

Avocado Buddha Bowl

Key Name: 0106915

Yield  
1 Serving

Serving Size  
Serving

# of Servings  
1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	2	Cup	56.700	1	56.700	11	0	0.00	0.000		0	13	2.67	1.3		1.33
Quinoa cooked	Quinoa cooked	USDA Database	20137	2	Ounce	56.699	1	56.699	68	10	1.09	0.131		0	4	12.08	1.6		2.49
Onions raw	Onions raw	USDA Database	11282	0.25	Cup	40.000	1	40.000	16	0	0.04	0.017		0	2	3.74	0.7		0.44
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.25	Cup	56.345	1	56.345	10	1	0.11	0.016		0	3	2.19	0.7		0.50
Simplot Soybean Whole Edamame Shelled	Simplot Simple Goodness Premium Vegetables Shelled Edamame, 6/2.5lb	Manufacturer Data	9442138	2	Ounce	56.699	1	56.699	67	24	2.70	0.337		0	3	4.05	2.7		6.07
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	Cup	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17
Sys Cls Bean Garbanzo Fcy No Sulfite	6/#10/BEAN GARBANZO FCY NO SULFITE	Manufacturer	4062337	2	Ounce	56.699	1	56.699	39	6	0.65	0.000		0	61	6.54	1.7		2.18
Broccoli raw	Broccoli raw	USDA Database	11090	0.5	Cup	45.500	1	45.500	15	2	0.17	0.052		0	15	3.02	1.2		1.28
Avocados, raw, all commercial varieties	Avocado Halves	Manufacturer Data	0128280	0.5	Each	100.500	1	100.500	201	181	20.10	3.350		0	0	6.70	6.7		3.35
Total Recipe Weight:		Stated Recipe Yield:		495.142 grams		495.142		495.142	431	224	24.89	3.913		0	102	41.93	16.7		17.81
Nutrients per Serving Size (Unrounded):		Serving = 495.142 grams (Stated)							431	224	24.89	3.913		0	102	41.93	16.7		17.81
Nutrients per Serving Size (Rounded):		Serving = 495.142 grams (Stated)							430	220	25	4		0	100	42	17		18

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Cauliflower Rice Bowl																			
Key Name: 0106922																			
Yield 1 Serving									Serving Size Serving										
# of Servings 1									Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cauliflower Rice	Cauliflower raw	USDA Database	11135	2	Cup	201.596	1	201.596	50	5	0.56	0.262		0	60	10.02	4.0		3.87
Salt Table	Salt table	USDA Database	02047	1	Teaspoon	6.000	1	6.000	0	0	0.00	0.000		0	2,325	0.00	0.0		0.00
Spice Pepper Black Ground	Spices pepper black	USDA Database	02030	1	Teaspoon	2.300	1	2.300	6	1	0.07	0.032		0	0	1.47	0.6		0.24
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	4	Ounce	113.398	1	113.398	132	32	3.54	0.506		71	71	0.00	0.0		23.29
Pico De Gallo	1/5 LB/SALSA PICO DE GALLO FRSH	Manufacturer	7225568	4	Ounce	113.398	1	113.398	23	0	0.00	0.000		0	170	5.67	1.1		1.13
Cheese Cheddar, Shredded	Cheese cheddar (Includes foods for USDA's Food Distribution Program)	USDA Database	01009	1	Ounce	28.350	1	28.350	114	85	9.44	5.349		28	185	0.96	0.0		6.48
Total Recipe Weight:									Stated Recipe Yield: 465.042 grams										
									465.042 465.042										
Nutrients per Serving Size (Unrounded):									Serving = 465.042 grams (Stated)										
Nutrients per Serving Size (Rounded):									Serving = 465.042 grams (Stated)										
									325 123 13.61 6.149 99 2,811 18.12 5.7 35.01										
									320 120 14 6 100 2810 18 6 35										

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Instructions

Avocado Cheesecake									Yield		Serving Size		# of Servings		Nutrient Details							
Key Name: 0106924									12 Pies		Pies		12									
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)			
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	3	Quart	1800.000	1	1800.000	3,600	3,240	360.00	59.999		0	0	120.00	120.0		60.00			
Milk condensed sweetened canned	24/14 OZ/MILK CONDENSED SWEETENED	Manufacturer	9312596	12	14 oz can	4762.716	1	4762.716	6,192	1,286	142.88	71.441		476	1,667	1,047.80	0.0		142.88			
Lemon Juice Raw	Lemon Juice	Manufacturer Data	7653091	4	Tablespoon	56.699	1	56.699	0	0	0.00	0.000		0	0	0.00	0.0		0.00			
Cheese, cream	10/3 LB/CHEESE CREAM LOAF	Manufacturer	1012566	2	Pound	907.184	1	907.184	2,916	2,624	291.60	194.397		972	3,078	64.80	0.0		64.80			
Sugars, granulated	1/25 LB/SUGAR GRANULATED XFINE CANE	Manufacturer	5087572	2	Cup	400.000	1	400.000	1,500	0	0.00	0.000		0	0	400.00	0.0		0.00			
Pie crust standard frozen enriched baked	Pie crust standard-type frozen ready-to-bake enriched baked	USDA Database	18335	12	Each	1536.000	1	1536.000	7,803	3,952	439.14	142.495		0	7,173	863.85	50.7		99.84			
Total Recipe Weight:		Stated Recipe Yield:		9,462.599 grams				9,462.599		9462.599		22,011	11,102	1,233.62	468.332		1,448	11,918	2,496.45	170.7		367.52
Nutrients per Serving Size (Unrounded):		Pies = 788.550 grams (Stated)							1,834	925	102.80	39.028		121	993	208.04	14.2		30.63			
Nutrients per Serving Size (Rounded):		Pies = 788.550 grams (Stated)							1830	920	103	39		120	990	208	14		31			

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Instructions

Avocado Chicken Fajita																			
Key Name: 0106912				Yield 1 Serving		Serving Size Serving		# of Servings 1		Nutrient Details									
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93
Peppers sweet red raw	Peppers sweet red raw	USDA Database	11821	0.33	Cup	49.170	1	49.170	13	1	0.15	0.029		0	2	2.96	1.0		0.49
Peppers, sweet, green, raw	4/5 LB/PEPPER GREEN DICED 3/8"	Manufacturer	6519649	0.33	Cup	49.170	1	49.170	10	0	0.00	0.000		0	1	2.46	1.0		0.49
Onions raw	Onions raw	USDA Database	11282	0.33	Cup	52.800	1	52.800	21	0	0.05	0.022		0	2	4.93	0.9		0.58
Whlfcls Cream Sour Cultrd Grade A	4/5 LB/CREAM SOUR CULTRD GRADE A	Manufacturer	5438874	2	Ounce	56.699	1	56.699	113	102	11.34	6.615		38	85	3.78	0.0		1.89
Imp Fresh Salsa Pico de Gallo Frsh	1/5 LB/SALSA PICO DE GALLO FRSH	Manufacturer	7225568	2	Ounce	56.699	1	56.699	11	0	0.00	0.000		0	85	2.83	0.6		0.57
Casasol Guacamole Frsh Orig Hgh Prssr Pa	Casa Solana - Guac Original 4/2#-Bag	Manufacturer Data	9420530	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	189	3.78	3.8		1.89
Flour Tortilla 8"	OLE MEXICAN FOODS Tortilla Flour 8" Pressed	User Added	-230495	4	Each	288.000	1	288.000	916	236	26.18	13.091		0	1,440	137.45	6.5		19.64
Rice white lng-grn prbld enrchd ckd	Rice white long-grain parboiled enriched cooked	USDA Database	20047	1	Cup	158.000	1	158.000	194	5	0.58	0.117		0	3	41.16	1.4		4.60
Total Recipe Weight:		Stated Recipe Yield:		937.334 grams		937.334		937.334	1,588	494	54.96	22.523		144	1,913	199.35	15.2		65.08
Nutrients per Serving Size (Unrounded):		Serving = 937.334 grams (Stated)							1,588	494	54.96	22.523		144	1,913	199.35	15.2		65.08
Nutrients per Serving Size (Rounded):		Serving = 937.334 grams (Stated)							1590	490	55	22		145	1910	199	15		65



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Instructions

Avocado Chicken Flatbread

Key Name: 0106923

Avocado Chicken Flatbread																			
Key Name: 0106923			Yield 1 Serving		Serving Size Serving		# of Servings 1		Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Flatbread Original	FLATOUT Original Flatbread	User Added	-172794	4	Ounce	113.398	1	113.398	260	36	4.00	0.000		0	620	48.00	6.0		14.00
Butter, without salt	18#/CS 1# NS BUTTER QTRS	Manufacturer Data	7616139	0.5	Ounce	14.175	1	14.175	101	100	11.14	7.087		30	0	0.00	0.0		0.00
Sys Cls Sauce Tomato	6/10#/SAUCE TOMATO	Manufacturer	4001921	3	Tablespoon	45.750	1	45.750	11	0	0.00	0.000		0	282	3.05	0.8		0.76
Spice Basil Dried Leaves Whl	6/5 OZ/SPICE BASIL LEAVES	Manufacturer	5228341	1	Teaspoon	0.700	1	0.700											
Chopped Bell Pepper	4/5 LB/PEPPER GREEN DICED 3/8"	Manufacturer	6519649	1	Cup	149.000	1	149.000	30	0	0.00	0.000		0	4	7.45	3.0		1.49
Spice Thyme Dried	6/11 OZ/SPICE THYME GROUND	Manufacturer	5229778	1	Teaspoon	1.000	1	1.000											
Shredded Chicken	2/5 LB/CHICKEN MEAT PULLED 80D/20W	Manufacturer	8352894	6	Ounce	170.097	1	170.097	418	107	11.94	2.984		269	269	0.00	0.0		71.62
Mozzarella low moisture part-skim shred	Cheese mozzarella low moisture part-skim shredded	USDA Database	01271	0.5	Cup	43.000	1	43.000	131	76	8.48	4.933		28	293	3.47	0.0		10.16
Cheese, parmesan, grated	Cheese parmesan grated	USDA Database	01032	0.5	Cup	40.000	1	40.000	168	100	11.14	6.148		34	722	5.56	0.0		11.37
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Cup	112.689	1	112.689	20	2	0.23	0.032		0	6	4.38	1.4		0.99
Total Recipe Weight:		Stated Recipe Yield:		689.809 grams		689.809		689.809	1,139	421	46.93	21.184		361	2,196	71.91	11.2		110.39
Nutrients per Serving Size (Unrounded):									1,139	421	46.93	21.184		361	2,196	71.91	11.2		110.39
Nutrients per Serving Size (Rounded):									1140	420	47	21		360	2200	72	11		110

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Avocado Chicken Marsala

Key Name: 0106906									Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93
Avocado Marsala Sauce	Avocado Marsala Sauce	Recipe	-Recipe-	1	Servings	132.979	1	132.979	54	36	4.03	2.606		14	191	1.44	0.1		0.38
Sys Imp Potato Mashed Red Skin	6/4 LB/POTATO MASHED RED SKIN	Manufacturer	5020328	1	Cup	186.000	1	186.000	186	54	5.98	2.657		7	678	29.23	2.7		3.99
Broccoli raw	Broccoli raw	USDA Database	11090	5	Cup	455.000	1	455.000	155	15	1.68	0.519		0	150	30.21	11.8		12.83
Total Recipe Weight:									Stated Recipe Yield: 944.076 grams										
Nutrients per Serving Size (Unrounded):									Serving = 944.076 grams (Stated)										
Nutrients per Serving Size (Rounded):									Serving = 944.076 grams (Stated)										

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Instructions

Avocado Chicken Philly

Key Name: 0106760

Yield  
1 Serving

Serving Size  
Serving

# of Servings  
1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Peppers, sweet, green, raw	4/5 LB/PEPPER GREEN DICED 3/8"	Manufacturer	6519649	4	Ounce	113.398	1	113.398	23	0	0.00	0.000		0	3	5.67	2.3		1.13	
Mushrooms White Raw	Mushrooms white raw	USDA Database	11260	2	Ounce	56.699	1	56.699	12	2	0.19	0.028		0	3	1.85	0.6		1.75	
Onions raw	Onions raw	USDA Database	11282	2	Ounce	56.699	1	56.699	23	1	0.06	0.024		0	2	5.30	1.0		0.62	
Gr Lake Cheese Provolone Sli .5 Oz	PROV SLC 4/2.5 LB RPDPK (.50) GLC 172456	Manufacturer Data	7018149	2	Ounce	56.699	1	56.699	202	146	16.20	8.100		40	486	2.02	0.0		14.17	
Avocados, raw, all commercial varieties	Avocado Halves	Manufacturer Data	0128280	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	0	3.78	3.8		1.89	
La Brea Bread Baguette Frch Parbkd	BREAD FRENCH BAGUETTE 20.5" PARBAKED FROZEN BULK BAG 1/30/11.8 OZ	Manufacturer Data	3979531	4.5	Ounce	127.573	1	127.573	380	20	2.24	0.000		0	895	73.86	2.2		13.43	
HORMEL CHICKEN THIGH BNLS FIRE BRAISD	HORMEL FIRE BRAISED Boneless Chicken Thigh	Manufacturer Data	1761698	5	Ounce	141.748	1	141.748	219	91	10.12	2.531		143	456	0.00			30.37	
Total Recipe Weight:		Stated Recipe Yield:		609.514 grams			609.514		609.514	972	362	40.15	12.573		183	1,845	92.48	9.9		63.36
Nutrients per Serving Size (Unrounded):		Serving = 609.514 grams (Stated)							972	362	40.15	12.573		183	1,845	92.48	9.9		63.36	
Nutrients per Serving Size (Rounded):		Serving = 609.514 grams (Stated)							970	360	40	13		185	1840	92	10		63	

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Instructions

Avocado Chicken Salad Croissant						Yield	Serving Size	# of Servings	Nutrient Details										
Key Name: 0106916						1 Serving	Serving	1											
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	0	3.78	3.8		1.89
Chicken Salad	Stclair Salad Chicken Deli-style	User Added	-217393	4	Ounce	113.398	1	113.398	209	90	9.95	1.492		55	438	9.95	1.0		18.90
Walnut Pieces	3/2 LB/WALNUT HALF & PIECES	Manufacturer	4645388	0.5	Ounce	14.175	1	14.175	96	82	9.11	0.759		0	0	2.02	1.0		2.02
Grapes red or green seedless raw	1/4 LB/GRAPE RED SDLS FRESH	Manufacturer	2463164	0.125	Cup	18.875	1	18.875	13	0	0.00	0.000		0	0	3.28	0.2		0.21
Bkrsimp Croissant Butter Curved Sli 3 Oz	48/3 OZ/CROISSANT BUTTER CURVED SLI	Manufacturer	5221809	1	Croissant	85.000	1	85.000	310	126	14.00	8.000		35	360	40.00	1.0		7.00
Total Recipe Weight:		Stated Recipe Yield:		288.147 grams		288.147		288.147	741	400	44.40	12.141		90	798	59.03	7.0		30.02
Nutrients per Serving Size (Unrounded):		Serving = 288.147 grams (Stated)							741	400	44.40	12.141		90	798	59.03	7.0		30.02
Nutrients per Serving Size (Rounded):		Serving = 288.147 grams (Stated)							740	400	44	12		90	800	59	7		30

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Instructions

Avocado Deviled Eggs

Key Name: 0106914		Yield 1 Serving		Serving Size Serving		# of Servings 1		Nutrient Details											
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Egg, whole, cooked, hard-boiled	4/5 LB/EGG HARD COOKED GOURM CHPD	Manufacturer	6919708	3	large	150.000	1	150.000	240	135	15.00	4.500		555	180	3.00	0.0		18.00
Casasol Guacamole Frsh Orig Hgh Prssr Pa	Casa Solana - Guac Original 4/2#-Bag	Manufacturer Data	9420530	6	Ounce	170.097	1	170.097	340	306	34.02	5.670		0	567	11.34	11.3		5.67
Sys Cls Bacon But Real Ckd 3/8 GF	2/5 LB/BACON BIT REAL CKD 3/8" GF	Manufacturer	5757051	0.5	Ounce	14.175	1	14.175	71	55	6.07	2.025		10	172	0.00	0.0		4.05
Total Recipe Weight:		Stated Recipe Yield:		334.272 grams		334.272		334.272	651	496	55.09	12.195		565	919	14.34	11.3		27.72
Nutrients per Serving Size (Unrounded):		Serving = 334.272 grams (Stated)							651	496	55.09	12.195		565	919	14.34	11.3		27.72
Nutrients per Serving Size (Rounded):		Serving = 334.272 grams (Stated)							650	500	55	12		565	920	14	11		28

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Falafel									Nutrient Details										
Key Name: 0106917			Yield 1 Serving		Serving Size Serving		# of Servings 1												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Grecdel Bread Pita Pocket	6" POCKET PITA BREAD	Manufacturer Data	2297158	1	Pita Pocket	74.000	1	74.000	142	11	1.18	0.000		0	276	27.55	0.8		5.51
Falafel	BALL FALAFEL FRTR 1 OZ IQF	User Added	-372494	2	Puck	170.000	1	170.000	260	36	4.00	0.000		0	840	46.00	12.0		14.00
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Each	8.500	1	8.500	2	0	0.02	0.002		0	0	0.33	0.1		0.07
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	cup slices	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17
Avocados, raw, all commercial varieties	Avocado Halves	Manufacturer Data	0128280	0.5	Each	100.500	1	100.500	201	181	20.10	3.350		0	0	6.70	6.7		3.35
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	0.5	Cup	14.175	1	14.175	3	0	0.00	0.000		0	3	0.67	0.3		0.33
Pineapple Salsa	Sauce salsa ready-to-serve	USDA Database	06164	2	Ounce	56.699	1	56.699	16	1	0.10	0.012		0	403	3.76	1.1		0.86
Total Recipe Weight:		Stated Recipe Yield:		449.874 grams		449.874		449.874	628	229	25.43	3.374		0	1,523	85.95	21.1		24.29
Nutrients per Serving Size (Unrounded):		Serving = 449.874 grams (Stated)							628	229	25.43	3.374		0	1,523	85.95	21.1		24.29
Nutrients per Serving Size (Rounded):		Serving = 449.874 grams (Stated)							630	230	25	3.5		0	1520	86	21		24

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Falafel Wrap

Key Name: 0106918

Yield  
1 Serving

Serving Size  
Serving

# of Servings  
1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bbrclis Wrap Tortilla Spinach 12"	Bbrclis Wrap Tortilla Spinach 12"	Manufacturer	7657653	1	Item	102.000	1	102.000	290	72	8.00	2.000			650	47.00	3.0		7.00
Falafel	BALL FALAFEL FRTRR 1 OZ IQF	User Added	-372494	3	Puck	255.000	1	255.000	390	54	6.00	0.000		0	1,260	69.00	18.0		21.00
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Each	8.500	1	8.500	2	0	0.02	0.002		0	0	0.33	0.1		0.07
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	cup slices	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	4	Ounce	113.398	1	113.398	227	204	22.68	3.780		0	0	7.56	7.6		3.78
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	2	Cup	56.700	1	56.700	11	0	0.00	0.000		0	13	2.67	1.3		1.33
Pineapple Salsa	Sauce salsa ready-to-serve	USDA Database	06164	4	Ounce	113.398	1	113.398	33	2	0.19	0.024		0	806	7.53	2.2		1.72
Total Recipe Weight:		Stated Recipe Yield:		674.996 grams		674.996		674.996	957	332	36.92	5.816		0	2,730	135.03	32.3		35.07
Nutrients per Serving Size (Unrounded):		Serving = 674.996 grams (Stated)							957	332	36.92	5.816		0	2,730	135.03	32.3		35.07
Nutrients per Serving Size (Rounded):		Serving = 674.996 grams (Stated)							960	330	37	6		0	2730	135	32		35

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_



Instructions

Avocado French Toast

Key Name: 0106889

Yield  
12 Serving

Serving Size  
Serving

# of Servings  
12

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Egg whole raw fresh	1/15 DZ/EGG SHELL MD WHT PAST USDA AA	Manufacturer	3602786	6	Each	332.634	1	332.634	454	272	30.24	11.340		1,247	454	0.00	0.0		45.36
WHLFCLS Cream Heavy 40%	6/5 GAL/CREAM HEAVY 40% STABILIZED	Manufacturer	2592525	1.5	Cup	360.000	1	360.000	216	194	21.60	14.400		90	0	0.00	0.0		0.00
Milk whole 3.25% milkfat w/ added Vit D	30/5 PT/MILK HOMOGENIZED	Manufacturer	5653571	1.5	Cup	366.000	1	366.000	248	126	13.96	7.754		54	202	20.16	0.0		12.41
Spice Cinnamon Ground	6/18 OZ./SPICE CINNAMON GRND	Manufacturer	5265451	3	Teaspoon	7.800	1	7.800											
Spice Nutmeg Ground	6/1 LB/SPICE NUTMEG GROUND	Manufacturer	5229067	1.5	Teaspoon	3.300	1	3.300											
Sugar Light Brown	Sugars brown	USDA Database	19334	1	Cup	220.000	1	220.000	836	0	0.00	0.000		0	62	215.80	0.0		0.26
Salt Table	Salt table	USDA Database	02047	3	Teaspoon	18.000	1	18.000	0	0	0.00	0.000		0	6,976	0.00	0.0		0.00
Rotella Bun Brioche	Brioche Bun 4.25" FROZEN 6/8/3.10 OZ	Manufacturer Data	1347394	3.5	Pound	1587.572	1	1587.572	4,697	650	72.26	0.000		0	7,587	794.84	144.5		180.65
Total Recipe Weight:		Stated Recipe Yield:	2,895.306 grams			2,895.306		2895.306	<u>6,451</u>	<u>1,242</u>	<u>138.06</u>	<u>33.494</u>		<u>1,391</u>	<u>15,281</u>	<u>1,030.80</u>	<u>144.5</u>		<u>238.68</u>
Nutrients per Serving Size (Unrounded):									<u>538</u>	<u>103</u>	<u>11.50</u>	<u>2.791</u>		<u>116</u>	<u>1,273</u>	<u>85.90</u>	<u>12.0</u>		<u>19.89</u>
Nutrients per Serving Size (Rounded):									<u>540</u>	<u>100</u>	<u>11</u>	<u>3</u>		<u>115</u>	<u>1270</u>	<u>86</u>	<u>12</u>		<u>20</u>

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Avocado Grilled Cheese																			
Key Name: 0106921																			
Yield 1 Serving									Serving Size Serving										
# of Servings 1									Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bbrlcis Bread Sourdough 3/4" Sli	10/24 OZ/BREAD SOURDOUGH 3/4 IN SLI	Manufacturer	5020680	2	Slice	120.000	1	120.000	320	27	3.00	0.000		0	440	60.00	2.0		10.00
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	3	Ounce	85.049	1	85.049	170	153	17.01	2.835		0	0	5.67	5.7		2.83
Cheddar Cheese Sliced USDA	Cheese cheddar (Includes foods for USDA's Food Distribution Program)	USDA Database	01009	2	Ounce	56.699	1	56.699	228	170	18.89	10.697		56	370	1.91	0.0		12.97
Total Recipe Weight:									Stated Recipe Yield: 261.748 grams 261.748 261.748 718 350 38.90 13.532 56 810 67.58 7.7 25.80										
Nutrients per Serving Size (Unrounded):									718	350	38.90	13.532		56	810	67.58	7.7		25.80
Nutrients per Serving Size (Rounded):									720	350	39	13		55	810	68	8		26

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_



Avocado Honey Garlic Chicken									Yield      Serving Size      # of Servings										
Key Name:    0106744									1 Serving      Serving      1      Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
HORMEL CHICKEN THIGH BNLS FIRE BRAISD	HORMEL FIRE BRAISED Boneless Chicken Thigh	Manufacturer Data	1761698	5	Ounce	141.748	1	141.748	219	91	10.12	2.531		143	456	0.00			30.37
Butter, without salt	18#/CS 1# NS BUTTER QTRS	Manufacturer Data	7616139	3	Tablespoon	42.600	1	42.600	304	301	33.47	21.300		91	0	0.00	0.0		0.00
Garlic Peeled Whl	Garlic raw	USDA Database	11215	1	Teaspoon	2.833	1	2.833	4	0	0.01	0.003		0	0	0.94	0.1		0.18
Kikoman Sauce Soy Tamari Gluten Free	6 0.5 GAL PRESERVATIVE-FREE GLUTEN-FREE TAMARI SOY SAUCE	Manufacturer Data	3206887	2	Tablespoon	30.000	1	30.000	3	0	0.00	0.000		0	294	0.30	0.0		0.60
Vinegar Cider	1 Gal 40 gr Cider Vinegar Vendor Code #08231	Manufacturer	0258657	2	Tablespoon	29.875	1	29.875	0	0	0.00	0.000		0	0	0.00	0.0		0.00
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	2	Tablespoon	42.000	1	42.000	120	0	0.00	0.000		0	0	34.00	0.0		0.00
Total Recipe Weight:		Stated Recipe Yield:		289.056 grams		289.056		289.056	650	392	43.60	23.834		234	750	35.24	0.1		31.15
Nutrients per Serving Size (Unrounded):		Serving =    289.056    grams (Stated)							650	392	43.60	23.834		234	750	35.24	0.1		31.15
Nutrients per Serving Size (Rounded):		Serving =    289.056    grams (Stated)							650	390	44	24		235	750	35	0		31

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Instructions



Avocado Lemon Butter Tilapia																			
Key Name: 0106745																			
			Yield		Serving Size		# of Servings		Nutrient Details										
			1 Serving		Serving		1												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Tilapia Raw	Fish tilapia raw	USDA Database	15261	5	Ounce	141.748	1	141.748	136	22	2.41	0.829		71	74	0.00	0.0		28.46
chopped onion	chopped onion	Recipe	-Recipe-	2	Ounce	56.699	1	56.699	23	1	0.06	0.024		0	2	5.30	1.0		0.62
Alcoholic beverage, wine, table, white	Alcoholic beverage wine table white	USDA Database	14106	2	Fluid Oz	58.800	1	58.800	48	0	0.00	0.000		0	3	1.53	0.0		0.04
Parsley fresh	Parsley fresh	USDA Database	11297	1	Ounce	28.350	1	28.350	10	2	0.22	0.037		0	16	1.79	0.9		0.84
Intlimp Capers Nonpareil Import	12/16 OZ/CAPER NONPAREIL IMPORTED	Manufacturer	5535679	2	Ounce	56.699	1	56.699	0	0	0.00	0.000		0	1,304	0.00	0.0		0.00
Butter, without salt	18#/CS 1# NS BUTTER QTRS	Manufacturer Data	7616139	2	Tablespoon	28.400	1	28.400	203	201	22.31	14.200		61	0	0.00	0.0		0.00
Lemon Juice Raw	Lemon Juice	Manufacturer Data	7653091	1	Teaspoon	4.725	1	4.725	0	0	0.00	0.000		0	0	0.00	0.0		0.00
Total Recipe Weight: Stated Recipe Yield: 375.420 grams									420	226	25.00	15.090		132	1,399	8.62	1.9		29.96
Nutrients per Serving Size (Unrounded): Serving = 375.420 grams (Stated)									420	226	25.00	15.090		132	1,399	8.62	1.9		29.96
Nutrients per Serving Size (Rounded): Serving = 375.420 grams (Stated)									420	230	25	15		130	1400	9	2		30

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Peach Salad

Key Name: 0106890

Yield  
1 Serving

Serving Size  
Serving

# of Servings  
1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	3	Cup	85.050	1	85.050	17	0	0.00	0.000		0	20	4.00	2.0		2.00
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	cup slices	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.25	Cup	56.345	1	56.345	10	1	0.11	0.016		0	3	2.19	0.7		0.50
Onions raw	Onions raw	USDA Database	11282	0.25	Cup	40.000	1	40.000	16	0	0.04	0.017		0	2	3.74	0.7		0.44
Raspberries, raw	Raspberries raw	USDA Database	09302	0.125	Cup	15.375	1	15.375	8	1	0.10	0.003		0	0	1.84	1.0		0.18
Peaches raw	2/5LB/PEACH SLICED IQF	Manufacturer	1024348	0.25	Cup	38.500	1	38.500	14	0	0.00	0.000		0	0	3.57	0.6		0.28
Sys Cls Pecan Half Med Fcy Raw	1/5 LB/PECAN HALF MED FCY RAW	Manufacturer	7078389	0.5	Cup	56.000	1	56.000	380	360	40.00	3.000		0	0	8.00	6.0		6.00
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93
Total Recipe Weight:		Stated Recipe Yield:		487.367 grams		487.367		487.367	646	410	45.60	3.805		106	132	24.28	11.1		44.50
Nutrients per Serving Size (Unrounded):		Serving = 487.367 grams (Stated)							646	410	45.60	3.805		106	132	24.28	11.1		44.50
Nutrients per Serving Size (Rounded):		Serving = 487.367 grams (Stated)							650	410	46	4		105	130	24	11		44

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Pineapple Thai Salmon																					
Key Name: 0106913				Yield 1 Serving	Serving Size Serving	# of Servings 1			Nutrient Details												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)		
Oil Olive Salad or Cooking	Oil olive salad or cooking	USDA Database	04053	1	Tablespoon	13.500	1	13.500	119	122	13.50	1.864		0	0	0.00	0.0		0.00		
Fish, salmon, Atlantic, farmed, raw	Fish salmon Atlantic wild raw	USDA Database	15076	6	Ounce	170.097	1	170.097	242	97	10.78	1.669		94	75	0.00	0.0		33.75		
Asparagus, raw	FRESH ASPARAGUS LG/JBO	Manufacturer	0058016	6	spear, medium (5-1/4" to 7" long)	96.000	1	96.000	24	0	0.00	0.000		0	2	3.58	2.1		2.15		
Cauliflower, raw	Cauliflower raw	USDA Database	11135	2	Cup	201.596	1	201.596	50	5	0.56	0.262		0	60	10.02	4.0		3.87		
Pineapple Salsa	Sauce salsa ready-to-serve	USDA Database	06164	4	Ounce	113.398	1	113.398	33	2	0.19	0.024		0	806	7.53	2.2		1.72		
Total Recipe Weight:				Stated Recipe Yield:		594.591 grams			594.591	594.591	468	226	25.03	3.819		94	943	21.13	8.3		41.49
Nutrients per Serving Size (Unrounded):				Serving = 594.591 grams (Stated)					468	226	25.03	3.819		94	943	21.13	8.3		41.49		
Nutrients per Serving Size (Rounded):				Serving = 594.591 grams (Stated)					470	230	25	4		95	940	21	8		41		

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Poke Bowl

Key Name: 0106900									Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Intlimp Rice Botan Sushi Rice	1/10 LB/RICE BOTAN SUSHI RICE	Manufacturer	3748811	0.5	Cup	90.000	1	90.000	340	0	0.00	0.000		0	0	74.00	2.0		6.00
Broccoli raw	Broccoli raw	USDA Database	11090	0.5	Cup	45.500	1	45.500	15	2	0.17	0.052		0	15	3.02	1.2		1.28
Mango Raw	Mangos raw	USDA Database	09176	4	Ounce	113.398	1	113.398	68	4	0.43	0.104		0	1	16.99	1.8		0.93
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	Cup	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17
Simplot Soybean Whole Edamame Shelled	Simplot Simple Goodness Premium Vegetables Shelled Edamame, 6/2.5lb	Manufacturer Data	9442138	2	Ounce	56.699	1	56.699	67	24	2.70	0.337		0	3	4.05	2.7		6.07
Onions, young green, tops only	Onions spring or scallions (includes tops and bulb) raw	USDA Database	11291	1	Ounce	28.350	1	28.349	9	0	0.05	0.009		0	5	2.08	0.7		0.52
Carrots, Raw	1/5 LB/CARROT SHRD 1/8"	Manufacturer	6517627	1	Ounce	28.350	1	28.350	12	1	0.06	0.000		0	20	2.72	0.8		0.26
Fish, salmon, Atlantic, farmed, raw	Fish salmon Atlantic wild raw	USDA Database	15076	4	Ounce	113.398	1	113.398	161	65	7.19	1.112		62	50	0.00	0.0		22.50
Total Recipe Weight:									Stated Recipe Yield: 501.694 grams 501.694 501.694										
Nutrients per Serving Size (Unrounded):									676	96	10.63	1.624		62	95	103.80	9.3		37.73
Nutrients per Serving Size (Rounded):									680	100	11	1.5		60	95	104	9		38



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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Shrimp Fettucine Alfredo																			
Key Name: 0106905																			
			Yield		Serving Size		# of Servings												
			1 Serving		Serving		1		Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Crustaceans shrimp mixed species raw	Crustaceans shrimp mixed species raw (may contain additives to retain moisture)	USDA Database	15149	8	Ounce	226.796	1	226.796	161	21	2.29	0.592		286	1,284	2.06	0.0		30.87
Oil Olive Salad or Cooking	Oil olive salad or cooking	USDA Database	04053	1	Teaspoon	4.500	1	4.500	40	41	4.50	0.621		0	0	0.00	0.0		0.00
Pasta Fettucine Dry 10" Arrezzio	Fettuccine Dry	User Added	-13199	4	Ounce	113.398	1	113.398	421	16	1.79	0.255		0	8	84.70	2.7		14.49
Sauce Alfredo Pouch STOUFER	STOUFFER'S Alfredo Sauce, Gluten Free, Case of 4-64 oz pouches	Manufacturer Data	2236065	0.5	Cup	125.000	1	125.000	290	234	26.00	9.000		40	770	8.00	0.0		6.00
Broccoli raw	Broccoli raw	USDA Database	11090	0.5	Cup	45.500	1	45.500	15	2	0.17	0.052		0	15	3.02	1.2		1.28
Total Recipe Weight:		Stated Recipe Yield:		515.194 grams		515.194		515.194	927	314	34.75	10.520		326	2,077	97.78	3.9		52.64
Nutrients per Serving Size (Unrounded):		Serving = 515.194 grams (Stated)							927	314	34.75	10.520		326	2,077	97.78	3.9		52.64
Nutrients per Serving Size (Rounded):		Serving = 515.194 grams (Stated)							930	310	35	10		325	2080	98	4		53

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Tikka Masala w/ Chicken									Nutrient Details										
Key Name: 0106909																			
Yield 1 Serving									Serving Size Serving										
# of Servings 1																			
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93
Avocado Tikka Masala Sauce	Avocado Tikka Masala Sauce	Recipe	-Recipe-	1	Servings	317.989	1	317.989	313	193	21.45	5.973			379	25.37	7.8		7.41
Rice white lng-grn prbld enrchd ckd	Rice white long-grain parboiled enriched cooked	USDA Database	20047	1	Cup	158.000	1	158.000	194	5	0.58	0.117		0	3	41.16	1.4		4.60
Total Recipe Weight:		Stated Recipe Yield:		646.086 grams		646.086		646.086	704	246	27.35	6.849		106	488	66.53	9.2		46.94
Nutrients per Serving Size (Unrounded):		Serving = 646.086 grams (Stated)							704	246	27.35	6.849		106	488	66.53	9.2		46.94
Nutrients per Serving Size (Rounded):		Serving = 646.086 grams (Stated)							700	250	27	7		105	490	66	9		47

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Tikka Masala w/Tofu									Nutrient Details										
Key Name: 0106910																			
Yield 1 Serving									Serving Size Serving										
# of Servings 1																			
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Tofu Firm	Tofu raw firm prepared with calcium sulfate	USDA Database	16426	6	Ounce	170.097	1	170.097	245	133	14.83	2.145		0	24	4.73	3.9		29.38
Avocado Tikka Masala Sauce	Avocado Tikka Masala Sauce	Recipe	-Recipe-	1	Servings	317.989	1	317.989	313	193	21.45	5.973			379	25.37	7.8		7.41
Rice white lng-grn prbld enrchd ckd	Rice white long-grain parboiled enriched cooked	USDA Database	20047	1	Cup	158.000	1	158.000	194	5	0.58	0.117		0	3	41.16	1.4		4.60
Total Recipe Weight:		Stated Recipe Yield:		646.086 grams		646.086		646.086	752	331	36.86	8.235		0	406	71.26	13.1		41.39
Nutrients per Serving Size (Unrounded):									752	331	36.86	8.235		0	406	71.26	13.1		41.39
Nutrients per Serving Size (Rounded):									750	330	37	8		0	410	71	13		41

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions



Avocado Turkey Club

Key Name: 0106919

Yield  
1 Serving

Serving Size  
Serving

# of Servings  
1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bbrclis Bread Sourdough 16 Slice 3/4"	Sourdough-Italian Bread (currently being packed as	Manufacturer	0104455	2	Slice	98.000	1	98.000	260	27	3.00	0.000		0	520	50.00	2.0		10.00
avocado spread	Avocado Halves	Manufacturer Data	0128280	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	0	3.78	3.8		1.89
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Each	8.500	1	8.500	2	0	0.02	0.002		0	0	0.33	0.1		0.07
Turkey breast sliced prepackaged	2/7-8#AV/TURKEY BRST MESQ SMKD IMP	Manufacturer	7585318	4	Ounce	113.398	1	113.398	121	9	1.01	0.000		61	871	4.05	0.0		22.27
Cheddar Cheese Sliced USDA	Cheese cheddar (Includes foods for USDA's Food Distribution Program)	USDA Database	01009	1	Ounce	28.350	1	28.350	114	85	9.44	5.349		28	185	0.96	0.0		6.48
Garlic Mayo	Salad dressing mayonnaise type regular with salt	USDA Database	04018	1	Ounce	28.350	1	28.350	71	55	6.12	0.963		5	185	4.19	0.0		0.18
Sys Cls Bacon Precooked Regular Slice	2/150 CT/BACON PRECOOKED REGULAR SLICE	Manufacturer	2536555	2	Slice	10.000	1	10.000	47	30	3.33	1.333		13	120	0.00	0.0		4.00
Lettuce Green Leaf Raw	Lettuce green leaf raw	USDA Database	11253	1	Cup	36.000	1	36.000	5	0	0.05	0.007		0	10	1.03	0.5		0.49
Total Recipe Weight:		Stated Recipe Yield:		379.296 grams		379.296		379.296	733	308	34.31	9.544		107	1,891	64.34	6.4		45.38
Nutrients per Serving Size (Unrounded):		Serving = 379.296 grams (Stated)							733	308	34.31	9.544		107	1,891	64.34	6.4		45.38
Nutrients per Serving Size (Rounded):		Serving = 379.296 grams (Stated)							730	310	34	9		105	1890	64	6		45

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Vegan Chorizo Taco

Key Name: 0106746		1 Serving		Serving		1		Nutrient Details												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
MORNSTR SAUSAGE CHORIZO VEGAN BULK	Morningstar Farms Meal Solutions Chorizo 5lb 2ct	Manufacturer Data	7103615	6	Ounce	170.097	1	170.097	317	208	23.06	2.883		0	1,211	17.30	14.4		25.95	
Imp Fresh Salsa Pico de Gallo Frsh	1/5 LB/SALSA PICO DE GALLO FRSH	Manufacturer	7225568	2	Ounce	56.699	1	56.699	15	5	0.57	0.000		0	113	2.83	0.6		0.57	
Peppers sweet red raw	Peppers sweet red raw	USDA Database	11821	1	Ounce	28.350	1	28.350	7	1	0.09	0.017		0	1	1.71	0.6		0.28	
Peppers, sweet, green, raw	4/5 LB/PEPPER GREEN DICED 3/8"	Manufacturer	6519649	1	Ounce	28.350	1	28.350	6	0	0.00	0.000		0	1	1.42	0.6		0.28	
Daiya Cheese Vegan Shred Mozzarella	DAIYA Cheese Vegan Shred Mozzarella	User Added	-192562	1	Ounce	28.350	1	28.349	90	54	6.02	2.007		0	281	7.02	1.0		1.00	
Mission TORTILLA FLOUR PRESSED 6 IN	Mission 6" Heat Pressed Flour Tortillas 24/12ct;Mission 6" chaleur pressée Tortillas à la farine 24 / 12ct	Manufacturer Data	1892934	4	Tortilla	124.000	1	124.000	360	72	8.00	2.000		0	760	64.00	4.0		8.00	
Total Recipe Weight:		Stated Recipe Yield:		435.845 grams		435.845		435.845		795	340	37.74	6.907		0	2,367	94.28	21.2		36.08
Nutrients per Serving Size (Unrounded):		Serving = 435.845 grams (Stated)							795	340	37.74	6.907		0	2,367	94.28	21.2		36.08	
Nutrients per Serving Size (Rounded):		Serving = 435.845 grams (Stated)							790	340	38	7		0	2370	94	21		36	

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Salmon Avocado Salad																			
Key Name: 0106899									Nutrient Details										
Yield 1 Serving									Serving Size Serving 1										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Fish, salmon, Atlantic, farmed, raw	Fish salmon Atlantic wild raw	USDA Database	15076	8	Ounce	226.796	1	226.796	322	129	14.38	2.225		125	100	0.00	0.0		45.00
Lettuce Spring Mix	1/3 LB/LETTUCE SPRING MIX CONV PLLW	Manufacturer	3629433	3	Cup	85.050	1	85.050	17	0	0.00	0.000		0	20	4.00	2.0		2.00
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	0.25	cup slices	26.000	1	26.000	4	0	0.03	0.010		0	1	0.94	0.1		0.17
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.25	Cup	56.345	1	56.345	10	1	0.11	0.016		0	3	2.19	0.7		0.50
Egg, whole, cooked, hard-boiled	4/5 LB/EGG HARD COOKED GOURM CHPD	Manufacturer	6919708	1	large	50.000	1	50.000	80	45	5.00	1.500		185	60	1.00	0.0		6.00
Salad dressing mayonnaise type with salt	Salad dressing mayonnaise type regular with salt	USDA Database	04018	2	Tablespoon	29.375	1	29.375	73	57	6.34	0.998		6	192	4.34	0.0		0.19
Lee Kum Sauce Hot Chili Sriracha				0.25	Tablespoon	5.250	1	5.250											
Lemon Juice Raw	Lemon Juice	Manufacturer Data	7653091	0.25	Tablespoon	3.544	1	3.544	0	0	0.00	0.000		0	0	0.00	0.0		0.00
Spice Garlic Powder	Spices garlic powder	USDA Database	02020	0.125	Tablespoon	1.163	1	1.163	4	0	0.01	0.003		0	1	0.85	0.1		0.19
Total Recipe Weight:									Stated Recipe Yield: 483.522 grams 483.522 483.522										
									510	232	25.87	4.752		316	377	13.32	2.9		54.05
Nutrients per Serving Size (Unrounded):									Serving = 483.522 grams (Stated)										
									510	232	25.87	4.752		316	377	13.32	2.9		54.05
Nutrients per Serving Size (Rounded):									Serving = 483.522 grams (Stated)										
									510	230	26	5		315	380	13	3		54

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions



Signature Avocado Panini																			
Key Name: 0106920									Nutrient Details										
Yield 1 Serving									Serving Size Serving										
# of Servings 1																			
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bbrclis Bread Sourdough 16 Slice 3/4"	Sourdough-Italian Bread (currently being packed as	Manufacturer	0104455	2	Slice	98.000	1	98.000	260	27	3.00	0.000		0	520	50.00	2.0		10.00
Chicken breast sknls bnls meat only raw	4/10 LB/CHICKEN CVP BRST JMBO GOURM TR	Manufacturer	3717319	6	Ounce	170.097	1	170.097	197	48	5.32	0.759		106	106	0.00	0.0		34.93
Avocado Spread	Avocado Halves	Manufacturer Data	0128280	2	Ounce	56.699	1	56.699	113	102	11.34	1.890		0	0	3.78	3.8		1.89
Onions raw	Onions raw	USDA Database	11282	3	Slice (medium, 1/8" thick)	42.000	1	42.000	17	0	0.04	0.018		0	2	3.92	0.7		0.46
Spinach raw	1/4 LB/SPINACH BABY FRSH	Manufacturer	8474538	0.5	Cup	15.000	1	15.000	3	1	0.06	0.015		0	12	0.54	0.3		0.44
Basil fresh	Basil fresh	USDA Database	02044	0.5	Cup	12.000	1	12.000	3	1	0.08	0.005		0	0	0.32	0.2		0.38
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.25	Each	4.250	1	4.250	1	0	0.01	0.001		0	0	0.17	0.1		0.04
Cheese mozzarella low moisture part-skim	Cheese mozzarella low moisture part-skim	USDA Database	01029	1	Ounce	28.350	1	28.350	84	50	5.61	3.202		18	189	1.58	0.0		6.73
Garlic Mayo	Salad dressing mayonnaise type regular with salt	USDA Database	04018	1	Ounce	28.350	1	28.350	71	55	6.12	0.963		5	185	4.19	0.0		0.18
Total Recipe Weight:									Stated Recipe Yield: 454.745 grams										
									454.745 454.745										
Nutrients per Serving Size (Unrounded):									749	284	31.58	6.853		129	1,014	64.50	7.1		55.05
Nutrients per Serving Size (Rounded):									750	280	32	7		130	1010	64	7		55

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Steak & Avocado Potato

Key Name: 0106750

Steak & Avocado Potato									Nutrient Details										
Key Name: 0106750																			
Yield 1 Serving									Serving Size 1										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Beef, loin, top loin steak, boneless raw	Beef round top round steak separable lean and fat trimmed to 1/8" fat all grades raw	USDA Database	13891	6	Ounce	170.097	1	170.097	282	121	13.49	5.312		117	102	0.00	0.0		37.52
Salt Table	Salt table	USDA Database	02047	1	Teaspoon	6.000	1	6.000	0	0	0.00	0.000		0	2,325	0.00	0.0		0.00
Spice Pepper Black Ground	Spices pepper black	USDA Database	02030	1	Teaspoon	2.300	1	2.300	6	1	0.07	0.032		0	0	1.47	0.6		0.24
Oil Olive Salad or Cooking	6/1 GAL/OIL OLIVE CANOLA EVO 75/25	Manufacturer	6332845	1	Tablespoon	13.500	1	13.500	16	17	1.89	0.135		0	0	0.00	0.0		0.00
Sys Rel Bacon Layflat 18/22 Smoked	1/15 LB/BACON LAYFLAT 18/22 SMOKED	Manufacturer	1073402	2	Each	17.000	1	17.000	109	77	8.50	3.036		18	328	0.00	0.0		6.07
Potatoes, red, flesh and skin, raw	Potatoes red flesh and skin raw	USDA Database	11355	4	Ounce	113.398	1	113.398	79	1	0.16	0.040		0	20	18.03	1.9		2.14
Brussels sprouts raw	12/2.5 LB/BRUSSEL SPROUT MED GR A P	Manufacturer	1951490	4	Ounce	113.398	1	113.398	40	0	0.00	0.000		0	13	9.34	4.0		4.00
Total Recipe Weight:									Stated Recipe Yield: 435.693 grams										
Nutrients per Serving Size (Unrounded):									532	217	24.11	8.555		135	2,788	28.84	6.5		49.97
Nutrients per Serving Size (Rounded):									530	220	24	9		135	2790	29	6		50

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Tofu Zucchini Noodles

Key Name: 0106911		Yield 1 Serving							# of Servings 1											Nutrient Details				
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)					
Tofu Firm	Tofu raw firm prepared with calcium sulfate	USDA Database	16426	6	Ounce	170.097	1	170.097	245	133	14.83	2.145		0	24	4.73	3.9		29.38					
Mushrooms White Raw	Mushrooms white raw	USDA Database	11260	0.5	Cup	35.000	1	35.000	8	1	0.12	0.018		0	2	1.14	0.4		1.08					
Tomatoes red ripe raw year round average	Tomatoes red ripe raw year round average	USDA Database	11529	0.5	Cup	112.689	1	112.689	20	2	0.23	0.032		0	6	4.38	1.4		0.99					
Salt Table	Salt table	USDA Database	02047	0.5	Teaspoon	3.000	1	3.000	0	0	0.00	0.000		0	1,163	0.00	0.0		0.00					
Spice Pepper Black Ground	Spices pepper black	USDA Database	02030	0.5	Tablespoon	3.450	1	3.450	9	1	0.11	0.048		0	1	2.21	0.9		0.36					
Oil Olive Salad or Cooking	Oil olive salad or cooking	USDA Database	04053	1	Tablespoon	13.500	1	13.500	119	122	13.50	1.864		0	0	0.00	0.0		0.00					
Basil Pesto Sauce	6/30 OZ/SAUCE PESTO BASIL	Manufacturer	5141502	0.5	Cup	114.000	1	114.000	380	342	38.00	6.000		30	760	4.00	0.0		8.00					
Zucchini Noodles	Squash summer zucchini includes skin raw	USDA Database	11477	2	cup, chopped	248.000	1	248.000	42	7	0.79	0.208		0	20	7.71	2.5		3.00					
Total Recipe Weight:		Stated Recipe Yield:		699.736 grams			699.736		699.736	823	608	67.58	10.315		30	1,976	24.17	9.1		42.81				
Nutrients per Serving Size (Unrounded):		Serving = 699.736 grams (Stated)							823	608	67.58	10.315		30	1,976	24.17	9.1		42.81					
Nutrients per Serving Size (Rounded):		Serving = 699.736 grams (Stated)							820	610	68	10		30	1980	24	9		43					

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions



Kid's Avocado Grilled Cheese

Key Name: 0104706

Kid's Avocado Grilled Cheese							Yield	Serving Size	# of Servings	Nutrient Details									
Key Name: 0104706							1 Serving	Serving	1										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bbrlcls Bread Sourdough 16 Slice 3/4"	6/28 OZ/BREAD SOURDOUGH 16 SLICE 3/4"	Manufacturer	0104455	1	Slice	49.000	1	49.000	127	13.00	1.47	0.000	0.000	0	255	24.50	1.0	0.97	4.90
Avocado Spread	Avocado Spread	Recipe	-Recipe-	1	1 serving	121.985	1	121.985	183	150.00	16.63	2.411	0.000	0	598	10.27	7.6	0.87	2.30
Salt Table	12/3 LB/SALT KOSHER FLAKE COARSE	Manufacturer	6040760	1	Teaspoon	6.000	1	6.000	0	0.00	0.00	0.000	0.000	0	2,360	0.00	0.0	0.00	0.00
Cheddar Cheese Sliced USDA	MILD CHED C SLC 6/24 OZ TWPK GLC 100601	Manufacturer Data	9852922	1.5	Ounce	42.524	1	42.524	162	128.00	14.17	8.100	0.000	51	273	0.00	0.0	0.00	10.12
Fresh Strawberry-Cut into 3 thin slices	Strawberries raw	USDA Database	09316	1	Each	11.340	1	11.340	4	0.00	0.03	0.002	0.000	0	0	0.87	0.2	0.55	0.08
Total Recipe Weight:		Stated Recipe Yield:		230.849 grams		230.849		230.849	476	291.00	32.30	10.513	0.000	51	3,486	35.64	8.8	2.39	17.40
Nutrients per Serving Size (Unrounded):		Serving = 230.849 grams (Stated)							476	291.00	32.30	10.513	0.000	51	3,486	35.64	8.8	2.39	17.40
Nutrients per Serving Size (Rounded):		Serving = 230.849 grams (Stated)							480	290	32	10	0	50	3490	36	9	2	17

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

**Grill on medium heat for 3 min on each side until Cheese is fully melted. Cut in half**

**Serve with Strawberry as a Garnish**

Kid's Grilled Chicken Breast

Key Name: 0104710

Kid's Grilled Chicken Breast																			
Key Name: 0104710			Yield		Serving Size		# of Servings		Nutrient Details										
			1 Serving		Serving		1												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Brst Bnls Skls 6oz	4/10 LB/CHICKEN CVP BRST B/S RDM JUMBO	Manufacturer	7203474	1	Each	167.997	0.78	131.038	175	63.00	7.02	1.755	0.000	70	53	0.00	0.0	0.00	29.25
Chicken breast sknls bnls 5oz	Chicken broiler or fryers breast skinless boneless meat only raw	USDA Database	05062	1	Each	113.398	1	113.398	136	27.00	2.97	0.638	0.008	83	51	0.00	0.0	0.00	25.51
Total Recipe Weight:		Stated Recipe Yield:		244.436 grams		281.395		244.436	311	90.00	9.99	2.393	0.008	153	104	0.00	0.0	0.00	54.76
Nutrients per Serving Size (Unrounded):		Serving = 244.436 grams (Stated)							311	90.00	9.99	2.393	0.008	153	104	0.00	0.0	0.00	54.76
Nutrients per Serving Size (Rounded):		Serving = 244.436 grams (Stated)							310	90	10	2.5	0	155	105	0	0	0	55

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Kid's Strawberry Avocado Toast

Key Name: 0104707

Kid's Strawberry Avocado Toast																						
Key Name: 0104707				Yield 1 1 serving		Serving Size 1 serving		# of Servings 1		Nutrient Details												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)			
Bbrlcls Bread Sourdough 16 Slice 3/4"	6/28 OZ/BREAD SOURDOUGH 16 SLICE 3/4"	Manufacturer	0104455	1	Slice	49.000	1	49.000	127	13.00	1.47	0.000	0.000	0	255	24.50	1.0	0.97	4.90			
Avocado Spread	Avocado Spread	Recipe	-Recipe-	1	1 serving	121.985	1	121.985	183	150.00	16.63	2.411	0.000	0	598	10.27	7.6	0.87	2.30			
Fresh Strawberries-Cut into 8 thin slices	Strawberries raw	USDA Database	09316	2	Each	22.680	1	22.680	7	1.00	0.07	0.003	0.000	0	0	1.74	0.5	1.11	0.15			
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	1	Tablespoon	21.000	1	21.000	60	0.00	0.00	0.000	0.000	0	0	17.00	0.0	17.00	0.00			
Total Recipe Weight:		Stated Recipe Yield:		214.665 grams		214.665		214.665	377	164.00	18.17	2.414	0.000	0	853	53.51	9.1	19.95	7.35			
Nutrients per Serving Size (Unrounded):									1 serving =	214.665 grams (Stated)		377	164.00	18.17	2.414	0.000	0	853	53.51	9.1	19.95	7.35
Nutrients per Serving Size (Rounded):									1 serving =	214.665 grams (Stated)		380	160	18	2.5	0	0	850	53	9	20	7

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

**Toast Bread and Cut at 80%**

**Spread and Lay Evenly ingredients on Bread. Drizzle Honey evenly all across toast & serve**

**Garnish (On Plate) 20% of remaining Bread for better presentation**

Watermelon Cucumber Smoothie

Key Name: 0104715

Yield 1 16oz Serving  
Serving Size 16oz Serving  
# of Servings 1

Nutrient Details

Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Watermelon, raw	Watermelon raw	USDA Database	09326	2	Cup	304.000	1	304.000	91	4.00	0.46	0.049	0.000	0	3	22.95	1.2	18.85	1.85
Cucumber, with peel, raw	Cucumber with peel raw	USDA Database	11205	1	Cup	104.000	1	104.000	16	1.00	0.11	0.038	0.000	0	2	3.78	0.5	1.74	0.68
Water Coconut	MAUI AND SONS Water Coconut 100%	User Added	-236301	8	Ounce	226.796	1	226.796	51	0.00	0.00	0.000	0.000	0	41	12.70	0.0	9.98	0.00
Lime juice from fresh Lime	Lime juice raw	USDA Database	09160	3	Tablespoon	46.185	1	46.185	12	0.00	0.03	0.004	0.000	0	1	3.89	0.2	0.78	0.19
Total Recipe Weight:		Stated Recipe Yield:		680.981 grams		680.981		680.981	170	5.00	0.60	0.091	0.000	0	47	43.32	1.9	31.35	2.72
Nutrients per Serving Size (Unrounded):		16oz Serving = 680.981 grams (Stated)							170	5.00	0.60	0.091	0.000	0	47	43.32	1.9	31.35	2.72
Nutrients per Serving Size (Rounded):		16oz Serving = 680.981 grams (Stated)							170	5	0.5	0	0	0	45	43	2	31	3

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

**If Watermelon is not cold add 4 ice cubes. Blend until Smooth. Pour in Mason Jar**



Strawberry Avocado Smoothie

Key Name: 0104712

Strawberry Avocado Smoothie							Yield	Serving Size	# of Servings	Nutrient Details										
Key Name: 0104712							1 16oz	16oz	1											
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Fresh Strawberries	Strawberries raw	USDA Database	09316	6	Each	68.039	1	68.039	22	2.00	0.20	0.010	0.000	0	1	5.23	1.4	3.33	0.46	
Water Coconut	MAUI AND SONS Water Coconut 100%	User Added	-236301	8	Ounce	226.796	1	226.796	51	0.00	0.00	0.000	0.000	0	41	12.70	0.0	9.98	0.00	
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	2	Tablespoon	42.000	1	42.000	120	0.00	0.00	0.000	0.000	0	0	34.00	0.0	34.00	0.00	
Banana-Peeled	Bananas raw	USDA Database	09040	1	Each	151.182	1	151.182	135	5.00	0.50	0.169	0.000	0	2	34.53	3.9	18.49	1.65	
Spinach	1/4 LB/SPINACH BABY FRSH	Manufacturer	8474538	1	Cup	30.000	1	30.000	7	1.00	0.12	0.030		0	24	1.08	0.7	0.12	0.87	
Total Recipe Weight:		Stated Recipe Yield:		518.017 grams		518.017		518.017		335	8.00	0.82	0.209	<u>0.000</u>	0	68	87.54	6.0	65.92	2.98
Nutrients per Serving Size (Unrounded):		16oz = 518.017 grams (Stated)							335	8.00	0.82	0.209	<u>0.000</u>	0	68	87.54	6.0	65.92	2.98	
Nutrients per Serving Size (Rounded):		16oz = 518.017 grams (Stated)							330	10	1	0	<u>0</u>	0	70	87	6	66	3	

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

**If Frozen Fruit is unavailable add 10 cubes of ice. Blend until Smooth. Pour in Mason Jar**

Avocado Mango Smoothie

Key Name: 0104711

Avocado Mango Smoothie						Yield	Serving Size	# of Servings	Nutrient Details											
Key Name: 0104711						1 16oz	16oz	1												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Mango Whole-Chopped	Mangos raw	USDA Database	09176	1	Each	350.000	1	350.000	210	12.00	1.33	0.322	0.000	0	4	52.43	5.6	47.81	2.87	
Avocado	Avocados raw all commercial varieties	USDA Database	09037	1	Each	201.000	1	201.000	322	265.00	29.47	4.273	0.000	0	14	17.15	13.5	1.33	4.02	
Water	Beverages water tap municipal	USDA Database	14429	0.5	Cup	118.500	1	118.500	0	0.00	0.00	0.000	0.000	0	4	0.00	0.0	0.00	0.00	
Orange juice	12/46 OZ/JUICE ORANGE 100% ASEPTIC	Manufacturer	6050124	0.5	Cup	120.000	1	120.000	156	0.00	0.00	0.000	0.000	0	6	36.00	1.2	26.40	2.40	
Honey	6/5 LB/HONEY PURE LT AMBER GR A JUG	Manufacturer	3374097	2	Tablespoon	42.000	1	42.000	120	0.00	0.00	0.000	0.000	0	0	34.00	0.0	34.00	0.00	
Total Recipe Weight:		Stated Recipe Yield:		831.500 grams		831.500		831.500		808	277.00	30.80	4.595	0.000	0	28	139.58	20.3	109.54	9.29
Nutrients per Serving Size (Unrounded):		16oz = 831.500 grams (Stated)							808	277.00	30.80	4.595	0.000	0	28	139.58	20.3	109.54	9.29	
Nutrients per Serving Size (Rounded):		16oz = 831.500 grams (Stated)							810	280	31	4.5	0	0	30	140	20	109	9	

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

**Blend until smooth. Pour in Customer's Choice Sized Mason Jar. Garnish Jar with chopped Mango**

Avocado Ice Cream

Key Name: 0104720

Avocado Ice Cream						Yield	Serving Size	# of Servings	Nutrient Details											
Key Name: 0104720						1 Serving	Serving	1												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Avocado	Avocados raw all commercial varieties	USDA Database	09037	2	Each	402.000	1	402.000	643	530.00	58.93	8.547	0.000	0	28	34.29	26.9	2.65	8.04	
Milk condensed sweetened canned	Milk canned condensed sweetened	USDA Database	01095	1	14 oz can	396.893	1	396.893	1,274	311.00	34.53	21.774		135	504	215.91	0.0	215.91	31.39	
Lime juice fresh raw	Lime juice raw	USDA Database	09160	2	Tablespoon	30.790	1	30.790	8	0.00	0.02	0.002	0.000	0	1	2.59	0.1	0.52	0.13	
Cream Heavy	CREAM HEAVY 40% ESL STABILIZED	Manufacturer	6935464	8	Ounce	226.796	1	226.796	907	816.00	90.72	60.479	0.000	378	0	0.00	0.0	0.00	0.00	
Sugar	3000/1/10OZ/SUGAR PACKET CANE	Manufacturer	5965850	0.5	Pound	226.796	1	226.796	801	0.00	0.00	0.000	0.000	0	0	240.42	0.0	240.42	0.00	
Total Recipe Weight:		Stated Recipe Yield:		1,283.275 grams		1,283.275		1283.275		3,633	1,657.00	184.20	90.802	0.000	513	533	493.21	27.0	459.50	39.56
Nutrients per Serving Size (Unrounded):		Serving = 1,283.275 grams (Stated)							3,633	1,657.00	184.20	90.802	0.000	513	533	493.21	27.0	459.50	39.56	
Nutrients per Serving Size (Rounded):		Serving = 1,283.275 grams (Stated)							3630	1660	184	91	0	515	530	493	27	459	40	

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Avocado Cheesecake

Key Name: 0104718

Avocado Cheesecake																				
Key Name: 0104718				Yield	Serving Size	# of Servings			Nutrient Details											
				1 Pie	Pie	1														
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Avocado Smashed	Avocados raw all commercial varieties	USDA Database	09037	2	Each	402.000	1	402.000	643	530.00	58.93	8.547	0.000	0	28	34.29	26.9	2.65	8.04	
Cheese, cream	10/3 LB/CHEESE CREAM LOAF	Manufacturer	1012566	8	Ounce	226.796	1	226.796	729	656.00	72.90	48.599	0.000	243	769	16.20	0.0	8.10	16.20	
Sugar	3000/1/10OZ/SUGAR PACKET CANE	Manufacturer	5965850	1	Cup	200.000	1	200.000	707	0.00	0.00	0.000	0.000	0	0	212.01	0.0	212.01	0.00	
Lime Zest	Limes raw	USDA Database	09159	1	Each	80.000	1	80.000	24	1.00	0.16	0.018	0.000	0	2	8.43	2.2	1.35	0.56	
Lime Juice from Fresh Lime-2Tablespoons equals 1oz	Limes raw	USDA Database	09159	1	Ounce	28.350	1	28.350	9	1.00	0.06	0.006	0.000	0	1	2.99	0.8	0.48	0.20	
Milk condensed sweetened canned	Milk canned condensed sweetened	USDA Database	01095	1	14 oz can	396.893	1	396.893	1,274	311.00	34.53	21.774		135	504	215.91	0.0	215.91	31.39	
Pie crust standard frozen enriched baked	Pie crust standard-type frozen ready-to-bake enriched baked	USDA Database	18335	1	Each	128.000	1	128.000	650	329.00	36.60	11.875		0	598	71.99	4.2	5.41	8.32	
Total Recipe Weight:		Stated Recipe Yield:		1,462.038 grams				1,462.038		4,036	1,828.00	203.18	90.819	0.000	378	1,902	561.82	34.1	445.91	64.71
Nutrients per Serving Size (Unrounded):		Pie = 1,462.038 grams (Stated)							4,036	1,828.00	203.18	90.819	0.000	378	1,902	561.82	34.1	445.91	64.71	
Nutrients per Serving Size (Rounded):		Pie = 1,462.038 grams (Stated)							4040	1830	203	91	0	380	1900	562	34	446	65	

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions



Signature Omelette									Nutrient Details										
Key Name: 0107039			Yield 1 Serving		Serving Size Serving		# of Servings 1												
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Egg whole raw fresh	Egg whole raw fresh	USDA Database	01123	4	Each	221.756	1	221.756	317	190	21.09	6.932		825	315	1.60	0.0		27.85
Peppers, sweet, green, raw	Peppers sweet green raw	USDA Database	11333	2	Ounce	56.699	1	56.699	11	1	0.10	0.033		0	2	2.63	1.0		0.49
Spinach raw	4/2.5 LB/SPINACH CLIPPED FRESH	Manufacturer	1675925	2	Ounce	56.699	1	56.699	13	0	0.00	0.000		0	43	2.00	1.5		1.33
Avocados, diced	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01
Cheddar Cheese	8/1.5LB/CHEESE CHDR MED SLI INT.75 YEL	Manufacturer	3546359	1	Ounce	28.350	1	28.350	108	85	9.45	5.400		27	182	1.34	0.0		6.75
Potatoes, Baby	Potatoes flesh and skin raw	USDA Database	11352	4	Ounce	113.398	1	113.398	87	1	0.10	0.028		0	7	19.83	2.4		2.32
Pork, cured, bacon, unprepared	HORMEL VALUE BRAND Diced Bacon	Manufacturer Data	1608777	2	slice raw	56.000	1	56.000	251	0	0.00	7.722		48	806	0.28			13.44
Total Recipe Weight:		Stated Recipe Yield:		633.402 grams		633.402		633.402	948	410	45.47	22.252		900	1,362	36.25	11.6		54.19
Nutrients per Serving Size (Unrounded):		Serving = 633.402 grams (Stated)							948	410	45.47	22.252		900	1,362	36.25	11.6		54.19
Nutrients per Serving Size (Rounded):		Serving = 633.402 grams (Stated)							950	410	45	22		900	1360	36	12		54

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Signature \_\_\_\_\_, Position \_\_\_\_\_, Date \_\_\_\_\_

Instructions

Bacon, Egg, & Cheese Croissant						Yield	Serving Size	# of Servings	Nutrient Details										
Key Name: 0107038						1 Serving	Serving	1											
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Pork, cured, bacon, unprepared	HORMEL VALUE BRAND Diced Bacon	Manufacturer Data	1608777	2	slice raw	56.000	1	56.000	251	0	0.00	7.722		48	806	0.28			13.44
Egg whole raw fresh	Egg whole raw fresh	USDA Database	01123	2	Each	110.878	1	110.878	159	95	10.54	3.466		412	157	0.80	0.0		13.93
Bkrsimp Croissant Butter Curved Sli 3 Oz	48/3 OZ/CROISSANT BUTTER CURVED SLI	Manufacturer	5221809	1	Croissant	85.000	1	85.000	310	126	14.00	8.000		35	360	40.00	1.0		7.00
Avocados, raw, all commercial varieties	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01
Cheese Cheddar	Shredded Cheddar Cheese 4/5#, Fancy Label	Manufacturer Data	1434814	1	Ounce	28.350	1	28.350	110	81	9.00	5.000		30	180	0.00	0.0		7.00
Total Recipe Weight:		Stated Recipe Yield:		380.728 grams		380.728		380.728	991	435	48.27	26.325		525	1,510	49.65	7.7		43.38
Nutrients per Serving Size (Unrounded):		Serving = 380.728 grams (Stated)							991	435	48.27	26.325		525	1,510	49.65	7.7		43.38
Nutrients per Serving Size (Rounded):		Serving = 380.728 grams (Stated)							990	430	48	26		525	1510	50	8		43

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Instructions

Spicy Egg & Chicken Wrap																			
Key Name: 0107037			Yield 1 Serving		Serving Size Serving		# of Servings 1		Nutrient Details										
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chopped Chicken	Tyson Red Label® Fully Cooked Grilled Diced Chicken Breast, 0.5"	Manufacturer Data	8462550	4	Ounce	113.398	1	113.398	148	42	4.72	1.350		81	553	2.70	0.0		25.65
Peppers, sweet, green, raw	Peppers sweet green raw	USDA Database	11333	2	Ounce	56.699	1	56.699	11	1	0.10	0.033		0	2	2.63	1.0		0.49
Egg whole raw fresh	Egg whole raw fresh	USDA Database	01123	2	Each	110.878	1	110.878	159	95	10.54	3.466		412	157	0.80	0.0		13.93
Bbrlcls Wrap Tortilla Tomato Basil 12"	6/12 CT/WRAP TORTILLA TOMATO BASIL 12IN	Manufacturer	8072654	1	Tortilla	104.000	1	104.000	310	54	6.00	2.500		0	710	52.00	2.0		8.00
Avocados, raw, all commercial varieties	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01
Sharp Cheddar Cheese	1/10#AVG/CHEESE CHEDDAR SHARP PRINT YEL	Manufacturer	3002017	1	Ounce	28.350	1	28.350	111	82	9.11	5.062		30	182	1.00	0.0		6.07
Total Recipe Weight:		Stated Recipe Yield:		513.825 grams		513.825		513.825	900	407	45.20	14.548		523	1,611	67.70	9.7		56.15
Nutrients per Serving Size (Unrounded):		Serving = 513.825 grams (Stated)							900	407	45.20	14.548		523	1,611	67.70	9.7		56.15
Nutrients per Serving Size (Rounded):		Serving = 513.825 grams (Stated)							900	410	45	14		525	1610	68	10		56

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Instructions

Vegan Chorizo Wrap

Key Name: 0107036

Vegan Chorizo Wrap																			
Key Name: 0107036		Yield		Serving Size		# of Servings		Nutrient Details											
		1 Serving		Serving		1													
Ingredient Name	Nutrition Item	Nutr. Source	Nut. ID	Qty	Unit	Gram Weight	Nut. Yield	Net Weight	Total Calories (Cal)	Calories from fat (fat Cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
MORNSTR SAUSAGE CHORIZO VEGAN BULK	Morningstar Farms Meal Solutions Chorizo 5lb 2ct	Manufacturer Data	7103615	1	Cup	118.000	1	118.000	220	144	16.00	2.000		0	840	12.00	10.0		18.00
Imp Fresh Salsa Pico de Gallo Frsh	1/5 LB/SALSA PICO DE GALLO FRSH	Manufacturer	7225568	2	Ounce	56.699	1	56.699	11	0	0.00	0.000		0	85	2.83	0.6		0.57
Peppers, sweet, green, raw	Peppers sweet green raw	USDA Database	11333	2	Ounce	56.699	1	56.699	11	1	0.10	0.033		0	2	2.63	1.0		0.49
Bbrrcls Wrap Tortilla Tomato Basil 12"	6/12 CT/WRAP TORTILLA TOMATO BASIL12IN	Manufacturer	8072654	1	Tortilla	104.000	1	104.000	310	54	6.00	2.500		0	710	52.00	2.0		8.00
Daiya Cheese Vegan Shred Mozzarella	DAIYA Cheese Vegan Shred Mozzarella	User Added	-192562	1	Ounce	28.350	1	28.349	90	54	6.02	2.007		0	281	7.02	1.0		1.00
Avocados, raw, all commercial varieties	Avocados raw all commercial varieties	USDA Database	09037	0.5	Each	100.500	1	100.500	161	133	14.73	2.137		0	7	8.57	6.7		2.01
Total Recipe Weight:		Stated Recipe Yield:		464.248 grams		464.247		464.247	803	386	42.85	8.677		0	1,925	85.05	21.3		30.07
Nutrients per Serving Size (Unrounded):		Serving = 464.248 grams (Stated)							803	386	42.85	8.677		0	1,925	85.05	21.3		30.07
Nutrients per Serving Size (Rounded):		Serving = 464.248 grams (Stated)							800	390	43	9		0	1920	85	21		30

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Instructions