

# 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 | OtherFruits:2.3 | CruciferousVeggies:0 | Greens:0 | OtherVeggies: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 | OtherFruits:1.1 | CruciferousVeggies:0.2 | Greens:0.8 | OtherVeggies: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 | OtherFruits:0 | CruciferousVeggies:0 | Greens:0 | OtherVeggies:7.3 |  
Flaxseeds: 0.2 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 2+ | Whole Grains: 0.3 | B12: 1 |

**Total: 12.2/18**

## Blue Brilliance

Beans: 0.5 | Berries: 3.3 | Other Fruits: 0.5 | Cruciferous Veggies: 0.8 | Greens: 0 |  
Other Veggies: 0.4 | Flaxseeds: 0.8 | Nuts & Seeds: 0.1 | Herbs & Spices\*: 2+ | Whole  
Grains: 0.4 | B12: 1 | Total: 8.8/18

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### Broccoli Cashew Alfredo

Beans:0.6|Berries:0|OtherFruits:0|CruciferousVeggies:2.2|Greens:0|OtherVeggies:3.6|  
Flaxseeds: 0.2 | Nuts & Seeds: 1.7 | Herbs & Spices\*: 2+ | Whole Grains: 2.7 | B12: 1 |

**Total: 13/18**

### Cacao Cherry

Beans:0.6|Berries:2.4|OtherFruits:1.8|CruciferousVeggies:1.8|Greens:0.7|OtherVeggies: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|OtherFruits:1.5|CruciferousVeggies:0.2|Greens:0|OtherVeggies: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|OtherFruits:0.2|CruciferousVeggies:0.7|Greens:0.4|OtherVeggies:1.9|  
Flaxseeds: 0.4 | Nuts & Seeds: 1.3 | Herbs & Spices\*: 2+ | Whole Grains: 2 | B12: 1 |

**Total: 10.3/18**

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### **Creamy Potato Leek**

Beans:0.6|Berries:0|OtherFruits:0.1|CruciferousVeggies:2.8|Greens:0|OtherVeggies:6.9|  
Flaxseeds: 0 | Nuts & Seeds: 0.1 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1 |

**Total: 12.5/18**

### **Goji Peach Paradise**

Beans:0.1|Berries:0.6|OtherFruits:3.5|CruciferousVeggies:0|Greens:0|OtherVeggies: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|OtherFruits:2.2|CruciferousVeggies:1.4|Greens:1.6|OtherVeggies: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|OtherFruits:1.7|CruciferousVeggies:1.4|Greens:0.6|OtherVeggies:0.1  
| Flaxseeds: 0.8 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.4 | B12: 1 |

**Total: 9.1/18**

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### Lentil Tomato Pasta

Beans:2.9|Berries:0|OtherFruits:0.1|CruciferousVeggies:0.4|Greens:0.7|OtherVeggies:8.5|  
Flaxseeds: 0.2 | Nuts & Seeds: 0 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1 |

**Total: 14.8/18**

### Madras Curry

Beans:1.6|Berries:0|OtherFruits:0.1|CruciferousVeggies:2|Greens:0|OtherVeggies: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|OtherFruits:2.5|CruciferousVeggies:1.8|Greens:0.4|OtherVeggies: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|OtherFruits:0.3|CruciferousVeggies:0|Greens:0|OtherVeggies:4.9|  
Flaxseeds: 0 | Nuts & Seeds: 0.8 | Herbs & Spices\*: 2+ | Whole Grains: 0 | B12: 1 |

**Total: 10.4/18**

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### Smoky Pea

Beans:5.6|Berries:0|OtherFruits:0.1|CruciferousVeggies:0|Greens:0|OtherVeggies:5.5|  
Flaxseeds: 0.2 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2+ | Whole Grains: 0.5 | B12: 1 |

**Total: 14.4/18**

### Golden Garlic Bean

Beans:1.4|Berries:0|OtherFruits:0.1|CruciferousVeggies:1.2|Greens:0|OtherVeggies:6.5|  
Flaxseeds: 0 | Nuts & Seeds: 0.8 | Herbs & Spices\*: 2+ | Whole Grains: 0.2 | B12: 1 |

**Total: 12.2/18**

### Sweet Potato Dal

Beans:1.4|Berries:0|OtherFruits:3.2|CruciferousVeggies:1.6|Greens:0|OtherVeggies: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|OtherFruits:0.2|CruciferousVeggies:1.6|Greens:0|OtherVeggies: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|OtherFruits:0.5|CruciferousVeggies:3.1|Greens:0|OtherVeggies: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|OtherFruits:2.4|CruciferousVeggies:1.8|Greens:0|OtherVeggies: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|OtherFruits:2|CruciferousVeggies:2.2|Greens:0|OtherVeggies:0|  
Flaxseeds: 0.8 | Nuts & Seeds: 0.8 | Herbs & Spices\*: 2+ | Whole Grains: 1.1 | B12: 1 |

**Total: 8.9/18**