

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 | Berries: 1.9 | Other Fruits: 6.3 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 |
Flaxseeds: 0.2 | Nuts & Seeds: 1 | Herbs & Spices*: 2 | Whole Grains: 2 | B12: 1 |

Total: 13.3

Broccoli Cashew Alfredo Savory-Bowl

Beans: 0.8 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 1.8 | Greens: 0 | Other Veggies: 3.3 |
Flaxseeds: 0.2 | Nuts & Seeds: 0.9 | Herbs & Spices*: 1.5 | Whole Grains: 0.8 | B12: 1 |

Total: 9.3

Blue Brilliance Smoothie

Beans: 0.3 | Berries: 3.3 | Other Fruits: 1.8 | Cruciferous Veggies: 0.5 | Greens: 0 | Other Veggies: 0.4 |
Flaxseeds: 0.8 | Nuts & Seeds: 0.1 | Herbs & Spices*: 1.3 | Whole Grains: 0.4 | B12: 1 |

Total: 8.9

Berry Medley Sweet-Bowl

Beans: 0 | Berries: 4.2 | Other Fruits: 0.9 | Cruciferous Veggies: 0.4 | Greens: 0.8 | Other Veggies: 0.4 |
Flaxseeds: 0.6 | Nuts & Seeds: 0.6 | Herbs & Spices*: 1.4 | Whole Grains: 2 | B12: 1 |

Total: 11.4

Creamy Forest Mushroom Savory-Bowl

Beans: 0.8 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 1.4 | Greens: 0.4 | Other Veggies: 2.5 |
Flaxseeds: 0.2 | Nuts & Seeds: 1.3 | Herbs & Spices*: 2 | Whole Grains: 1.9 | B12: 1 |

Total: 10.7

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: 0.9 | Nuts & Seeds: 0.7 | Herbs & Spices*: 1.8 | Whole Grains: 0.4 | B12: 1 |

Total: 11.1

Comforting Corn Chowder Soup

Beans: 0 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0.8 | Greens: 0 | Other Veggies: 5 | Flaxseeds:
0 | Nuts & Seeds: 0.7 | Herbs & Spices*: 2 | Whole Grains: 0.8 | B12: 1 |

Total: 9.4

Cozy Carrot Spice Sweet-Bowl

Beans: 0.1 | Berries: 0 | Other Fruits: 1.9 | Cruciferous Veggies: 0.3 | Greens: 0 | Other Veggies: 2.6 |
Flaxseeds: 0.4 | Nuts & Seeds: 1.8 | Herbs & Spices*: 2 | Whole Grains: 2.4 | B12: 1 |

Total: 11.5

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Creamy Potato Leek Soup

Beans: 0.8 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 1 | Greens: 0 | Other Veggies: 5.4 |
Flaxseeds: 0 | Nuts & Seeds: 0.1 | Herbs & Spices*: 1.8 | Whole Grains: 0 | B12: 1 |

Total: 9.2

Cacao Raspberry Sweet-Bowl

Beans: 0 | Berries: 2 | Other Fruits: 1.9 | Cruciferous Veggies: 0.5 | Greens: 0 | Other Veggies: 0 |
Flaxseeds: 0.2 | Nuts & Seeds: 0.9 | Herbs & Spices*: 2 | Whole Grains: 2.4 | B12: 1 |

Total: 10

Goji Peach Paradise Sweet-Bowl

Beans: 0.1 | Berries: 0.6 | Other Fruits: 2.5 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 |
Flaxseeds: 0 | Nuts & Seeds: 0.1 | Herbs & Spices*: 2 | Whole Grains: 1.8 | B12: 1 |

Total: 7

Golden Garlic Bean Soup

Beans: 1.4 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 2.4 | Greens: 0 | Other Veggies: 5.9 |
Flaxseeds: 0 | Nuts & Seeds: 0.7 | Herbs & Spices*: 2 | Whole Grains: 0.2 | B12: 1 |

Total: 12.7

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Green Grail Smoothie

Beans: 0.2 | Berries: 2 | Other Fruits: 2.8 | Cruciferous Veggies: 3.8 | Greens: 1.6 | Other Veggies: 0 |
Flaxseeds: 0.9 | Nuts & Seeds: 0.6 | Herbs & Spices*: 0.7 | Whole Grains: 0.4 | B12: 1 |

Total: 13

Kale Krush Smoothie

Beans: 0.3 | Berries: 0 | Other Fruits: 2.6 | Cruciferous Veggies: 3.6 | Greens: 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 | Other Fruits: 0.2 | Cruciferous Veggies: 0.5 | Greens: 0.7 | Other Veggies: 7.1 |
Flaxseeds: 0.1 | Nuts & Seeds: 0 | Herbs & Spices*: 2 | Whole Grains: 2.3 | B12: 1 |

Total: 13.6

Madras Curry Savory-Bowl

Beans: 1.7 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 2 | Greens: 0 | Other Veggies: 3.5 |
Flaxseeds: 0 | Nuts & Seeds: 0.4 | Herbs & Spices*: 2 | Whole Grains: 0.7 | B12: 1 |

Total: 10.5

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Mint Chip Smoothie

Beans: 0.3 | Berries: 0 | Other Fruits: 2.5 | Cruciferous Veggies: 2.2 | Greens: 0.4 | Other Veggies: 0 | Flaxseeds: 0.9 | Nuts & Seeds: 0.6 | Herbs & Spices*: 2 | Whole Grains: 0.4 | B12: 1 |

Total: 9.2

Pesto & Peppers Pasta Savory-Bowl

Beans: 0.3 | Berries: 0 | Other Fruits: 0.3 | Cruciferous Veggies: 1.3 | Greens: 0 | Other Veggies: 5.7 | Flaxseeds: 0 | Nuts & Seeds: 0.9 | Herbs & Spices*: 2 | Whole Grains: 0.3 | B12: 1 |

Total: 10.7

Sweet Potato Dal Soup

Beans: 1.4 | Berries: 0 | Other Fruits: 3.2 | Cruciferous Veggies: 1.6 | Greens: 0 | Other Veggies: 4.5 | Flaxseeds: 0.4 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2 | Whole Grains: 0.6 | B12: 1 |

Total: 14.2

Smoky Pea Soup

Beans: 1.3 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 5.3 | Flaxseeds: 0.3 | Nuts & Seeds: 0.5 | Herbs & Spices*: 2 | Whole Grains: 0.5 | B12: 1 |

Total: 10

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Tropical Bliss Smoothie

Beans: 0.1 | Berries: 2.1 | Other Fruits: 3.2 | Cruciferous Veggies: 1.5 | Greens: 0 | Other Veggies: 0.2 | Flaxseeds: 0.7 | Nuts & Seeds: 0 | Herbs & Spices*: 0.5 | Whole Grains: 0.2 | B12: 1 |

Total: 8.6

Tex Mex Savory-Bowl

Beans: 1.1 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 3.2 | Greens: 0 | Other Veggies: 6.3 | Flaxseeds: 0.6 | Nuts & Seeds: 0.6 | Herbs & Spices*: 2 | Whole Grains: 1.3 | B12: 1 |

Total: 15.2

Thai Veggie Noodle Savory-Bowl

Beans: 1.6 | Berries: 0 | Other Fruits: 0.4 | Cruciferous Veggies: 2.1 | Greens: 0 | Other Veggies: 3.3 | Flaxseeds: 0 | Nuts & Seeds: 0.3 | Herbs & Spices*: 2 | Whole Grains: 0.2 | B12: 1 |

Total: 9.8

Vanilla Cinn-Sation Smoothie

Beans: 0.1 | Berries: 1.1 | Other Fruits: 1.8 | Cruciferous Veggies: 1.6 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0.5 | Nuts & Seeds: 1.2 | Herbs & Spices*: 2 | Whole Grains: 1.2 | B12: 1 |

Total: 9.4

Daily Dozen Servings

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Southwest Black Bean Soup

Beans: 1.8 | Berries: 0 | Other Fruits: 0.4 | Cruciferous Veggies: 1 | Greens: 0 | Other Veggies: 5.3 |
Flaxseeds: 0.2 | Nuts & Seeds: 0.9 | Herbs & Spices*: 2 | Whole Grains: 0.5 | B12: 1 |

Total: 12.1