

## 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: 2.6 | Other Fruits: 1.8 | 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: 8.9**

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### **Berry Medley Sweet-Bowl**

Beans: 0.0 | Berries: 4.2 | Other Fruits: 0.9 | 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: 11.8**

### **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**

### **Comforting Corn Chowder Soup**

Beans: 0.2 | Berries: 0.0 | Other Fruits: 0.0 | Cruciferous Veggies: 0.8 | Greens: 0.0 | Other Veggies: 5.2  
| Flaxseeds: 0.0 | Nuts & Seeds: 0.7 | Herbs & Spices\*: 2+ | Whole Grains: 0.4 | B12: 1 |

**Total: 9.4**

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### **Cozy Carrot Spice Sweet-Bowl**

Beans: 0.1 | Berries: 0.0 | Other Fruits: 1.9 | Cruciferous Veggies: 0.3 | Greens: 0.0 | Other Veggies: 2.6  
| Flaxseeds: 0.3 | Nuts & Seeds: 1.8 | Herbs & Spices\*: 2+ | Whole Grains: 2.4 | B12: 1 |

**Total: 11.4**

### **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**

### **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**

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### 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: 2.3 | 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: 12.1**

### Kale Krush Smoothie

Beans: 0.3 | Berries: 0.0 | Other Fruits: 2.6 | Cruciferous Veggies: 3.6 | Greens: 0.0 | Other Veggies: 0.1  
| Flaxseeds: 0.7 | Nuts & Seeds: 0.4 | Herbs & Spices\*: 2+ | Whole Grains: 0.3 | B12: 1 |

**Total: 10.1**

### Lentil Tomato Pasta Savory-Bowl

Beans: 0.7 | Berries: 0.0 | Other Fruits: 0.1 | Cruciferous Veggies: 0.5 | Greens: 0.7 | Other Veggies: 8.7  
| Flaxseeds: 0.1 | Nuts & Seeds: 0.0 | Herbs & Spices\*: 2+ | Whole Grains: 2.0 | B12: 1 |

**Total: 14.9**

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### **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**

### **Pesto & Peppers Pasta Savory-Bowl**

Beans: 1.7 | Berries: 0.0 | Other Fruits: 0.3 | 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: 9.8**

### **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**

## Daily Dozen Servings

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### Smoky Pea Soup

Beans: 1.3 | Berries: 0.0 | Other Fruits: 0.1 | 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**

### 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**

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### 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**