



Nutrition Guide

Tractor Everyday Healthy Foods

Fall / Winter 2019

LUNCH + DINNER MENU

	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber, dietary	Sugars, total	Protein
Market Sides	g	kcal	g	g	g	mg	mg	g	g	g	g
Tahini Beet	140	90	4.5	0.5	0.1	0	210	12	3	8	3
Lemon Kale	85	163	10	2	0.1	6	150	13	3	4	5
Mushroom Ditalini	150	381	17	3.6	0.1	19	589	38	4	7	12
Brussels + Apricot	125	128	7	0.7	0.1	0	234	15	3	9	3
Kimchi	120	127	10	1	0.1	3	429	8	3	4	2
Curried Cauliflower	160	187	11	2	0.1	4	444	20	3	7	3
Kale Caesar	100	148	4.7	0.8	0	0	185	22	4	3	6
Southwest Quinoa	155	259	12	1	0.1	0	319	30	6	5	9
Base - Power Greens	50	77	6.6	0.6	0	0	208	4.6	1	2	1.3
Base - Brown Rice	100	112	0.8	0.2	0	0	40	24	1.3	0	2.3
Base - Half Greens / Half Rice	125	151	4.1	0.5	0	0	144	26	1.8	1	2.9

Proteins / Grill	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	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
Smoked Salmon	60	75	2.7	1.1	0	17	401	1	0	0.5	11.2

Soups / Stews	g	kcal	g	g	g	mg	mg	g	g	g	g
Tomato Fennel Soup	310	180	8.4	0.9	0.1	0	747	22.6	5.5	7.8	5.7
Butternut Squash Soup	320	141	2	0.3	0.1	1	563	30	4	7	4
Thai Veggie Stew	360	371	24	16	0.1	0	573	27	5	9	13
Moroccan Chicken Stew	345	243	3	0.5	0.1	18	1040	39	5	12	16
Turkey Chili	370	280	12.5	2.8	0.1	35.5	1106	21.3	5	6.4	21

Snacks / Baking		kcal	g	g	g	mg	mg	g	g	g	g
Chocolate Pistachio Cookie	1 ea.	175	13.3	6	0	23.5	103	16.3	2.9	10.3	4.5
Apricot Power Cookie	1 ea.	422	19	10.8	0	0	338	60	4.6	35.1	6.1
Pepita Loaf	1 ea.	460	23.9	2.8	0	48.4	239	57	3.5	26.1	6.9
Dark Chocolate Banana Bread	1 ea.	366	15.9	9.4	0	62.2	287	55.7	3.5	29.3	6.3
Jalapeno Gruyere Scone	1 ea.	492	26.9	16	0	77.5	704	47	1.5	7.9	16.2
Okanagan Scone	1 ea.	483	23.8	10.3	0	41.8	472	60.2	4	17.9	10
Cardamom Spice Muffin	1 ea.	405	15.7	4.9	0	0	802	62	3.3	25.6	4.9
Kitsilano Muffin	1 ea.	474	26.2	3.1	0	69.8	530	56.2	4	28.8	7.7



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Spring / Summer 2019

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	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber, dietary	Sugars, total	Protein
Sandwiches		kcal	g	g	g	mg	mg	g	g	g	g
Chicken Sandwich - whole	1 ea.	592	23	7	0.1	64	1454	60	3	7	38.7
Chicken Sandwich - half	1 ea.	296	11.5	3.5	0.05	32	727	30	1.5	3.5	19.4
Short Rib Sandwich - whole	1 ea.	663	34.4	11.6	0	107	700	52	2.3	8.5	34.7
Short Rib Sandwich - half	1 ea.	332	17.2	5.8	0	53.5	350	26	1.15	4.25	17.4
Veggie Falafel Wrap	1 ea.	683	21.4	3.2	0	0	1003	99	13.2	6.5	22.1

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	290	318	12.3	5.6	0	32.8	161	42.2	2.17	25.4	13.1
Vegan Parfait	240	453	25.7	14.5	0	0	77.9	55.7	7.33	25.6	8.88
Power Parfait	270	423	21.4	10.6	0	10.7	114	53.3	6.37	24	11.2

Breakfast Sands/Wraps/Toast	g	kcal	g	g	g	mg	mg	g	g	g	g
Bacon Breakfast Sandwich	248	566	28.5	10	0	304	1660	49.9	1.2	12.9	29.7
Sausage Breakfast Sandwich	260	513	23.5	8.1	0	299	1448	51.5	1.2	14.4	26.7
Avocado Breakfast Sandwich	255	487	23.1	7.7	0	282	1328	51	2.4	13	22.1
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