

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 Sweet-Bowl

Beans: 0.0 | Berries: 1.9 | Other Fruits: 6.3 | Cruciferous Veggies: 0.0 | Greens: 0.0 | Other Veggies: 0.0
| Flaxseeds: 0.1 | Nuts & Seeds: 1.0 | Herbs & Spices*: 2+ | Whole Grains: 2.0 | B12: 1 |

Total: 13.3

Black Bean & Chunky Tomato Soup

Beans: 1.8 | Berries: 0.0 | Other Fruits: 0.0 | Cruciferous Veggies: 1.0 | Greens: 0.0 | Other Veggies: 6.8
| Flaxseeds: 0.2 | Nuts & Seeds: 0.6 | Herbs & Spices*: 2+ | Whole Grains: 0.3 | B12: 1 |

Total: 12.7

Broccoli Cashew Alfredo Savory-Bowl

Beans: 0.6 | Berries: 0.0 | Other Fruits: 0.0 | Cruciferous Veggies: 1.8 | Greens: 0.0 | Other Veggies: 3.6
| Flaxseeds: 0.2 | Nuts & Seeds: 1.6 | Herbs & Spices*: 2+ | Whole Grains: 3.0 | B12: 1 |

Total: 12.7

Blue Brilliance Smoothie

Beans: 0.3 | Berries: 3.3 | Other Fruits: 1.5 | Cruciferous Veggies: 0.5 | Greens: 0.0 | Other Veggies: 0.4
| Flaxseeds: 0.8 | Nuts & Seeds: 0.1 | Herbs & Spices*: 2+ | Whole Grains: 0.4 | B12: 1 |

Total: 9.3

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Berry Medley Sweet-Bowl

Beans: 0.0 | Berries: 4.2 | Other Fruits: 0.7 | Cruciferous Veggies: 0.4 | Greens: 0.8 | Other Veggies: 0.4
| Flaxseeds: 0.4 | Nuts & Seeds: 0.6 | Herbs & Spices*: 2+ | Whole Grains: 2.0 | B12: 1 |

Total: 11.7

Creamy Forest Mushroom Savory-Bowl

Beans: 0.8 | Berries: 0.0 | Other Fruits: 0.2 | Cruciferous Veggies: 1.4 | Greens: 0.4 | Other Veggies: 1.9
| Flaxseeds: 0.4 | Nuts & Seeds: 1.2 | Herbs & Spices*: 2+ | Whole Grains: 1.9 | B12: 1 |

Total: 10.2

Cacao Cherry Smoothie

Beans: 0.4 | 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: 11.2

Creamy Potato Leek Soup

Beans: 0.6 | Berries: 0.0 | Other Fruits: 0.1 | Cruciferous Veggies: 2.8 | Greens: 0.0 | Other Veggies: 6.8
| Flaxseeds: 0.0 | Nuts & Seeds: 0.1 | Herbs & Spices*: 2+ | Whole Grains: 0.0 | B12: 1 |

Total: 12.2

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Cacao Raspberry Sweet-Bowl

Beans: 0.0 | Berries: 1.7 | Other Fruits: 1.6 | Cruciferous Veggies: 0.5 | Greens: 0.0 | Other Veggies: 0.0
| Flaxseeds: 0.1 | Nuts & Seeds: 0.9 | Herbs & Spices*: 2+ | Whole Grains: 2.1 | B12: 1 |

Total: 9.0

Goji Peach Paradise Sweet-Bowl

Beans: 0.1 | Berries: 0.6 | Other Fruits: 2.7 | Cruciferous Veggies: 0.0 | Greens: 0.0 | Other Veggies: 0.0
| Flaxseeds: 0.0 | Nuts & Seeds: 0.1 | Herbs & Spices*: 2+ | Whole Grains: 1.8 | B12: 1 |

Total: 7.2

Golden Garlic Bean Soup

Beans: 1.4 | Berries: 0.0 | Other Fruits: 0.1 | Cruciferous Veggies: 2.4 | Greens: 0.0 | Other Veggies: 6.5
| Flaxseeds: 0.0 | Nuts & Seeds: 0.7 | Herbs & Spices*: 2+ | Whole Grains: 0.2 | B12: 1 |

Total: 13.4

Green Grail Smoothie

Beans: 0.1 | Berries: 1.5 | Other Fruits: 2.1 | Cruciferous Veggies: 2.8 | Greens: 1.6 | Other Veggies: 0.0
| Flaxseeds: 0.8 | Nuts & Seeds: 0.6 | Herbs & Spices*: 2+ | Whole Grains: 0.4 | B12: 1 |

Total: 12.0

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Kale Krush Smoothie

Beans: 0.4 | Berries: 0.8 | Other Fruits: 1.7 | Cruciferous Veggies: 4.3 | Greens: 0.0 | Other Veggies: 0.1
| Flaxseeds: 0.8 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole Grains: 0.4 | B12: 1 |

Total: 10.9

Lentil Tomato Pasta Savory-Bowl

Beans: 2.8 | Berries: 0.0 | Other Fruits: 0.1 | Cruciferous Veggies: 0.5 | Greens: 0.7 | Other Veggies: 9.2
| Flaxseeds: 0.1 | Nuts & Seeds: 0.0 | Herbs & Spices*: 2+ | Whole Grains: 0.0 | B12: 1 |

Total: 15.5

Madras Curry Savory-Bowl

Beans: 1.2 | Berries: 0.0 | Other Fruits: 0.1 | Cruciferous Veggies: 2.0 | Greens: 0.0 | Other Veggies: 5.4
| Flaxseeds: 0.0 | Nuts & Seeds: 0.4 | Herbs & Spices*: 2+ | Whole Grains: 0.9 | B12: 1 |

Total: 12.0

Mint Chip Smoothie

Beans: 0.3 | Berries: 0.0 | Other Fruits: 2.5 | Cruciferous Veggies: 2.2 | Greens: 0.4 | Other Veggies: 0.0
| Flaxseeds: 0.8 | Nuts & Seeds: 0.6 | Herbs & Spices*: 2+ | Whole Grains: 0.4 | B12: 1 |

Total: 9.1

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Pesto & Peppers Pasta Savory-Bowl

Beans: 1.7 | Berries: 0.0 | Other Fruits: 0.1 | Cruciferous Veggies: 0.0 | Greens: 0.0 | Other Veggies: 5.0
| Flaxseeds: 0.0 | Nuts & Seeds: 0.8 | Herbs & Spices*: 2+ | Whole Grains: 0.0 | B12: 1 |

Total: 9.6

Sweet Potato Dal Soup

Beans: 1.4 | Berries: 0.0 | Other Fruits: 3.2 | Cruciferous Veggies: 1.6 | Greens: 0.0 | Other Veggies: 4.7
| Flaxseeds: 0.3 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole Grains: 0.6 | B12: 1 |

Total: 14.3

Smoky Pea Soup

Beans: 1.3 | Berries: 0.0 | Other Fruits: 0.0 | Cruciferous Veggies: 0.0 | Greens: 0.0 | Other Veggies: 5.6
| Flaxseeds: 0.2 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2+ | Whole Grains: 0.5 | B12: 1 |

Total: 10.2

Tropical Bliss Smoothie

Beans: 0.1 | Berries: 0.0 | Other Fruits: 3.1 | Cruciferous Veggies: 1.5 | Greens: 0.0 | Other Veggies: 0.2
| Flaxseeds: 0.7 | Nuts & Seeds: 0.0 | Herbs & Spices*: 2+ | Whole Grains: 0.2 | B12: 1 |

Total: 7.9

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Tex Mex Savory-Bowl

Beans: 1.0 | Berries: 0.0 | Other Fruits: 0.2 | Cruciferous Veggies: 3.2 | Greens: 0.0 | Other Veggies: 7.3
| Flaxseeds: 0.4 | Nuts & Seeds: 0.6 | Herbs & Spices*: 2+ | Whole Grains: 1.3 | B12: 1 |

Total: 16.0

Thai Veggie Noodle Savory-Bowl

Beans: 1.4 | Berries: 0.0 | Other Fruits: 0.6 | Cruciferous Veggies: 2.9 | Greens: 0.0 | Other Veggies: 3.0
| Flaxseeds: 0.0 | Nuts & Seeds: 0.4 | Herbs & Spices*: 2+ | Whole Grains: 0.0 | B12: 1 |

Total: 10.2

Vanilla Cinn-Sation Smoothie

Beans: 0.0 | Berries: 0.0 | Other Fruits: 2.0 | Cruciferous Veggies: 2.1 | Greens: 0.0 | Other Veggies: 0.0
| Flaxseeds: 0.8 | Nuts & Seeds: 0.8 | Herbs & Spices*: 2+ | Whole Grains: 1.0 | B12: 1 |

Total: 8.6