

# 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: 1.9 | Other Fruits: 2.3 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0.1 | Nuts & Seeds: 1 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1 |

**Total: 9.3/18**

## Berry Medley

Beans: 0 | Berries: 4.4 | Other Fruits: 1.1 | Cruciferous Veggies: 0.2 | Greens: 0.8 | Other Veggies: 0.4 | Flaxseeds: 0.4 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1 |

**Total: 11.9/18**

## Black Bean & Chunky Tomato

Beans: 1.8 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 7.3 | Flaxseeds: 0.2 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 2+ | Whole Grains: 0.3 | B12: 1 |

**Total: 12.2/18**

## Broccoli Cashew Alfredo

Beans: 0.6 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 2.2 | Greens: 0 | Other Veggies: 3.6 | Flaxseeds: 0.2 | Nuts & Seeds: 1.7 | Herbs & Spices\*: 2+ | Whole Grains: 2.7 | B12: 1 |

**Total: 13/18**

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## Cacao Cherry

Beans: 0.6 | Berries: 2.4 | Other Fruits: 1.8 | Cruciferous Veggies: 1.8 | Greens: 0.7 | Other Veggies: 0.2 | Flaxseeds: 0.8 | Nuts & Seeds: 0.7 | Herbs & Spices\*: 2+ | Whole Grains: 0.4 | B12: 1 |

**Total: 11.4/18**

## Cacao Raspberry

Beans: 0 | Berries: 1.7 | Other Fruits: 1.5 | Cruciferous Veggies: 0.2 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0.1 | Nuts & Seeds: 0.9 | Herbs & Spices\*: 2+ | Whole Grains: 2.1 | B12: 1 |

**Total: 8.5/18**

## Creamy Forest Mushroom

Beans: 1.4 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 0.7 | Greens: 0.4 | Other Veggies: 1.9 | Flaxseeds: 0.4 | Nuts & Seeds: 1.3 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1 |

**Total: 10.3/18**

## Creamy Potato Leek

Beans: 0.6 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 2.8 | Greens: 0 | Other Veggies: 6.9 | Flaxseeds: 0 | Nuts & Seeds: 0.1 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1 |

**Total: 12.5/18**

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## Goji Peach Paradise

Beans: 0.1 | Berries: 0.6 | Other Fruits: 3.5 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0 | Nuts & Seeds: 0.1 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1 |

**Total: 8.3/18**

## Green Grail

Beans: 0.6 | Berries: 1.5 | Other Fruits: 2.2 | Cruciferous Veggies: 1.4 | Greens: 1.6 | Other Veggies: 0 | Flaxseeds: 0.8 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.4 | B12: 1 |

**Total: 11/18**

## Kale Krush

Beans: 0.8 | Berries: 0.8 | Other Fruits: 1.7 | Cruciferous Veggies: 1.4 | Greens: 0.6 | Other Veggies: 0.1 | Flaxseeds: 0.8 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.4 | B12: 1 |

**Total: 9.1/18**

## Lentil Tomato Pasta

Beans: 2.9 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 0.4 | Greens: 0.7 | Other Veggies: 8.5 | Flaxseeds: 0.2 | Nuts & Seeds: 0 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1 |

**Total: 14.8/18**

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## Madras Curry

Beans: 1.6 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 2 | Greens: 0 | Other Veggies: 5.4 | Flaxseeds: 0 | Nuts & Seeds: 0.4 | Herbs & Spices\*: 2+ | Whole Grains: 0.9 | B12: 1 |

**Total: 12.4/18**

## Mint Chip

Beans: 0.5 | Berries: 0 | Other Fruits: 2.5 | Cruciferous Veggies: 1.8 | Greens: 0.4 | Other Veggies: 0 | Flaxseeds: 0.8 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.4 | B12: 1 |

**Total: 8.9/18**

## Pesto & Peppers Pasta

Beans: 2.4 | Berries: 0 | Other Fruits: 0.3 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 4.9 | Flaxseeds: 0 | Nuts & Seeds: 0.8 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1 |

**Total: 10.4/18**

## Smoky Pea

Beans: 5.6 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 5.5 | Flaxseeds: 0.2 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1 |

**Total: 14.4/18**

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## Golden Garlic Bean

Beans: 1.4 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 1.2 | Greens: 0 | Other Veggies: 6.5 | Flaxseeds: 0 | Nuts & Seeds: 0.8 | Herbs & Spices\*: 2+ | Whole Grains: 0.2 | B12: 1 |

**Total: 12.2/18**

## Super Berry

Beans: 0.8 | Berries: 2.5 | Other Fruits: 0.8 | Cruciferous Veggies: 1 | Greens: 0.7 | Other Veggies: 0.4 | Flaxseeds: 1 | Nuts & Seeds: 0.4 | Herbs & Spices\*: 2+ | Whole Grains: 0.4 | B12: 1 |

**Total: 10/18**

## Sweet Potato Dal

Beans: 1.4 | Berries: 0 | Other Fruits: 3.2 | Cruciferous Veggies: 1.6 | Greens: 0 | Other Veggies: 4.7 | Flaxseeds: 0.3 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 2+ | Whole Grains: 0.6 | B12: 1 |

**Total: 14.4/18**

## Tex-Mex

Beans: 1.4 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 1.6 | Greens: 0 | Other Veggies: 6.9 | Flaxseeds: 0.4 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 2+ | Whole Grains: 1.3 | B12: 1 |

**Total: 14.4/18**

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## Thai Veggie Noodle

Beans: 0.5 | Berries: 0 | Other Fruits: 0.5 | Cruciferous Veggies: 3.1 | Greens: 0 | Other Veggies: 3.2 |  
Flaxseeds: 0 | Nuts & Seeds: 0.4 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1 |

**Total: 9.7/18**

## Tropical Bliss

Beans: 0.5 | Berries: 0 | Other Fruits: 2.4 | Cruciferous Veggies: 1.8 | Greens: 0 | Other Veggies: 0.1 |  
Flaxseeds: 0.8 | Nuts & Seeds: 0.4 | Herbs & Spices\*: 2+ | Whole Grains: 0.3 | B12: 1 |

**Total: 8.3/18**

## Vanilla Cinn-sation

Beans: 0 | Berries: 0 | Other Fruits: 2 | Cruciferous Veggies: 2.2 | Greens: 0 | Other Veggies: 0 |  
Flaxseeds: 0.8 | Nuts & Seeds: 0.8 | Herbs & Spices\*: 2+ | Whole Grains: 1.1 | B12: 1 |

**Total: 8.9/18**