

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: 1.875 | Other Fruits: 2.25 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0.125 | Nuts & Seeds: 1 | Herbs & Spices*: 2+ | Whole Grains: 2 | B12: 1

Total: 9.25/18

Berry Medley

Beans: 0 | Berries: 4.375 | Other Fruits: 1.125 | Cruciferous Veggies: 0.25 | Greens: 0.75 | Other Veggies: 0.375 | Flaxseeds: 0.375 | Nuts & Seeds: 0.625 | Herbs & Spices*: 2+ | Whole Grains: 2 | B12: 1

Total: 11.875/18

Black Bean & Chunky Tomato

Beans: 1.875 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 7.25 | Flaxseeds: 0.125 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole Grains: 0.25 | B12: 1

Total: 12/18

Broccoli Cashew Alfredo

Beans: 0.625 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 2.25 | Greens: 0 | Other Veggies: 3.5 | Flaxseeds: 0.125 | Nuts & Seeds: 1.75 | Herbs & Spices*: 2+ | Whole Grains: 2.625 | B12: 1

Total: 12.875/18

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Cacao Cherry

Beans: 0.875 | Berries: 1.5 | Other Fruits: 1.75 | Cruciferous Veggies: 1 | Greens: 0.625
| Other Veggies: 0.125 | Flaxseeds: 0.75 | Nuts & Seeds: 0.75 | Herbs & Spices*: 2+ |
Whole Grains: 0.375 | B12: 1

Total: 9.75/18

Cacao Raspberry

Beans: 0 | Berries: 1.75 | Other Fruits: 1.5 | Cruciferous Veggies: 0.25 | Greens: 0 |
Other Veggies: 0 | Flaxseeds: 0.125 | Nuts & Seeds: 1 | Herbs & Spices*: 2+ | Whole
Grains: 2.125 | B12: 1

Total: 8.75/18

Creamy Forest Mushroom

Beans: 1.375 | Berries: 0 | Other Fruits: 0.25 | Cruciferous Veggies: 0.75 | Greens:
0.375 | Other Veggies: 1.875 | Flaxseeds: 0.375 | Nuts & Seeds: 1.25 | Herbs & Spices*:
2+ | Whole Grains: 2 | B12: 1

Total: 10.25/18

Creamy Potato Leek

Beans: 0.625 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 2.75 | Greens: 0 |
Other Veggies: 6.875 | Flaxseeds: 0 | Nuts & Seeds: 0 | Herbs & Spices*: 2+ | Whole
Grains: 0 | B12: 1

Total: 12.25/18

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Goji Peach Paradise

Beans: 0.125 | Berries: 0.625 | 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: 8.25/18

Golden Garlic Bean

Beans: 1.375 | Berries: 0 | Other Fruits: 0.125 | Cruciferous Veggies: 1.25 | Greens: 0 | Other Veggies: 6.5 | Flaxseeds: 0 | Nuts & Seeds: 0.75 | Herbs & Spices*: 2+ | Whole Grains: 0.25 | B12: 1

Total: 12.25/18

Green Grail

Beans: 0.5 | Berries: 1.5 | Other Fruits: 2.125 | Cruciferous Veggies: 1.375 | Greens: 1.625 | Other Veggies: 0 | Flaxseeds: 0.75 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole Grains: 0.375 | B12: 1

Total: 10.75/18

Kale Krush

Beans: 0.75 | Berries: 0.75 | Other Fruits: 1.75 | Cruciferous Veggies: 1.375 | Greens: 0.625 | Other Veggies: 0.125 | Flaxseeds: 0.75 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole Grains: 0.375 | B12: 1

Total: 9/18

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Lentil Tomato Pasta

Beans: 2.875 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0.375 | Greens: 0.75 | Other Veggies: 8.5 | Flaxseeds: 0.125 | Nuts & Seeds: 0 | Herbs & Spices*: 2+ | Whole Grains: 0 | B12: 1

Total: 14.625/18

Madras Curry

Beans: 1.5 | Berries: 0 | Other Fruits: 1.75 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 1.625 | Flaxseeds: 0.25 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole Grains: 1.5 | B12: 1

Total: 9.125/18

Mint Chip

Beans: 0.875 | Berries: 0.875 | Other Fruits: 2.5 | Cruciferous Veggies: 1 | Greens: 0.625 | Other Veggies: 0.125 | Flaxseeds: 0.75 | Nuts & Seeds: 0.625 | Herbs & Spices*: 2+ | Whole Grains: 0.375 | B12: 1

Total: 9.75/18

Pesto & Peppers Pasta

Beans: 2.375 | Berries: 0 | Other Fruits: 0.25 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 4.875 | Flaxseeds: 0 | Nuts & Seeds: 0.75 | Herbs & Spices*: 2+ | Whole Grains: 0 | B12: 1

Total: 10.25/18

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Smoky Pea

Beans: 5.5 | Berries: 0 | Other Fruits: 0.125 | 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: 14.375/18

Spicy Garlic Bean

Beans: 2.375 | Berries: 0 | Other Fruits: 0.125 | Cruciferous Veggies: 0.375 | Greens: 1 |
Other Veggies: 8 | Flaxseeds: 0.375 | Nuts & Seeds: 0.25 | Herbs & Spices*: 2+ | Whole
Grains: 0.5 | B12: 1

Total: 15/18

Super Berry

Beans: 0.875 | Berries: 2.5 | Other Fruits: 0.75 | Cruciferous Veggies: 1 | Greens: 0.625 |
Other Veggies: 0.375 | Flaxseeds: 1 | Nuts & Seeds: 0.375 | Herbs & Spices*: 2+ | Whole
Grains: 0.375 | B12: 1

Total: 9.875/18

Sweet Potato Dal

Beans: 1.75 | Berries: 0 | Other Fruits: 1 | Cruciferous Veggies: 0 | Greens: 0 | Other
Veggies: 4.125 | Flaxseeds: 0.375 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole
Grains: 0.375 | B12: 1

Total: 10.125/18

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Tex-Mex

Beans: 1.375 | Berries: 0 | Other Fruits: 0.125 | Cruciferous Veggies: 1.625 | Greens: 0
| Other Veggies: 6.875 | Flaxseeds: 0.375 | Nuts & Seeds: 0.625 | Herbs & Spices*: 2+ |
Whole Grains: 1.25 | B12: 1

Total: 14.25/18

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: 0.375 | Herbs & Spices*: 2+ | Whole
Grains: 0 | B12: 1

Total: 9.625/18

Tropical Bliss

Beans: 0.75 | Berries: 0 | Other Fruits: 2.375 | Cruciferous Veggies: 0.875 | Greens:
0.625 | Other Veggies: 0.125 | Flaxseeds: 0.75 | Nuts & Seeds: 0.375 | Herbs & Spices*:
2+ | Whole Grains: 0.375 | 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: 1.125 | B12: 1

Total: 8.875/18