

Salmon with Cilantro lime rice (SF)

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **390**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 115mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 40g

Vitamin D 24mcg 120%

Calcium 70mg 6%

Iron 3.4mg 20%

Potassium 1030mg 20%

* 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.

INGREDIENTS: SALMON, CAULIFLOWER, FROZEN, UNPREPARED, ONION, OLIVE OIL, LIME JUICE, LEMON, GARLIC, CFH SEASONING (PAPRIKA, GARLIC POWDER, ONION POWDER, OREGANO, THYME), CUMIN, CILANTRO

CONTAINS: SALMON

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Balsamic Salmon with Brussles and Carrots (SF)

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **330**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 140mg **6%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 39g

Vitamin D 24mcg 120%

Calcium 50mg 4%

Iron 1.9mg 10%

Potassium 1170mg 25%

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INGREDIENTS: SALMON, BRUSSEL SPROUTS, CARROT, BALSAMIC VINEGAR, OLIVE OIL

CONTAINS: SALMON

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

South West Chicken Soup

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 130mg **6%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 25g

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 1.4mg 8%

Potassium 550mg 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.

INGREDIENTS: VEGETABLE BROTH, CHICKEN BREAST, CHICKEN THIGHS, CORN, SWEET, YELLOW, FROZEN, KERNELS CUT OFF COB, BOILED, DRAINED, WITHOUT SALT, ONION, RED PEPPERS, OLIVE OIL, CORN STARCH, CHILI POWDER, CUMIN

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Mexican Cabbage Soup

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 430mg **19%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 25g

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 2.2mg 10%

Potassium 560mg 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.

INGREDIENTS: VEGETABLE BROTH, GROUND TURKEY, FIRE ROASTED TOMATOES, DICED, RED PEPPERS, CARROT, ONION, CABBAGE, LIME JUICE, OLIVE OIL, GARLIC, CHILI POWDER, PAPRIKA, CUMIN, OREGANO

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Meatballs with Pasta Sauce (SF)

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **360**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 270mg **90%**

Sodium 370mg **16%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 51g

Vitamin D 0.6mcg 4%

Calcium 60mg 4%

Iron 3.8mg 20%

Potassium 2570mg 50%

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INGREDIENTS: GROUND TURKEY, PASTA SAUCE, EGGS, ONION, RED PEPPERS, GREEN PEPPERS, SPINACH, PARSLEY, GARLIC, OLIVE OIL, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL)

CUISINE FOR HEALING 1614 MISTLETOE
BLVD FW TX 76104

Crunchy Thai Salad With Chicken (SF)

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 160mg **7%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 39g

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 1.7mg 10%

Potassium 1080mg 25%

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INGREDIENTS: CHICKEN BREAST, KALE, CABBAGE, CABBAGE, CARROT, RED PEPPERS, GREEN ONIONS, CILANTRO, CHINESE FIVE SPICE POWDER, SPEARMINT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Eggroll Bowl with Turkey (SF)

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **390**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 580mg **25%**

Total Carbohydrate 36g **13%**

Dietary Fiber 8g **29%**

Total Sugars 21g

Includes 0g Added Sugars **0%**

Protein 38g

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 3.4mg 20%

Potassium 1150mg 25%

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INGREDIENTS: GROUND TURKEY, CABBAGE, CABBAGE, ONION, CARROT, COCONUT AMINOS, GREEN ONIONS, SESAME OIL, RICE VINEGAR, GINGER

CONTAINS: COCONUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Spaghetti Squash with Chicken (SF)

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 180mg **8%**

Total Carbohydrate 24g **9%**

Dietary Fiber 5g **18%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 40g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 2.3mg 15%

Potassium 1270mg 25%

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INGREDIENTS: CHICKEN BREAST, SQUASH, MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, CANOLA OIL, CONTAINS LESS THAN 1% OF: SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, SPICES, CITRIC ACID), GARLIC POWDER, OLIVE OIL, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL)

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

SF Lemon Rosemary Chicken

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 160mg **7%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 37g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.5mg 8%

Potassium 990mg 20%

* 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.

INGREDIENTS: CHICKEN BREAST, CARROT, ONION, ZUCCHINI, RED PEPPERS, LEMON JUICE, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL), CFH SEASONING (PAPRIKA, GARLIC POWDER, ONION POWDER, OREGANO, THYME), ROSEMARY, LEMON ZEST

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

SF Asian Chicken Stir Fry with Cauliflower Rice

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **460**

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 800mg **35%**

Total Carbohydrate 30g **11%**

Dietary Fiber 7g **25%**

Total Sugars 18g

Includes 0g Added Sugars **0%**

Protein 42g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 1.7mg 10%

Potassium 1150mg 25%

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INGREDIENTS: CHICKEN BREAST, ORGANIC CAULIFLOWER, ONIONS, RED PEPPERS, BROCCOLI, CARROT, COCONUT AMINOS, OLIVE OIL, SESAME OIL, CHINESE FIVE SPICE POWDER, GARLIC, SESAME SEEDS, GINGER

CONTAINS: SESAME

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104