

DIETARY CONSIDERATIONS

RECIPE	PAGE	DAIRY FREE	EGG FREE	NUT FREE	SOY FREE	VEGETARIAN	VEGAN	COOK TIME	NET CARBS	TOTAL CARBS
ANTIPASTO SALAD WITH PESTO VINAIGRETTE	59		X		X				1 g	4 g
ASIAN CHICKEN SALAD	60	X	X						4 g	7 g
BIG MAC SALAD	63			X	X			7 minutes	3 g	7 g
CREAMY BROCCOLINI BACON SALAD	64				X				9 g	13 g
CABBAGE COCONUT SLAW	67	X	X		X	X	X	30 seconds	5 g	8 g
CEVICHE AVOCADO	68	X	X	X	X				8 g	18 g
CREAMY CHICKEN SALAD	69	X			X				1 g	2 g
CUCUMBER PEANUT SLAW	70	X	X		X	X	X	30 seconds	3 g	5 g
HEMP HEART TABBOULEH	73	X	X	X	X	X	X		5 g	8 g
SICHUAN SMASHED CUCUMBERS	74	X	X			X	X		6 g	9 g
SPICY KOREAN CUCUMBER SALAD	78	X	X	X	X	X	X		6 g	7 g
TANGY SHRIMP SALAD	79	X		X	X				5 g	8 g
ASPARAGUS MUSHROOM STIR FRY	83	X	X	X				3 minutes	4 g	7 g
CAULIFLOWER BREADSTICKS	84			X	X	X		32 minutes	1 g	2 g
CREAMED SPINACH	86		X	X	X	X		25 minutes	10 g	12 g
ETHIOPIAN COLLARD GREENS (GOMEN WOT)	87	X	X	X	X	X	X	17 minutes	7 g	12 g
HARISSA-ROASTED TURNIPS	89	X	X	X	X	X	X	10 minutes	9 g	13 g
RAJAS CON CREMA	90		X	X	X	X		8 minutes	10 g	11 g
ROASTED RATATOUILLE	93	X	X	X	X	X	X	20 minutes	10 g	15 g

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SHEET PAN OKRA MASALA	94	X	X	X	X	X	X	15 minutes	9 g	14 g
SPICY CREAM OF MUSHROOM SOUP	96		X	X	X			15 minutes	10 g	13 g
VEGETABLES IN CREAM SAUCE	97			X	X			10 minutes	9 g	12 g
SWISS CHARD WITH GARLIC AND PINE NUTS	99	X	X		X			11 minutes	5 g	6 g
CAULIFLOWER MAC AND CHEESE WITH BACON AND JALAPEÑOS	103		X	X	X			16 minutes	5 g	6 g
CHEESE CRISPS	104		X	X	X	X		90 seconds	0 g	0 g
HOT AND SOUR EGG DROP SOUP	106	X		X				5 minutes	2 g	2 g
BROCCOLI CHEESE SOUP	107		X	X	X			15 minutes	7 g	9 g
PANEER TIKKA	109		X	X	X	X		4 minutes	5 g	6 g
SOUTHWESTERN FRITTATA	110			X	X			12 minutes	4 g	5 g
QUESO FUNDIDO	112		X	X	X			20 minutes	8 g	10 g
ARTICHOKE CHICKEN SOUP	118		X	X	X			20 minutes	8 g	11 g
BUFFALO CHICKEN CASSEROLE	119		X	X	X			15 minutes	3 g	4 g
BROCCOLI CHICKEN BAKE	121		X		X			15 minutes	5 g	9 g
CHICKEN BIRYANI	122	X	X	X	X			20 minutes	4 g	6 g
CHICKEN CORDON BLEU CASSEROLE	124		X	X	X			20 minutes	4 g	4 g
CHICKEN POT PIE SOUP	125		X	X	X			20 minutes	7 g	9 g
CREAMY TUSCAN CHICKEN	127		X	X	X			20 minutes	8 g	10 g
FRENCH GARLIC CHICKEN	128		X	X	X			20 minutes	4 g	4 g

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PUNJABI DRY CHICKEN CURRY	131	X	X	X	X			15 minutes	3 g	4 g
SOUR CREAM SKILLET CHICKEN ENCHILADAS	132		X	X	X			26 minutes	4 g	5 g
TACOS DE ALAMBRE	135		X	X	X			15 minutes	4 g	5 g
TOM KHA GAI SOUP	138	X	X	X	X			10 minutes	7 g	9 g
SPICED CHICKEN MEATBALLS	139	X	X	X	X			10 minutes	1 g	2 g
BUTTERY SAUSAGE AND SHRIMP	147		X	X	X			5 minutes	3 g	3 g
HOT WING SCALLOPS	148		X	X	X			5 minutes	5 g	5 g
SALMON DIP	149		X		X				2 g	3 g
MISO SALMON CHOWDER	151	X	X	X				10 minutes	7 g	9 g
PESTO SALMON WITH GARLIC SPINACH	152		X		X			15 minutes	10 g	13 g
SHRIMP AND ASPARAGUS GRIBICHE	155	X		X	X			10 minutes	4 g	6 g
SHRIMP AND GRITS	156		X	X	X			10 minutes	7 g	9 g
SHRIMP WITH FETA AND TOMATOES	159		X	X	X			10 minutes	6 g	8 g
SHRIMP WITH TOMATILLOS AND COTIJA	160		X	X	X			16 minutes	10 g	12 g
SMOKED SALMON AND CHEESE TIMBALE	163		X	X	X				3 g	4 g
SPICY TUNA SALAD	164	X	X						7 g	12 g
GREEN CURRY MUSSELS	168	X	X	X				15 minutes	10 g	12 g
SMOKY SHRIMP SCAMPI	169		X	X	X			5 minutes	2 g	2 g
BEEF SHAWARMA	172	X	X	X	X			15 minutes	5 g	8 g
BEEF STROGANOFF	173		X	X	X			15 minutes	7 g	9 g
CAJUN DIRTY RICE	174	X	X	X	X			15 minutes	7 g	10 g

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EASY TACO DIP	175		X	X	X			15 minutes	7 g	8 g
CHEATER YUKGAEJANG	177	X		X				15 minutes	2 g	3 g
FLANK STEAK FAJITAS	178	X	X	X	X			15 minutes	6 g	8 g
HARISSA LAMB CHOPS AND KALE	181		X	X	X			15 minutes	7 g	11 g
ITALIAN SAUSAGE AND SPINACH SOUP	182		X	X	X			15 minutes	7 g	10 g
LAMB AVGOLEMONO	184	X		X	X			14 minutes	4 g	5 g
LEBANESE HASHWEH	185	X	X		X			8 minutes	8 g	11 g
NAKED WONTON SOUP	187	X		X				10 minutes	2 g	2 g
PORK BELLY CABBAGE SOUP	188	X	X	X				15 minutes	7 g	9 g
PORK CHILE LETTUCE CUPS	191	X	X	X				15 minutes	2 g	3 g
PORK CHOPS AND CABBAGE WITH MUSTARD CREAM SAUCE	192		X	X	X			15 minutes	6 g	8 g
REUBEN CASSEROLE	194			X	X			15 minutes	2 g	5 g
SAUSAGE AND BROCCOLI	195		X	X	X			10 minutes	6 g	9 g
SICHUAN PORK WITH BOK CHOY	197	X	X					15 minutes	7 g	9 g
SKILLET LASAGNA	198			X	X			17 minutes	7 g	7 g
STUFFED POBLANOS	202		X	X	X			6 minutes	10 g	11 g
TEXAS CHILI	203	X	X	X	X			10 minutes	6 g	7 g
UNSTUFFED DOLMAS	204	X	X		X			8 minutes	7 g	14 g
INDIVIDUAL MEATLOAVES	205			X	X			24 minutes	6 g	7 g
“APPLE PIE” COMPOTE	209		X	X	X	X		10 minutes	3 g	6 g
5-INGREDIENT ALMOND COOKIES	210				X	X		15 minutes	3 g	19 g
CARDAMOM CUPCAKES	213				X	X		25 minutes	3 g	14 g

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CINNAMON PIE CRUST	214	X	X		X	X	X	8 minutes	1 g	6 g
ICED CARAMEL MACCHIATO	215		X		X	X		4 minutes	1 g	1 g
COCONUT CHOCOLATE BARK	216		X	X	X	X		5 minutes	0 g	32 g
GRANOLA	219	X	X		X	X	X	5 minutes	2 g	10 g
LEMON POUND CAKE	220				X	X		20 minutes	6 g	34 g
PEANUT PECAN BARS	223	X	X		X	X		2 minutes	6 g	11 g
PEPINO CON LIMON	224	X	X	X	X	X	X		5 g	29 g
STRAWBERRIES AND CREAM	227		X	X	X	X			8 g	25 g
STRAWBERRY JAM	230	X	X	X	X	X	X	5 minutes	0 g	1 g
PB&J SHAKE	231	X	X		X	X	X		4 g	12 g
ALL-PURPOSE MUSTARD DRESSING	233	X	X	X		X	X			
ASIAN PEANUT SAUCE	233	X	X			X	X			
AVOCADO TOMATILLO DRESSING	236		X	X	X	X		5 minutes		
CILANTRO-JALAPEÑO DRESSING	237		X	X	X	X				
TANGY TAMARIND VINAIGRETTE	237	X	X	X				2 minutes		
ETHIOPIAN NITER KIBBEH	238		X	X	X	X		30 minutes		
HOMEMADE GHEE	239		X	X	X	X		25 minutes		
ZHOUG	241	X	X	X	X	X	X			
CAJUN SPICE	242	X	X	X	X	X	X			
HARISSA	243	X	X	X	X	X	X	1 minute		
RAS AL HANOUT	243	X	X	X	X	X	X			
INDIAN GARAM MASALA	244	X	X	X	X	X	X			
TZATZIKI WITH TAHINI	244		X	X	X	X				