

Nutrition Facts Label

Recipe Name: LSG/Bistro Housemade French Onion Soup Bowl
Recipe Id: 35812
Portion: Bowl 10.9 oz
Portion Grams: 311.844216505

Nutrition Facts

Serving Size 1.1oz (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 310	Calories From Fat 127
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	43%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 470mg	19%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 16g	
Vitamin A 8%	Vitamin C 120%
Calcium 35%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Soy, Wheat, Eggs, Milk

- Low Cal
- Low Cholesterol

Nutrition Facts Label

Recipe Name: LSG/Bistro Housemade French Onion Soup Cup
Recipe Id: 35813
Portion: Cup 7.4 oz
Portion Grams: 212.620966505

Nutrition Facts

Serving Size 7.5oz (213g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories From Fat 84
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 10g	
Vitamin A 6%	Vitamin C 50%
Calcium 25%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Soy, Wheat, Eggs, Milk

- Low Cal
- Low Sodium
- Low Cholesterol

Nutrition Facts Label

Recipe Name: Soup Wild Rice Bowl Restaurant
Recipe Id: 13330
Portion: Bowl 8 oz
Portion Grams: 228.21914489999

Nutrition Facts

Serving Size 8.1oz (228g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories From Fat 132
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 1150mg	48%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 7g	
Vitamin A 30%	Vitamin C 70%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Soy, Wheat, Eggs, Milk

- Low Cal

Nutrition Facts Label

Recipe Name: Soup Wild Rice Cup Restaurant
Recipe Id: 13331
Portion: Cup 6 oz
Portion Grams: 172.8695811

Nutrition Facts

Serving Size 6.1oz (173g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories From Fat 101
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 860mg	36%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 6g	
Vitamin A 20%	Vitamin C 50%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Soy, Wheat, Eggs, Milk

- Low Cal

Nutrition Facts Label

Recipe Name: Soup Chili Chicken Bowl Rest
Recipe Id: 7011
Portion: Bowl 9.5 oz
Portion Grams: 272.095099060001

Nutrition Facts

Serving Size 9.6oz (272g)	
Servings Per Container 1	
Amount Per Serving	
Calories 360	Calories From Fat 157
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1560mg	65%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	19%
Sugars 3g	
Protein 22g	
Vitamin A 25%	Vitamin C 250%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Wheat, Milk

Nutrition Facts Label

Recipe Name: Soup Chili Chicken Cup Restaurant
Recipe Id: 7011
Portion: Cup 6.7 oz
Portion Grams: 191.18165713

Nutrition Facts

Serving Size 6.7oz (191g)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories From Fat 107
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1110mg	46%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	13%
Sugars 2g	
Protein 16g	
Vitamin A 15%	Vitamin C 190%
Calcium 0%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Wheat, Milk

Nutrition Facts Label

Recipe Name: Soup Tom's Tomato Bowl Restaurant
Recipe Id: 38198
Portion: Bowl 9 oz
Portion Grams: 257.832182115

Nutrition Facts

Serving Size 9.1oz (258g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories From Fat 166
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 10g	51%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 1300mg	54%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 4g	
Vitamin A 15%	Vitamin C 30%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Wheat

- Low Cal
- Low Cholesterol

Nutrition Facts Label

Recipe Name: Soup Tom's Tomato Cup Restaurant
Recipe Id: 38199
Portion: Cup 6.6 oz
Portion Grams: 189.494578384999

Nutrition Facts

Serving Size 6.7oz (189g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories From Fat 118
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 930mg	39%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	6%
Sugars 5g	
Protein 3g	
Vitamin A 10%	Vitamin C 20%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Wheat

- Low Cal
- Low Cholesterol

Nutrition Facts Label

Recipe Name: LSG R1 Canadian Cheese Soup Bowl
 Recipe Id: 10584
 Portion: Bowl 8.5 oz
 Portion Grams: 240.98492475

Nutrition Facts	
Serving Size 8.5oz (241g)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories From Fat 157
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 9g	47%
Trans Fat 0g	
cholesterol 40mg	13%
Sodium 1400mg	59%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1 g	4%
Sugars 2g	
Protein 3g	
Vitamin A 25%	Vitamin C 60%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Soy, Wheat, Eggs, Milk

- ✓ Low Cal
- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: LSG R1 Canadian Cheese Soup Cup
 Recipe Id: 6480
 Portion: Cup 6.2 oz
 Portion Grams: 177.20985955

Nutrition Facts	
Serving Size 6.3oz (177g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories From Fat 110
% Daily Value*	
Total Fat 12g	49%
Saturated Fat 7g	34%
Trans Fat 0g	
cholesterol 30mg	9%
Sodium 1030mg	43%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1 g	3%
Sugars 2g	
Protein 2g	
Vitamin A 20%	Vitamin C 35%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Soy, Wheat, Eggs, Milk

- ✓ Low Cal
- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: Thai Chicken Lettuce Wrap Rotis
 Recipe Id: 38896
 Portion: Plate 8.9oz
 Portion Grams: 252.624945955

Nutrition Facts	
Serving Size 8.9oz (253g)	
Servings Per Container 1	
Amount Per Serving	
Calories 460	Calories From Fat 286
% Daily Value*	
Total Fat 32g	49%
Saturated Fat 6g	30%
Trans Fat 0g	
cholesterol 95mg	31%
Sodium 1820mg	76%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Sugars 10g	
Protein 29g	
Vitamin A 50%	Vitamin C 130%
Calcium 5%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Shellfish, Peanuts, Soy, Eggs, Milk, Fish

- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: Walleye Strips Plate 2013
 Recipe Id: 35902
 Portion: Plate 9.6oz
 Portion Grams: 273.754395294999

Nutrition Facts	
Serving Size 9.7oz (274g)	
Servings Per Container 1	
Amount Per Serving	
Calories 550	Calories From Fat 314
% Daily Value*	
Total Fat 35g	54%
Saturated Fat 9g	24%
Trans Fat 0g	
cholesterol 140mg	47%
Sodium 1040mg	43%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 32g	
Vitamin A 20%	Vitamin C 300%
Calcium 25%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Wheat, Eggs, Fish

- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: LSGNR Grilled BBQ Chicken Quesadilla w/Pico de Gallo
 Recipe Id: 27897
 Portion: Plate 10.3oz
 Portion Grams: 293.4221444414999

Nutrition Facts	
Serving Size 10.4oz (293g)	
Servings Per Container 1	
Amount Per Serving	
Calories 620	Calories From Fat 237
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 14g	70%
Trans Fat 0g	
cholesterol 115mg	38%
Sodium 1430mg	60%
Total Carbohydrate 58g	19%
Dietary Fiber 3g	13%
Sugars 14g	
Protein 40g	
Vitamin A 25%	Vitamin C 150%
Calcium 4%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Shellfish, Peanuts, Soy, Wheat, Eggs, Milk, Fish

- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: LC Hummus Plate 2015
 Recipe Id: 42397
 Portion: Plate 14.5 oz
 Portion Grams: 411.067466504999

Nutrition Facts	
Serving Size 14.5oz (411g)	
Servings Per Container 1	
Amount Per Serving	
Calories 610	Calories From Fat 322
% Daily Value*	
Total Fat 36g	50%
Saturated Fat 13g	63%
Trans Fat 0g	
cholesterol 60mg	21%
Sodium 2020mg	84%
Total Carbohydrate 58g	19%
Dietary Fiber 7g	29%
Sugars 9g	
Protein 20g	
Vitamin A 140%	Vitamin C 330%
Calcium 8%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Milk

- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: Starter Caesar Salad
 Recipe Id: 34621
 Portion: Plate 4.5 oz
 Portion Grams: 127.77743339

Nutrition Facts	
Serving Size 4.5oz (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories From Fat 217
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 4.5g	23%
Trans Fat 0g	
cholesterol 15mg	5%
Sodium 410mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 5g	
Vitamin A 150%	Vitamin C 35%
Calcium 15%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Wheat, Milk

- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: R2 Lakeshore Salad
 Recipe Id: 13315
 Portion: Salad 4.4 oz
 Portion Grams: 125.83832759

Nutrition Facts	
Serving Size 4.4oz (126g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories From Fat 73
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 3g	
Vitamin A 140%	Vitamin C 40%
Calcium 8%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts

- ✓ Low Cal
- ✓ Low Sat Fat
- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: Mandarin Salad Rotis Starter
 Recipe Id: 38282
 Portion: Plate 9.8 oz
 Portion Grams: 279.01237706001

Nutrition Facts	
Serving Size 9.8oz (279g)	
Servings Per Container 1	
Amount Per Serving	
Calories 570	Calories From Fat 318
% Daily Value*	
Total Fat 35g	54%
Saturated Fat 6g	32%
Trans Fat 0g	
cholesterol 60mg	20%
Sodium 1140mg	48%
Total carbohydrate 47g	16%
Dietary Fiber 4g	18%
Sugars 21g	
Protein 20g	
Vitamin A 110%	Vitamin C 90%
Calcium 8%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Shellfish, Peanuts, soy, Wheat, Eggs, Milk, Fish

Nutrition Facts Label

Recipe Name: Starter Chop Salad w/Rotis Turkey Plate
 Recipe Id: 38098
 Portion: Plate 6.6 oz
 Portion Grams: 187.753919085001

Nutrition Facts	
Serving Size 6.6oz (188g)	
Servings Per Container 1	
Amount Per Serving	
Calories 360	Calories From Fat 241
% Daily Value*	
Total Fat 27g	41%
Saturated Fat 9g	45%
Trans Fat 0g	
cholesterol 75mg	26%
Sodium 1300mg	54%
Total carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 24g	
Vitamin A 110%	Vitamin C 100%
Calcium 30%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Milk

Nutrition Facts Label

Recipe Name: LSG R1 Starter Maurice Salad
 Recipe Id: 11113
 Portion: Plate 8.6 oz
 Portion Grams: 245.085112934999

Nutrition Facts	
Serving Size 8.6oz (245g)	
Servings Per Container 1	
Amount Per Serving	
Calories 470	Calories From Fat 361
% Daily Value*	
Total Fat 40g	62%
Saturated Fat 10g	52%
Trans Fat 0g	
cholesterol 120mg	40%
Sodium 1250mg	52%
Total carbohydrate 9g	3%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 20g	
Vitamin A 15%	Vitamin C 10%
Calcium 25%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Eggs, Milk

Nutrition Facts Label

Recipe Name: Walnut Room Peach Nest Chicken Salad
 Recipe Id: 7880
 Portion: Plate 14oz
 Portion Grams: 399.611717050003

Nutrition Facts	
Serving Size 14.1oz (400g)	
Servings Per Container 1	
Amount Per Serving	
Calories 620	Calories From Fat 305
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 8g	42%
Trans Fat 0g	
cholesterol 120mg	40%
Sodium 830mg	35%
Total carbohydrate 48g	16%
Dietary Fiber 3g	11%
Sugars 26g	
Protein 26g	
Vitamin A 30%	Vitamin C 80%
Calcium 8%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Eggs

Nutrition Facts Label

Recipe Name: Michigan Chop Starter Salad Plate
 Recipe Id: 34061
 Portion: Plate 7.4 oz
 Portion Grams: 210.65606266

Nutrition Facts	
Serving Size 7.4oz (211g)	
Servings Per Container 1	
Amount Per Serving	
Calories 390	Calories From Fat 242
% Daily Value*	
Total Fat 27g	41%
Saturated Fat 6g	28%
Trans Fat 0g	
cholesterol 95mg	18%
Sodium 840mg	35%
Total carbohydrate 17g	6%
Dietary Fiber 4g	14%
Sugars 11g	
Protein 22g	
Vitamin A 110%	Vitamin C 60%
Calcium 15%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Tree Nuts, Peanuts, Soy, Wheat, Eggs, Milk

Nutrition Facts Label

Recipe Name: LSG Garden Salad
 Recipe Id: 13324
 Portion: Salad 7.8 oz
 Portion Grams: 223.960767529181

Nutrition Facts	
Serving Size 7.8oz (224g)	
Servings Per Container 1	
Amount Per Serving	
Calories 190	Calories From Fat 114
% Daily Value*	
Total Fat 13g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
cholesterol 25mg	8%
Sodium 700mg	29%
Total carbohydrate 13g	4%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 9g	
Vitamin A 180%	Vitamin C 150%
Calcium 8%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Wheat, Eggs, Milk

Low Cal

Low Cholesterol

Nutrition Facts Label

Recipe Name: LSG Caesar Salad
 Recipe Id: 13325
 Portion: Plate 9oz
 Portion Grams: 255.55146484

Nutrition Facts	
Serving Size 9oz (256g)	
Servings Per container 1	
Amount Per Serving	
Calories 510	Calories From Fat 435
% Daily Value*	
Total Fat 48g	74%
Saturated Fat 9g	45%
Trans Fat 0g	
cholesterol 30mg	9%
Sodium 820mg	34%
Total carbohydrate 11g	4%
Dietary Fiber 4g	15%
Sugars 3g	
Protein 11g	
Vitamin A 300%	Vitamin C 70%
Calcium 25%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Wheat, Milk

Low cholesterol

Nutrition Facts Label

Recipe Name: LC Flank Steak Salad Plate 2015
 Recipe Id: 33245
 Portion: Plate 14.6oz
 Portion Grams: 414.446153929255

Nutrition Facts	
Serving Size 14.6oz (414g)	
Servings Per Container 1	
Amount Per Serving	
Calories 630	Calories From Fat 363
% Daily Value*	
Total Fat 40g	62%
Saturated Fat 14g	71%
Trans Fat 0g	
cholesterol 110mg	36%
Sodium 1690mg	70%
Total carbohydrate 16g	5%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 49g	
Vitamin A 150%	Vitamin C 320%
Calcium 8%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total carbohydrate	300g
Dietary Fiber	25g

Allergens: Contains Milk

Nutrition Facts Label

Recipe Name: Gluten Free Hummus Starter w/Vegetables
 Recipe Id: 35801
 Portion: Plate 11.4 oz
 Portion Grams: 326.01896505

Nutrition Facts

Serving Size 11.5oz (326g)
 Servings Per Container 1

Amount Per Serving		Calories From Fat 72	
Calories 200		% Daily Value*	
Total Fat 8g	12%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 740mg	31%		
Total Carbohydrate 28g	9%		
Dietary Fiber 7g	27%		
Sugars 6g			
Protein 5g			
Vitamin A 170%	Vitamin C 400%		
Calcium 6%	Iron 15%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Saturated Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate	300g	
Dietary Fiber	25g	

- ✓ Low Cal
- ✓ Low Sat Fat
- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: Gluten Free Mandarin Salad Rest.
 Recipe Id: 32814
 Portion: Plate 14.7oz
 Portion Grams: 416.825816945003

Nutrition Facts

Serving Size 14.7oz (417g)
 Servings Per Container 1

Amount Per Serving		Calories From Fat 211	
Calories 510		% Daily Value*	
Total Fat 23g	36%		
Saturated Fat 3.5g	17%		
Trans Fat 0g			
Cholesterol 65mg	21%		
Sodium 1520mg	63%		
Total Carbohydrate 47g	16%		
Dietary Fiber 6g	24%		
Sugars 34g			
Protein 29g			
Vitamin A 210%	Vitamin C 140%		
Calcium 8%	Iron 20%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Saturated Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate	300g	
Dietary Fiber	25g	

Allergens: Contains Tree Nuts

- ✓ Low Sat Fat
- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: Gluten Free Garden Salad
 Recipe Id: 32838
 Portion: Plate 7.2 oz
 Portion Grams: 207.749105880045

Nutrition Facts

Serving Size 7.3oz (208g)
 Servings Per Container 1

Amount Per Serving		Calories From Fat 196	
Calories 230		% Daily Value*	
Total Fat 22g	33%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 10mg	3%		
Sodium 290mg	12%		
Total Carbohydrate 6g	2%		
Dietary Fiber 3g	11%		
Sugars 5g			
Protein 2g			
Vitamin A 180%	Vitamin C 150%		
Calcium 4%	Iron 8%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Saturated Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate	300g	
Dietary Fiber	25g	

- ✓ Low Cal
- ✓ Low Sat Fat
- ✓ Low cholesterol

Nutrition Facts Label

Recipe Name: LSG R1 Rotisserie Turkey w/Potato Plate
 Recipe Id: 12214
 Portion: Plate 20.5oz
 Portion Grams: 581.164750000001

Nutrition Facts

Serving Size 20.5oz (581g)
 Servings Per Container 1

Amount Per Serving		Calories From Fat 215	
Calories 650		% Daily Value*	
Total Fat 24g	37%		
Saturated Fat 14g	68%		
Trans Fat 0g			
Cholesterol 205mg	68%		
Sodium 2880mg	120%		
Total Carbohydrate 45g	15%		
Dietary Fiber 6g	26%		
Sugars 20g			
Protein 64g			
Vitamin A 80%	Vitamin C 210%		
Calcium 10%	Iron 25%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Saturated Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate	300g	
Dietary Fiber	25g	

Allergens: Contains Soy, Wheat, Eggs, Milk

- ✓ Low Cal

Nutrition Facts Label

Recipe Name: LC Taco Walleye Plate 105
 Recipe Id: 42227
 Portion: Plate 14.8 oz
 Portion Grams: 422.361623809997

Nutrition Facts

Serving Size 14.9oz (422g)
 Servings Per Container 1

Amount Per Serving		Calories From Fat 161	
Calories 600		% Daily Value*	
Total Fat 18g	28%		
Saturated Fat 4g	20%		
Trans Fat 0g			
Cholesterol 110mg	37%		
Sodium 2040mg	85%		
Total Carbohydrate 78g	26%		
Dietary Fiber 7g	28%		
Sugars 9g			
Protein 31g			
Vitamin A 30%	Vitamin C 340%		
Calcium 30%	Iron 40%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Saturated Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate	300g	
Dietary Fiber	25g	

Allergens: Contains Wheat, Milk, Fish

- ✓ Low Sat Fat

Nutrition Facts Label

Recipe Name: LC Stir Fry w/Brown Rice Plate
 Recipe Id: 41986
 Portion: Plate 23.7 oz
 Portion Grams: 673.69921897

Nutrition Facts

Serving Size 23.8oz (674g)
 Servings Per Container 1

Amount Per Serving		Calories From Fat 134	
Calories 540		% Daily Value*	
Total Fat 15g	23%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 65mg	22%		
Sodium 1380mg	58%		
Total Carbohydrate 67g	22%		
Dietary Fiber 8g	33%		
Sugars 17g			
Protein 37g			
Vitamin A 60%	Vitamin C 200%		
Calcium 15%	Iron 30%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Saturated Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate	300g	
Dietary Fiber	25g	

Allergens: Contains Tree Nuts, Shellfish, Peanuts, Soy, Eggs, Milk, Fish

- ✓ Low Cal