened pumpkin puree, organic extra virgin coconut oil, unsweetened vanilla almond milk, Mighty Seed Blend (chia, hemp, flax), pumpkin seeds, sesame</td>
<td>Serving Size 2.3 oz muffin
Calories: 110
Protein: 4 g
Carbs: 15 g
Fat: 5g
Sat Fat: 2.5 g
Fiber: 4 g
Sugars: 6 g</td>
</tr>
<tr>
<td>Quinoa & Kale Salad</td>
<td><u>Ingredients</u>:
Organic quinoa, rice wine vinegar, paprika, organic kale, ginger, lime, pumpkin seeds, organic dried cherries, walnuts, cherry tomatoes, garlic, sesame oil, chili flakes, olive oil</td>
<td>Serving Size: 10.5 oz
Fat: 8 g
Sodium: 477 mg
Carbs: 51 g
Fiber: 10 g
Protein: 15 g</td>
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<tr>
<td>Rosemary Chicken</td>
<td><u>Ingredients</u>:
Chicken breast, rosemary, olive oil, sea salt, lemon, garlic pulp, Quinoa, Green beans, sesame seeds</td>
<td>
Nutrition Facts
1 servings per container
Serving size 11 oz
Amount Per Serving
Calories 410
<table>
<tr><td></td><td>% Daily Value*</td></tr>
<tr><td>Total Fat 11g</td><td>14%</td></tr>
<tr><td>Saturated Fat 1g</td><td>5%</td></tr>
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<tr><td>Polyunsaturated Fat 5g</td><td></td></tr>
<tr><td>Monounsaturated Fat 1g</td><td></td></tr>
<tr><td>Cholesterol 105mg</td><td>35%</td></tr>
<tr><td>Sodium 460mg</td><td>20%</td></tr>
<tr><td>Total Carbohydrate 27g</td><td>10%</td></tr>
<tr><td>Dietary Fiber 5g</td><td>18%</td></tr>
<tr><td>Total Sugars 1g</td><td></td></tr>
<tr><td>Includes 0g Added Sugars</td><td>0%</td></tr>
<tr><td>Protein 48g</td><td>96%</td></tr>
<tr><td>Vitamin D 0mcg</td><td>0%</td></tr>
<tr><td>Calcium 39mg</td><td>4%</td></tr>
<tr><td>Iron 2.34mg</td><td>15%</td></tr>
<tr><td>Potassium 940mg</td><td>20%</td></tr>
</table>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
</td>
</tr>
<tr>
<td>Sassy Stir Fry</td>
<td><u>Ingredients</u>:
Chicken breast, rice noodles, veggies, broccoli, peppers, carrots, onion, mushrooms, red cabbage, Sauce: sesame oil, soy sauce, spicy dipping sauce, spices, garlic, honey</td>
<td>Serving Size: 10 oz
Calories: 397
Fat: 8 g
Sodium: 748 mg
Carbs: 52 g
Fiber: 5 g
Protein: 28 g</td>
</tr>
<tr>
<td>Shrimp Scampi</td>
<td><u>Ingredients:</u>
Shrimp, spaghetti squash, soy-free vegan butter, cashews, almond milk, parsley, lemon juice/zest, paprika, red chili flakes, salt, pepper</td>
<td>Serving Size: 1 entree
Calories: 495
Fat: 36 g
Sat Fat: 9 g
Sodium: 1009 mg
Carbs: 19 g
Fiber: 3 g
Protein: 23 g</td>
</tr>
</table>

<table>
<tr>
<td>Spaghetti Squash and Arugula</td>
<td><u>Ingredients</u>:
Greens (spinach, arugula, herbs), spaghetti squash, ginger lime dressing, honey, walnuts, cranberries</td>
<td>Serving Size
Calories: 319
Protein: 6 g
Carbs: 37 g
Fat: 13g</td>
</tr>
<tr>
<td>Spicy Chicken Spaghetti</td>
<td><u>Ingredients</u>:
Chicken breast, pasta(chickpeas, tapioca, pea, xanthan gum), tomato, red and green bell peppers, onion, garlic, olive oil, salt, thyme, parmesan</td>
<td>Serving Size: 10 oz
Calories: 648
Fat: 32 g
Sodium: 451 mg
Carbs: 46 g
Fiber: 13 g
Protein: 44 g</td>
</tr>
<tr>
<td>Split Pea Soup</td>
<td><u>Ingredients</u>:
Dry green peas, onions, olive oil, cumin, garlic, thyme, salt.</td>
<td>Nutrition Facts
1 servings per container
Serving size 12 oz
Amount Per Serving
Calories 220
% Daily Value*
Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 780mg 34%
Total Carbohydrate 46g 17%
Dietary Fiber 12g 43%
Total Sugars 3g
Includes 0g Added Sugars 0%
Protein 19g 38%
Vitamin D 0mcg 0%
Calcium 13mg 0%
Iron 0.18mg 0%
Potassium 47mg 0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</td>
</tr>
</table>

Sprouted Curry Lentil Salad	**Ingredients:** Green lentils, tomatoes, lemon, peppers, paprika, spices, organic kale, ginger, lime, pumpkin seeds, goji berries, nuts, bay leaf, sea salt	Serving Size: 9 oz Calories: 312 Fat: 7 g Sodium: 431 mg Carbs: 27 g Protein: 17 g
Street Tacos	**Ingredients:** Lean ground beef, onion, bell pepper, cumin, chili powder, oregano, garlic, tomato paste, cilantro, gluten-free corn tortillas, black beans, salsa (tomatoes, vinegar, onions, jalapeños, spices).	Serving Size: 9 oz Calories: 377 Fat: 7 g Trans Fat: 0 g Sodium: 456 mg Carbohydrates: 45 g Dietary Fiber: 11 g Protein: 33 g
Taco Tango Salad	**Ingredients:** Lean ground beef, romaine lettuce, spinach, cilantro, red cabbage, corn , rice vinegar, lime juice, celery, black beans, bell peppers, Mexican cheese, cherry tomatoes, cucumber, mighty seeds (chia, hemp, flax)	Serving Size: 9 oz Calories: 306 g Fat: 11 g Sodium: 300 mg Carbs: 21 g Fiber: 4 g Protein: 35 g
The Real Deal	**Ingredients:** Lean ground turkey, pasta (brown rice flour, water), tomato, red and green bell pepper, onion, garlic, olive oil, salt, thyme, parmesan cheese.	Serving Size: 9 oz Calories: 362 g Fat: 11 g Cholesterol: 0 g Sodium: 320 mg Carbs: 42 g Fiber: 4 g Protein: 26 g

<table>
<tr>
<td>Tomatillo Vegan Enchilada</td>
<td><u>Ingredients</u>:
Green enchilada sauce, corn tortillas, tomatillos, poblano peppers, bell peppers, roma tomatoes, onion, dairy free cheese, black beans, cilantro, garlic, jalapeños, olive oil, PHB taco tango spice</td>
<td>Serving Size: 1 entree
Calories: 427
Fat: 13 g
Sodium: 1217 mg
Carbs: 59 g
Fiber: 10 g
Protein: 17 g</td>
</tr>
<tr>
<td>Tuscan Chiken</td>
<td><u>Ingredients</u>:
Chicken Breast, gluten free pasta, marinara, herbs</td>
<td>Nutrition Facts
1 servings per container
Serving size 12 oz
Amount Per Serving
Calories 630
% Daily Value*
Total Fat 19g 24%
Saturated Fat 3g 15%
Trans Fat 0g
Polyunsaturated Fat 6g
Monounsaturated Fat 8g
Cholesterol 110mg 37%
Sodium 520mg 23%
Total Carbohydrate 62g 23%
Dietary Fiber 3g 11%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 50g 100%
Vitamin D 0mcg 0%
Calcium 624mg 50%
Iron 1.26mg 8%
Potassium 940mg 20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</td>
</tr>
<tr>
<td>Tomato Florentine Soup</td>
<td><u>Ingredients</u>:
Organic roasted tomatoes, sesame oil, shallots, onions, garlic, thyme, rosemary, basil, spinach, kale, organic light coconut milk, lemon juice, salt</td>
<td>Serving size: 9 oz
Calories: 290
Fat: 3 g
Sodium: 290 mg
Carbs: 35 g
Protein: 7 g</td>
</tr>
</table>

Turkey Burger with Sweet Potatoes and Kale Salad	**Ingredients:** Lean ground turkey, egg whites, green onions, onions, celery, olive oil, PHB mighty seed blend (chia, flax, hemp), sage, thyme, garlic powder, black pepper, salt. Sweet potatoes (olive oil, paprika) Kale Salad (kale, pumpkin seeds, almonds, died cranberries)	Serving Size: 9 oz Calories: 349 Fat: 12 g Sodium: 485 mg Carbs: 38 g Protein: 22 g
Turkey Chili & Cornbread	**Ingredients:** Lean ground turkey, kidney beans, black beans, pinto beans, celery, zucchini, squash, onion, bell pepper, tomatoes, jalapeno, garlic, cilantro, parsley, and spices.	Calories: 374 Fat: 14 g Sodium: 349 mg Carbs: 34 g Protein: 35 g
Turkey Meatloaf	**Ingredients:** Lean ground turkey, egg, onion, celery, spices, tomato paste, gluten free oats. Sweet potato, peas, olive oil, cardamom, garlic, salt, pepper, sesame oil, sesame seeds	Serving Size: 9 oz Calories: 310 Fat: 7 g Trams Fat: 0 g Sodium: 480 mg Carbs: 35 g Protein: 35 g
Vegan Bread	**Ingredients:** PHB gluten free organic flour blend (teff, buckwheat, brown rice, sorghum, arrowroot, potato starch), sprouted rice milk, organic sugar, yeast, pectin, xanthan gum, salt, herbs.	Serving Size: 1 slice Calories: 120 Fat: 3g Trams Fat: 6g Sodium: 85g Carbs: 19g Protein: 3g

Vegan Chocolate Chip Cookie	**Ingredients:** PHB Nut free flour (coconut flour, brown rice flour, quinoa flour), vanilla rice milk, vegan soy-free butter, brown sugar, granulated sugar, vegan dark chocolate chips, vanilla extract, PHB mighty seed blend (chia,flax,hemp), xanthan gum, baking soda, salt	Serving Size: 1 cookie Calories: 306 Protein: 3 g Carbs: 35 g Total Fat: 18 g Sat. Fat: 7 g Trans Fat: 0 g Fiber: 3 g Sugars: 25 g Sodium: 288 mg
Vegan Icing	**Ingredients:** Powdered sugar, crisco (non-dairy) shortening, vanilla extract, rice milk	
Vegan Cupcakes w/ Dairy-Free Icing	**Ingredients:** Organic brown rice flour, millet flour, rice milk, coconut flour, coconut yogurt, vegan butter, agave nectar, granulated sugar, “phb mighty seed blend”(chia, flax, hemp), arrowroot, apple cider vinegar, vanilla extract, baking powder, baking soda, salt Dairy Free Icing: Powdered sugar, crisco (non- dairy) shortening, vanilla extract, rice milk	Serving Size: 1 cupcake Calories: 432 Total Fat: 23 g Trans Fat: 0 g Carbs: 50 g Fiber: 5 g Sugar: 32 g Protein: 3 g

Vegan Cinnamon Rolls	**Ingredients:** Sorghum flour, brown rice flour, tapioca flour, granulated sugar, vegan soy-free butter, xanthan gum, cinnamon, yeast, salt Glaze: Vegan tofu cream cheese, powdered sugar	Serving Size: 1 cinnamon roll Calories: 290 Fat: 8 g Trans Fat: 0 g Carbs: 49 g Sugars: 11 g Protein: 4 g
Vegan Happy Baby Cookie	**Ingredients:** PHB gluten free NUT flour blend(coconut flour, quinoa, hazelnut, chia seeds), oats, organic coconut oil, maple syrup, brown sugar, vegan soy-free butter, molasses, cranberries, Mighty Seeds (chia, hemp, flax), spices, baking powder, xanthan gum, baking soda, salt	Serving Size: 1 cookie Calories: 311 Protein: 5g Carbs: 28g Total Fat: 21g Sat. Fat: 13g Trans Fat: 0g Fiber: 1g Sugars: 2g Sodium:
Vegan Taco Tango Salad	**Ingredients:** romaine lettuce, spinach, cilantro, red cabbage, corn , rice vinegar, lime juice, celery, black beans, bell peppers, vegan cheese, cherry tomatoes, cucumber, mighty seeds (chia, hemp, flax	Serving Size: 9 oz Calories: 306 g Fat: 11 g Sodium: 300 mg Carbs: 21 g Fiber: 4 g Protein: 35 g
Vegan Veggie Chili	**Ingredients:** Beans (black beans, kidney beans, pinto beans), potato, celery, zucchini, onion, parsley, tomato, jalapeno, cilantro, garlic, cumin, chipotle powder, paprika, adobo	Serving Size: 9oz Calories: 405 Fat: 5g Trans Fat: 0g Carbs: 73g Protein: 21g

Sloppy Josephina	**<u>Ingredients</u>:** Lean ground turkey, onions, celery, Tomato, Poblano Pepper, garlic, Thyme, Mustard, seasonings	Calories: 332 Protein: 35g carbs: 27g fat: 10g sugars: 8g sodium: 754mg
Lentil Scramble	**<u>Ingredients</u>:** Lentils, quinoa, ratatouille, marinara, peppers, onion, egg plant, garlic, sesame oil, baby spinach	Serving Size: 1 cup Calories: 386 g Fat: 12 g Sodium: 450 mg Carbs: 46 g Fiber: 11 g Protein: 19 g
Honey Glazed Chicken & Veggies	**<u>Ingredients</u>:** Chicken breast, honey, brown sugar, red potatoes, broccoli, olive oil, mustard, garlic, oregano, basil, black pepper	Serving Size: 10.5 oz Calories: 403 Fat: 14g Sodium: 140mg Carb: 30g Fiber: 5g Sugar: 12g Protein: 39g

Maui Tuna salad

Ingredients:

Albacore tuna, celery, red onions, scallions, mayonnaise, ginger lim dressing, orange oil, lemon

Nutrition Facts

1 servings per container

Serving size **8.5 oz**

Amount Per Serving

Calories **260**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2g	
Cholesterol 50mg	**17%**
Sodium 620mg	**27%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 31g	**62%**
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.44mg	8%
Potassium 752mg	15%

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Chilean Meatballs

Ingredients:
onion, Celery, egg, Mighty seed Blend, Oats, Sauced and spicy dipping, olive oil, adobo seasoning, Thyme, black pepper, broccoli, rice, Pork, beef, Turkey

Nutrition Facts

1 servings per container

Serving size **1 (1g)**

Amount Per Serving

Calories **470**

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 100mg	**33%**
Sodium 400mg	**17%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 5g	**18%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 35g	**70%**
Vitamin D 0mcg	0%
Calcium 1495mg	110%
Iron 3.06mg	15%
Potassium 517mg	10%
Vitamin A	35%
Vitamin C	110%

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