

GEM – Food Nutrition Facts

Arugula Mushroom Salad

Nutrition Facts	
1 serving per container Serving size 9 oz.	
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 5 g	25 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 263 mg	11 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	21 %
Total Sugars 2 g	
Includes 0g Added Sugar	0 %
Protein 9 g	19 %
Vitamin D 0mcg	0 %
Calcium 130 mg	10 %
Iron 3.24 mg	18 %
Potassium 425 mg	10 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

INGREDIENTS QUINOA, ARUGULA, MUSHROOM (CREMINI, SHITAKE, BUTTON), TOMATO, PINE NUT, AVOCADO OIL, EXTRA VIRGIN OLIVE OIL, TURMERIC, THYME, GARLIC, SEA SALT, BLACK PEPPER

Blueberry Chia Pudding

Nutrition Facts	
1 serving per container Serving size 6 oz.	
Amount per serving	
Calories	330
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 5 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 65 mg	3 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 9 g	36 %
Total Sugars 20 g	
Includes 11g Added Sugar	22 %
Protein 7g	14 %
Vitamin D 0mcg	0 %
Calcium 143 mg	11 %
Iron 2.16 mg	12 %
Potassium 314 mg	7 %
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INGREDIENTS CASHEW MILK (CASHEW, FILTERED WATER, CINNAMON, SEA SALT), CHIA SEED, BLUEBERRY, ALMOND, PECAN, WALNUT, MAPLE SYRUP, DATE, LEMON JUICE, LEMON ZEST, VANILLA BEAN, SEA SALT

Celery Salad

Nutrition Facts	
1 serving per container Serving size 8 oz.	
Amount per serving	
Calories	218
% Daily Value *	
Total Fat 19 g	24 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 5 g	
Monounsaturated Fat 12 g	
Cholesterol 0 mg	0 %
Sodium 113 mg	5 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	15 %
Total Sugars 4 g	
Includes 0 g Added Sugar	0 %
Protein 2 g	5 %
Vitamin D 0mcg	0 %
Calcium 117 mg	9 %
Iron 1.98 mg	11 %
Potassium 433 mg	10 %
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INGREDIENTS CELERY, CELERY ROOT, JICAMA, MULBERRY, PARSLEY, EXTRA VIRGIN OLIVE OIL, LEMON JUICE, WHITE WINE VINEGAR, WHOLE GRAIN MUSTARD, SHALLOT, LEMON ZEST, CELERY SEED

Chopped Veggie Salad

Nutrition Facts	
1 serving per container Serving size 8 oz.	
Amount per serving	
Calories	189
% Daily Value *	
Total Fat 11 g	14 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 476 mg	20 %
Total Carbohydrate 17 g	4 %
Dietary Fiber 5 g	20 %
Total Sugars 5 g	
Includes 0 g Added Sugar	0 %
Protein 5 g	11 %
Vitamin D 0mcg	0 %
Calcium 130 mg	10 %
Iron 1.44 mg	8 %
Potassium 411 mg	10 %
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INGREDIENTS CUCUMBER, BROCCOLI, CAULIFLOWER, CABBAGE, CARROT, LEMON JUICE, EXTRA VIRGIN OLIVE OIL, MISO, MATCHA, WHITE WINE VINEGAR, GINGER, SUNFLOWER SEED, CRUSHED RED PEPPER, SEA SALT

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Crush and Crumble Protein Bar

Nutrition Facts	
1 serving per container Serving size 1 bar	
Amount per serving	
Calories	340
% Daily Value *	
Total Fat 21 g	27 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 10 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 139 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 6 g	12 %
Total Sugars 9 g	
Includes 9g Added Sugar	18 %
Protein 12 g	24 %
Vitamin D 0 mcg	0 %
Calcium 96 mg	7 %
Iron 6 mg	33 %
Potassium 300 mg	7 %
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INGREDIENTS QUINOA PUFFS, TAHINI, HONEY, ORIGINAL EPIC PROTEIN®, PUMPKIN SEED, HULLED HEMP SEED, CHIA SEED, SESAME SEED, SEA SALT

Dandelion & Kale Salad

Nutrition Facts	
1 serving per container Serving size 6.3 oz.	
Amount per serving	
Calories	230
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 6 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 140 mg	6 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	22 %
Total Sugars 8 g	
Includes 0g Added Sugar	0 %
Protein 7 g	14 %
Vitamin D 0 mcg	0 %
Calcium 273 mg	21 %
Iron 3.42 mg	19 %
Potassium 749 mg	18 %
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INGREDIENTS DANDELION, KALE, GOLDEN BEET, PINE NUT, EXTRA VIRGIN OLIVE OIL, HULLED HEMP SEED, CURRANT, LEMON JUICE, GARLIC, JALAPENO, DILL, SEA SALT, BLACK PEPPER

Dijon Kale Salad Dressing

Nutrition Facts	
8 servings per container Serving size 2 Tablespoons	
Amount per serving	
Calories	107
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 6 g	
Cholesterol 0 mg	0 %
Sodium 158 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	0 %
Total Sugars 7 g	
Includes 6g Added Sugar	12 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 22 mg	2 %
Iron 0 mg	0 %
Potassium 65 mg	2 %
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INGREDIENTS EXTRA VIRGIN OLIVE OIL, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, TURMERIC, SPICE), MAPLE SYRUP, LEMON JUICE

Hummus with Pesto

Nutrition Facts	
1 serving per container Serving size 6 oz.	
Amount per serving	
Calories	186
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 469 mg	20 %
Total Carbohydrate 29 g	11 %
Dietary Fiber 7 g	25 %
Total Sugars 1 g	
Includes 0 g Added Sugar	0 %
Protein 9 g	18 %
Vitamin D 0mcg	0 %
Calcium 59 mg	5 %
Iron 1 mg	6 %
Potassium 269 mg	6 %
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INGREDIENTS GARBANZO, LEMON JUICE, FILTERED WATER, TAHINI, JALAPENO, CILANTRO, GREEN ONION, LEMON JUICE, PINE NUT, SEA SALT, BLACK PEPPER

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Kale Salad

Nutrition Facts	
1 serving per container Serving size 5 oz.	
Amount per serving	
Calories	229
% Daily Value *	
Total Fat 13 g	17 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 8 g	
Cholesterol 0 mg	0 %
Sodium 249 mg	11 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	14 %
Total Sugars 10 g	
Includes 6g Added Sugar	12 %
Protein 6 g	12 %
Vitamin D 0mcg	0 %
Calcium 221 mg	17 %
Iron 3 mg	17 %
Potassium 760 mg	16 %
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INGREDIENTS KALE, APPLE, PISTACHIO, EXTRA VIRGIN OLIVE OIL, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, TURMERIC, SPICE), MAPLE SYRUP, LEMON JUICE

Kale/Quinoa Salad

Nutrition Facts	
1 serving per container Serving size 8 oz.	
Amount per serving	
Calories	235
% Daily Value *	
Total Fat 7 g	9 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 4 g	
Cholesterol 0 mg	0 %
Sodium 344 mg	15 %
Total Carbohydrate 37 g	13 %
Dietary Fiber 6 g	21 %
Total Sugars 5 g	
Includes 3g Added Sugar	6 %
Protein 8 g	16 %
Vitamin D 0mcg	0 %
Calcium 124 mg	10 %
Iron 2 mg	11 %
Potassium 425 mg	9 %
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INGREDIENTS KALE SALAD (KALE, APPLE, PISTACHIO, EXTRA VIRGIN OLIVE OIL, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, TURMERIC, SPICE), MAPLE SYRUP, LEMON JUICE), QUINOA SALAD (QUINOA, RED BELL PEPPER, LEMON JUICE, CILANTRO, GREEN ONION, GARLIC, GINGER, SEA SALT, BLACK PEPPER)

Lentil Soup

Nutrition Facts	
1 serving per container Serving size 13 oz.	
Amount per serving	
Calories	175
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 411 mg	18 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 12 g	49 %
Total Sugars 5 g	
Includes 0g Added Sugar	0 %
Protein 13 g	25 %
Vitamin D 0mcg	0 %
Calcium 52 mg	4 %
Iron 3.60 mg	20 %
Potassium 689 mg	16 %
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INGREDIENTS FILTERED WATER, LENTIL, CARROT, CELERY, TOMATO PASTE, ONION, GARLIC, EXTRA VIRGIN OLIVE OIL, APPLE CIDER VINEGAR, SEA SALT, BLACK PEPPER, CUMIN

Mushroom Veggie Power - MVP Soup

Nutrition Facts	
1 serving per container Serving size 10 oz.	
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 341 mg	14 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	15 %
Total Sugars 4 g	
Includes 0g Added Sugar	0 %
Protein 3 g	7 %
Vitamin D 0 mcg	0 %
Calcium 104 mg	8 %
Iron 1.26 mg	7 %
Potassium 454 mg	11 %
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INGREDIENTS FILTERED WATER, MUSHROOMS (CREMINI, SHIITAKE, BUTTON), BROCCOLI, KALE, CARROT, CELERY, CAULIFLOWER, CABBAGE, ONION, SPINACH, GINGER, GARLIC, EXTRA VIRGIN OLIVE OIL, CUMIN, SEA SALT, BLACK PEPPER, CAYENNE

GEM – Food Nutrition Facts

Pico De Gallo

Nutrition Facts	
4 serving per container Serving size 11 oz.	
Amount per serving	
Calories	16
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 152 mg	6 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Total Sugars 2 g	
Includes 0 g Added Sugar	0 %
Protein 1 g	1 %
Vitamin D 0 mcg	0 %
Calcium 13 mg	1 %
Iron 0.18 mg	1 %
Potassium 193 mg	5 %
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INGREDIENTS TOMATO, ONION, CILANTRO, JALAPENO, LEMON JUICE, SEA SALT

Oatmeal

Nutrition Facts	
1 serving per container Serving size 12 oz.	
Amount per serving	
Calories	320
% Daily Value *	
Total Fat 8 g	10 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 19 mg	<1 %
Total Carbohydrate 63 g	23 %
Dietary Fiber 14 g	50 %
Total Sugars 18 g	
Includes 12g Added Sugar	24 %
Protein 10 g	20 %
Vitamin D 0 mcg	0 %
Calcium 174 mg	8 %
Iron 4 mg	22 %
Potassium 380 mg	9 %
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INGREDIENTS STEEL CUT OATS, WALNUT, CURRANT, CINNAMON, MAPLE SYRUP

Quinoa Salad

Nutrition Facts	
2 serving per container Serving size 5 oz.	
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 219 mg	9 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 3 g	13 %
Total Sugars 1 g	
Includes 0g Added Sugar	0 %
Protein 5 g	9 %
Vitamin D 0 mcg	0 %
Calcium 13 mg	1 %
Iron 0.18 mg	1 %
Potassium 45 mg	1 %
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INGREDIENTS QUINOA, RED BELL PEPPER, LEMON JUICE, CILANTRO, GREEN ONION, GARLIC, GINGER, SEA SALT, BLACK PEPPER

Raw Collard Wraps

Nutrition Facts	
1 serving per container Serving size 6.3 oz.	
Amount per serving	
Calories	174
% Daily Value *	
Total Fat 10 g	13 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 331 mg	14 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 5 g	19 %
Total Sugars 5 g	
Includes 0 g Added Sugar	0 %
Protein 6 g	12 %
Vitamin D 0 mcg	0 %
Calcium 208 mg	16 %
Iron 1.62 mg	9 %
Potassium 464 mg	11 %
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INGREDIENTS CARROT, RED CABBAGE, COLLARD GREEN, BASIL, PARSLEY, JALAPENO, APPLE CIDER VINEGAR, WALNUT, MISO, LEMON JUICE, GARLIC, GINGER

GEM – Food Nutrition Facts

Spicy Vegan Ranch Dip

Nutrition Facts	
4 serving per container Serving size 5.5 oz	
Amount per serving	
Calories	251
% Daily Value *	
Total Fat 25 g	32 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 14 g	
Cholesterol 0 mg	0 %
Sodium 165 mg	7 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Total Sugars 1 g	
Includes 0g Added Sugar	
Protein 4 g	7 %
Vitamin D 0 mcg	0 %
Calcium 0 mg	0 %
Iron 1.44 mg	8 %
Potassium 133 mg	3 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

INGREDIENTS FILTERED WATER, HULLED HEMP SEED, PINE NUT, LEMON JUICE, EXTRA VIRGIN OLIVE OIL, JALAPENO, DILL, SEA SALT, BLACK PEPPER

Super SoulFood Energy Bar

Nutrition Facts	
1 serving per container Serving size 1 Bar	
Amount per serving	
Calories	259
% Daily Value *	
Total Fat 19 g	24 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 4 g	
Monounsaturated Fat 12 g	
Cholesterol 0 mg	0 %
Sodium 74 mg	3 %
Total Carbohydrate 21 g	8 %
Dietary Fiber 5 g	18 %
Total Sugars 13 g	
Includes 0 g Added Sugar	
Protein 6 g	12 %
Vitamin D 0mcg	0 %
Calcium 67 mg	5 %
Iron 3 mg	17 %
Potassium 316 mg	7 %
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INGREDIENTS DATE, ALMOND, MACADAMIA NUT, PUMPKIN SEED, CACAO NIB, GOJI BERRY, CHIA SEED, HULLED HEMP SEED, SALT, VANILLA BEAN

Super Tabouli

Nutrition Facts	
1 serving per container Serving size 7.5 oz	
Amount per serving	
Calories	272
% Daily Value *	
Total Fat 21 g	27 %
Saturated Fat 3 g	16 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 15 g	
Cholesterol 0 mg	0 %
Sodium 86 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 7 g	30 %
Total Sugars 5 g	
Includes 0 g Added Sugar	
Protein 6 g	12 %
Vitamin D 0mcg	0 %
Calcium 217 mg	17 %
Iron 8 mg	44 %
Potassium 819 mg	20 %
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INGREDIENTS PARSLEY, CAULIFLOWER, MINT, CUCUMBER, TOMATO, GREEN ONION, EXTRA VIRGIN OLIVE OIL, LEMON JUICE, HULLED HEMP SEED, LEMON ZEST, GARLIC, CRUSHED RED PEPPER, SEA SALT

3 Bean Salad

Nutrition Facts	
2 serving per container Serving size 10.5 oz.	
Amount per serving	
Calories	200
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 3 g	
Cholesterol 0 mg	0 %
Sodium 235 mg	10 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 9 g	32 %
Total Sugars 7 g	
Includes 6g Added Sugar	
Protein 9 g	19 %
Vitamin D 0mcg	0 %
Calcium 78 mg	6 %
Iron 2.16 mg	12 %
Potassium 486 mg	12 %
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INGREDIENTS KIDNEY BEAN, GARBANZO BEAN, CANNELLINI BEAN, CARROT, CELERY, RED ONION, BASIL, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, RAW HONEY, SEA SALT, BLACK PEPPER

GEM – Food Nutrition Facts

Vegan Tuna Salad

Nutrition Facts	
1 serving per container Serving size 4.7 oz.	
Amount per serving	
Calories 478	
% Daily Value *	
Total Fat 39 g	50 %
Saturated Fat 5 g	25 %
Trans Fat 0g	
Polyunsaturated Fat 22 g	
Monounsaturated Fat 10 g	
Cholesterol 0 mg	0 %
Sodium 467 mg	20 %
Total Carbohydrate 22 g	8 %
Dietary Fiber 8 g	29 %
Total Sugars 5 g	
Includes 0g Added Sugar	
Protein 18 g	36 %
Vitamin D 0mcg	0 %
Calcium 109 mg	8 %
Iron 6 mg	33 %
Potassium 706 mg	17 %
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INGREDIENTS SUNFLOWER SEED, CELERY, GREEN ONION, PARSLEY, DILL, DULSE, LEMON ZEST, CASHEW, LEMON JUICE, GARLIC, DIJON MUSTARD, SEA SALT, PICKLES (CUCUMBER, RED ONION, FRESNO PEPPER, APPLE CIDER VINEGAR, GARLIC, DILL, MAPLE SYRUP, SEA SALT, BLACK PEPPERCORN, CRUSHED RED PEPPER)

White Bean & Kale Soup

Nutrition Facts	
1 serving per container Serving size 13 oz.	
Amount per serving	
Calories 147	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 473 mg	20 %
Total Carbohydrate 28 g	10 %
Dietary Fiber 11 g	39 %
Total Sugars 3 g	
Includes 0g Added Sugar	
Protein 10 g	20 %
Vitamin D 0mcg	0 %
Calcium 91 mg	7 %
Iron 3.42 mg	19 %
Potassium 445 mg	11 %
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INGREDIENTS CANNELLINI BEAN, CARROT, CELERY, KALE, ONION, TOMATO, BASIL, EXTRA VIRGIN OLIVE OIL, SEA SALT, BLACK PEPPER