



# Nutrition Guide

Tractor Everyday Healthy Foods

Spring / Summer 2019

## LUNCH + DINNER MENU

	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber, dietary	Sugars, total	Protein
<b>Market Sides</b>	g	kcal	g	g	g	mg	mg	g	g	g	g
Quinoa, Kale + Berry	115	196	7	0.7	0	0	191	28	3	3	5
Lemon Kale	85	163	10	2	0.1	6	150	13	3	4	5
Mushroom Ditalini	150	381	17	3.6	0	19	589	38	4	7	12
Kimchi	99	112	8.8	0.9	0	0	133	7	2	4	2
Broccoli Lemon	130	105	5.9	0.6	0	0	123	12.4	4.7	4.3	3.7
Curried Cauliflower	160	187	11	2	0.1	4	444	20	3	7	3
Snap Pea, Potato + Mint	150	279	11.6	1.2	0	0	638	34.5	8	7.9	11.8
Kale & Mushroom with feta	88	74	2.7	1.3	0	6.8	104	10	2.4	2.6	4.1
Asian Noodle	150	317	10.9	1.6	0	0	403	46.6	3.8	13.9	8.8
Southwest Quinoa	155	259	12	1	0	0	319	30	6	5	9

<b>Proteins / Grill</b>	g	kcal	g	g	g	mg	mg	g	g	g	g
Chicken Breast	125	188	7.4	1.3	0.03	55	784	3	0.2	0	28
Chicken Breast - <i>no rosemary oil</i>	115	157	4	1	0.03	55	755	3	0.1	0	28
Albacore Tuna - 1 pc	60	172	8	1.8	0	22	140	0	0	0	14
Grilled Avocado	80	179	17	2	0	0	140	8	6	0.5	2
Grilled Chili Lime Tofu	60	211	14	2	0	2	413	4	1	2	16
Beef Short Rib	125	380	27.9	12.5	0	0	320	0	0	0	32.3
Sweet Potato Falafel (2 per portion)	104	222	8.8	0.8	0	0	141	31	6.6	2.8	7.1

<b>Soups / Stews</b>	g	kcal	g	g	g	mg	mg	g	g	g	g
Tomato Fennel Soup	310	180	8.4	0.9	0	0	747	22.6	5.5	7.8	5.7
Butternut Squash Soup	320	141	2	0.3	0	1	563	30	4	7	4
Thai Veggie Stew	360	371	24	16	0	0	573	27	5	9	13
Moroccan Chicken Stew	345	243	3	0.5	0	18	1040	39	5	12	16

<b>Snacks / Baking</b>	g	kcal	g	g	g	mg	mg	g	g	g	g
Chocolate Pistachio Cookies (2 pack)	65	308	20.5	5.3	0.02	2	12	30	4.2	23.4	4.5
Power Cookie	115	426	28	7	0	52	267	51	4	14	11
Lemon Chia Power Ball	63	289	21	2.6	0	0	200	24	5.5	15.9	6.7



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<b>Sandwiches</b>	g	kcal	g	g	g	mg	mg	g	g	g	g
Chicken Sandwich - whole	280	592	23	7	0.1	64	1454	60	3	7	38.7
Chicken Sandwich - half	140	296	11.5	3.5	0.05	32	727	30	1.5	3.5	19.4
Veggie Sandwich - whole	270	434	24	7	0.6	26	706	40	6	6	14
Veggie Sandwich - half	135	217	12	3.5	0.3	13	353	20	3	3	7
Tuna Melt Sandwich - whole	270	510	22	8	0.2	54	930	42	6	6	32
Tuna Melt Sandwich - half	135	255	11	4	0.1	27	465	21	3	3	16
Turkey Sandwich - whole	260	633	18	6	0.2	184	974	64	2	16	56
Turkey Sandwich - half	130	316	9	3	0.1	92	487	32	1	8	28

## Drinks

	g	kcal	g	g	g	mg	mg	g	g	g	g
Classic Lemonade (320 mL)	320	109	0	0	0	0	0	28	0.3	28.1	0.2
Strawberry Lemonade (320 mL)	320	96	0	0	0	0	0	25	0.4	25.3	0.2
Blueberry Lemonade (320 mL)	320	100	0	0	0	0	0	26	0.6	25.1	0.2
Kombucha (400 mL)	400	124	5	0	0	0	0	13	7	7	3.3
Loop Juice - Undercover	355	150	0.1	0.2	0	0	65	27	1	21	2
Loop Juice - Beach Bum	355	200	0.1	0	0	0	10	35	1	26	2
Loop Juice - Morning Glory	355	210	0.1	0	0	0	4	39	1	32	2

## BREAKFAST MENU

### Yogurt Parfaits / Oats

	g	kcal	g	g	g	mg	mg	g	g	g	g
Minimalist Parfait	315	335	13	6.2	0	35.7	193	44.2	2.3	26.4	14.1
Vegan Parfait	350	639	35	19.7	0	0	130	80.4	10.5	36.5	12.6
Power Parfait	380	578	30.7	17.1	0	15.7	171	70.5	8.3	31.9	15

### Breakfast Sands/Wraps/Toast

	g	kcal	g	g	g	mg	mg	g	g	g	g
Bacon Breakfast Sandwich	248	710	41.5	10.5	0.1	315	1720	53.9	0.2	9.9	30.7
Sausage Breakfast Sandwich	260	657	36.5	8.6	0.1	309	1508	55.5	0.2	11.4	27.7
Classic Breakfast Sandwich	212	563	29.2	7.2	0.1	292	1328	52.9	0	9.6	22.3
Vegetarian Breakfast Sandwich	245	605	33.5	7.8	0.1	292	1339	54	0.4	10.2	22.8
Southwest Breakfast Wrap	209	579	32	9	0	25	661	53	5	3	20
Vegan Southwest Breakfast Wrap	268	490	15.9	2.4	0	0	1413	69	7.4	3.4	16.7
Avocado Toast	185	250	17	2	0	1	304	24	8	3	5
Farm Fresh Egg	1 egg	78	5	1.6	0	187	62	0.6	-	0.6	6

Daily Calories and Sodium Requirements:

Healthy adults should aim for 1500 to 2300 mg of sodium per day. Children and seniors need less.

Healthy adults should aim for 2000 to 2400 calories per day. Individual needs vary depending on age, activity, and gender.

Source of Information: Optimum Control