

# Daily Dozen Servings

**Note:** \*LeafSide meals contain on average over 5 Daily Dozen servings of herbs & spices per meal. In the list below we cap this at 2 where applicable, to avoid a final total that is over represented by this category.

## Apple Cinnamon Crunch

Beans: 0 | Berries: 2 | Other Fruits: 2.25 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0 | Nuts & Seeds: 1 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1

**Total: 9.25/18**

## Berry Medley

Beans: 0 | Berries: 4.25 | Other Fruits: 1 | Cruciferous Veggies: 0.25 | Greens: 0.75 | Other Veggies: 0.5 | Flaxseeds: 0.5 | Nuts & Seeds: 0.75 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1

**Total: 12/18**

## Black Bean & Chunky Tomato

Beans: 1.75 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0.5 | Greens: 0 | Other Veggies: 7.25 | Flaxseeds: 0.25 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.25 | B12: 1

**Total: 12.5/18**

## Broccoli Cashew Alfredo

Beans: 0.5 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 2.25 | Greens: 0 | Other Veggies: 3.5 | Flaxseeds: 0.25 | Nuts & Seeds: 1.75 | Herbs & Spices\*: 2+ | Whole Grains: 2.75 | B12: 1

**Total: 13/18**

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### Cacao Cherry

Beans: 0.75 | Berries: 1.5 | Other Fruits: 1.75 | Cruciferous Veggies: 1 | Greens: 0.75 | Other Veggies: 0.25 | Flaxseeds: 0.75 | Nuts & Seeds: 0.75 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1

**Total: 10/18**

### Cacao Raspberry

Beans: 0 | Berries: 1.75 | Other Fruits: 1.5 | Cruciferous Veggies: 0.25 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0 | Nuts & Seeds: 1 | Herbs & Spices\*: 2+ | Whole Grains: 2.25 | B12: 1

**Total: 8.75/18**

### Creamy Forest Mushroom

Beans: 1.5 | Berries: 0 | Other Fruits: 0.25 | Cruciferous Veggies: 0.75 | Greens: 0.25 | Other Veggies: 2 | Flaxseeds: 0.25 | Nuts & Seeds: 1.25 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1

**Total: 10.25/18**

### Creamy Potato Leek

Beans: 0.5 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 2.75 | Greens: 0 | Other Veggies: 7 | Flaxseeds: 0 | Nuts & Seeds: 0 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1

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### Goji Peach Paradise

Beans: 0.25 | Berries: 0.75 | Other Fruits: 3.5 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0 | Nuts & Seeds: 0 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1

**Total: 8.5/18**

### Green Grail

Beans: 0.5 | Berries: 1.5 | Other Fruits: 2.25 | Cruciferous Veggies: 1.5 | Greens: 1.75 | Other Veggies: 0 | Flaxseeds: 0.75 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1

**Total: 11/18**

### Kale Krush

Beans: 0.75 | Berries: 0.75 | Other Fruits: 1.75 | Cruciferous Veggies: 1.5 | Greens: 0.5 | Other Veggies: 0.25 | Flaxseeds: 0.75 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.25 | B12: 1

**Total: 9/18**

### Lentil Tomato Pasta

Beans: 2.75 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0.25 | Greens: 0.75 | Other Veggies: 8.5 | Flaxseeds: 0.25 | Nuts & Seeds: 0 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1

**Total: 14.5/18**

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## Madras Curry

Beans: 1.5 | Berries: 0 | Other Fruits: 1.75 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 1.75 | Flaxseeds: 0.25 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 1.5 | B12: 1

**Total: 9.25/18**

## Mint Chip

Beans: 0.75 | Berries: 0.75 | Other Fruits: 2.5 | Cruciferous Veggies: 1 | Greens: 0.75 | Other Veggies: 0.25 | Flaxseeds: 0.75 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1

**Total: 9.75/18**

## Smoky Pea

Beans: 5.5 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 5.5 | Flaxseeds: 0.25 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1

**Total: 14.25/18**

## Spicy Garlic Bean

Beans: 2.25 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0.25 | Greens: 1 | Other Veggies: 8 | Flaxseeds: 0.25 | Nuts & Seeds: 0.25 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1

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### Super Berry

Beans: 0.75 | Berries: 2.5 | Other Fruits: 0.75 | Cruciferous Veggies: 1 | Greens: 0.75 | Other Veggies: 0.5 | Flaxseeds: 1 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1

**Total: 10.25/18**

### Sweet Potato Dal

Beans: 1.75 | Berries: 0 | Other Fruits: 1 | Cruciferous Veggies: 0.5 | Greens: 0 | Other Veggies: 4.25 | Flaxseeds: 0.25 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1

**Total: 10.75/18**

### Tex-Mex

Beans: 1.5 | Berries: 0 | Other Fruits: 0.25 | Cruciferous Veggies: 1.5 | Greens: 0 | Other Veggies: 7 | Flaxseeds: 0.5 | Nuts & Seeds: 0.75 | Herbs & Spices\*: 2+ | Whole Grains: 1.25 | B12: 1

**Total: 14.75/18**

### Thai Veggie Noodle

Beans: 0.5 | Berries: 0 | Other Fruits: 0.5 | Cruciferous Veggies: 3 | Greens: 0 | Other Veggies: 3.25 | Flaxseeds: 0 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1

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## Tropical Bliss

Beans: 0.75 | Berries: 0 | Other Fruits: 2.5 | Cruciferous Veggies: 1 | Greens: 0.5 | Other Veggies: 0.25 | Flaxseeds: 0.75 | Nuts & Seeds: 0.25 | Herbs & Spices\*: 2+ | Whole Grains: 0.25 | B12: 1

**Total: 8.25/18**

## Vanilla Cinn-sation

Beans: 0 | Berries: 0 | Other Fruits: 2 | Cruciferous Veggies: 2.25 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0.75 | Nuts & Seeds: 0.75 | Herbs & Spices\*: 2+ | Whole Grains: 1 | B12: 1

**Total: 8.75/18**