

Bakery - Savory																
Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Net Carbs	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Bagel Chips	1 Container	350	24	14	0.2	120	14	8	6	3	20	1130	0.4	250	650	2.25
Bagels	1 Bagel	230	16	10	0.1	80	9	5	4	2	13	760	0.2	175	400	1.5
Bread - Seeded Loaf	1 Loaf	1690	137	61	4	1330	64	46	18	11	60	3800	5	1100	1050	35.5
Bread Loaf	1 Loaf	1370	96	56	3	1285	68	48	20	19	54	1440	5	1950	175	15
Breadsticks	2 Breadsticks	230	16	10	0.1	80	9	5	4	2	13	760	0.2	175	400	1.5
Cheese Buns	1 Bun	280	21	12	0.3	85	8	4	4	2	15	830	0.2	150	500	1.25
Flatbread	1 Flatbread	230	16	10	0.1	80	9	5	4	2	13	760	0.2	175	400	1.5
Focaccia	1 Square	420	36	20	1.5	400	10	6	4	3	14	600	1.5	300	75	2.5
Pizza Crust	1 Crust	990	69	43	0.5	275	37	21	16	9	53	2130	0.8	750	1150	5.5
Seeded Buns	1 Bun	310	25	11	0.5	245	12	9	3	2	11	700	1	200	200	6.5
Bakery - Sweet																
Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Net Carbs	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Brownie Bites	1 Square	220	21	15	0.2	65	7	4	3	1	5	170	0.2	150	20	2.5
Brownie Cheesecake Bites	1 Square	220	20	15	0.3	80	6	3	3	2	6	200	0.2	125	20	2.5
Buttertarts	1 Buttertart	210	19	11	0.5	90	6	4	2	1	3	140	0.4	150	20	1
Cake Slice - Chocolate	1 Slice	320	28	17	1	150	9	5	4	2	10	560	0.6	225	175	2
Cake Slice - Vanilla	1 Slice	310	27	17	1	150	6	3	3	2	9	560	0.6	150	150	1
Cheese Cakes - Chocolate	1 Cheesecake	110	10	6	0.3	60	2	1	1	1	4	120	0.2	40	10	0.4
Cheese Cakes - Strawberry	1 Cheesecake	110	9	6	0.3	60	1	0	1	1	4	120	0.2	10	10	0.1
Cheese Cakes - Vanilla	1 Cheesecake	110	9	6	0.3	60	1	0	1	1	4	120	0.2	10	10	0.1
Cinnamon Buns	1 Bun	160	12	7	0.1	45	4	2	2	1	9	580	0.2	75	300	0.5
Coconut Cluster	1 Cluster	190	17	7	0.1	5	6	3	3	2	4	80	0	175	10	1.25
Cookie - Chocolate Chip	1 Cookie	150	14	8	0.5	85	5	3	2	1	3	125	0.4	100	30	1.75
Cookie - Lemon Shortbread	1 Cookie	110	8	6	0.2	20	6	4	2	2	3	90	0	100	0	0.75
Cookie - Shortbread	1 Cookie	110	8	6	0.2	20	6	4	2	2	3	90	0	100	0	0.75
Cookie - Snickerdoodle	1 Cookie	40	2	1	0	45	3	2	1	1	2	90	0.2	75	10	0.5
Cookie - Thumbprint	1 Cookie	170	15	8	0.3	30	6	4	2	1	3	200	0.2	125	10	3
Cupcake - Chocolate	1 Cupcake	230	20	13	0.5	110	7	3	4	1	7	410	0.4	175	125	1.5
Cupcake - Vanilla	1 Cupcake	220	20	12	0.5	110	4	2	2	1	7	410	0.4	100	125	0.75
Donuts, Mini - Chocolate	1 Mini Donut	60	5	3.5	0	45	2	1	1	0	2	55	0.2	50	30	0.5
Donuts, Mini - Vanilla	1 Mini Donut	60	5	3.5	0	45	1	1	0	0	2	55	0.2	40	30	0.4
Haystacks	1 Cookie	160	17	14	0	0	5	3	2	1	1	4	0	125	10	1
Lemon Blueberry Cheesecake Bars	1 Bar	180	16	10	0.5	70	6	3	3	3	4	150	0.2	125	10	0.75
Macaroons	1 Cookie	60	5	4.5	0	0	2	1	1	1	1	60	0	50	0	0.5
Mousse - Chocolate	1 serving	210	22	14	0	80	4	1	3	0	2	25	0.6	100	50	0.4
Muffin - Blueberry	1 Muffin	330	28	17	1	220	12	7	5	4	9	530	0.8	250	100	2
Muffin - Chocolate	1 Muffin	410	36	22	1	250	14	9	5	3	10	540	1	400	125	3
Muffin - Coffee	1 Muffin	410	36	22	1	250	15	9	6	3	10	540	1	400	125	3
Muffin - Lemon	1 Muffin	320	28	17	1	220	10	6	4	2	8	530	0.8	250	100	2
Muffin - Raspberry	1 Muffin	310	25	15	1	210	12	7	5	3	9	520	0.8	300	100	2.25
Muffin - Strawberry	1 Muffin	300	25	15	1	210	11	6	5	3	9	520	0.8	300	100	2.25
Pancakes	1 Pancake	250	21	15	0.1	195	7	4	3	2	8	230	0.8	175	125	1.75
Pumpkin Squares	1 Square	80	6	4.5	0.1	25	4	2	2	1	2	130	0	75	30	0.75
Pumpkin Crumble	1 Slice	210	19	12	0.4	105	8	3	5	3	3	80	0.6	200	50	1.5
Beverages																
Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Net Carbs	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Add On - Greek Yogurt	1 Scoop	70	2	1.5	0	10	4	0	4	3	9	30	0	125	100	0
Add On - MCT Powder	1 Scoop	5	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0
Add On - Protein Powder	1 Scoop	110	1	0	0	20	1	0	1	0	25	30	0	75	125	0
Add On - Vegan Protein Powder	1 Scoop	110	2.5	0.5	0	0	3	2	1	1	21	50	0	100	0	0
Berry Smoothie	16oz	50	0	0	0	0	14	5	9	8	1	0	0	125	20	0
Coffee	12oz	0	0	0	0	0	0	0	0	0	0.3	5	0	125	0	0
Coffee, Bullet Proof	12oz/16oz	60	6	6	0	0	3	3	0	0	0.3	5	0	125	10	0
Coffee, Bullet Proof, Flavoured	12oz/16oz	70	6	5	0	0	5	3	2	0	0.3	10	0	125	10	0
Sugar Free Hot Chocolate	12oz/16oz	130	12	7	0	40	7	4	3	0	3	15	0.2	200	30	1.5
Tea	12 oz	2	0	0	0	0	1	0	1	0	0	5	0	100	0	0
Tea, Bullet Proof	12oz	60	6	6	0	0	4	3	1	0	0	5	0	100	0	0
Tea, Bullet Proof, Flavoured	12oz	70	6	5	0	0	6	3	3	0	0	10	0	100	0	0
Tea, Herbal	12oz	2	0	0	0	0	0	0	0	0	0	2	0	20	0	0.2
Zevia Slushie	16oz	0	0	0	0	0	0	0	0	0	0	20	0	0	0	0
All Day Breakfast																
Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Net Carbs	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Bagel w/ Butter	1 Bagel	280	22	13	0.4	95	9	5	4	2	13	800	0.2	175	450	1.5
Bagel w/ Cream Cheese	1 Bagel	300	22	14	0.3	100	10	5	5	3	15	830	0.2	175	450	1.5
BLT	1 Sandwich	600	48	20	0.2	320	11	5	6	4	28	1270	1.5	450	450	2.5
BLT	1 Sandwich	520	43	19	0.2	125	11	5	6	3	22	1210	0.6	350	450	2
Egg Bites - Bacon Jalapeno	2 Bites	330	25	8	0.1	595	2	0	2	2	22	350	2.5	250	75	2.25
Egg Bites - Jalapeno Cheddar	2 Bites	290	21	8	0.3	595	3	0	3	2	22	290	2.5	225	175	2.25
Egg Bites - Spinach & Feta	2 Bites	280	19	7	0.1	590	3	1	2	2	22	350	2.5	250	175	2.5
Pancakes & Bacon	1 Meal	680	60	37	0.2	415	14	8	6	4	21	770	1.5	450	225	3.5
Sandwiches & Salad																
Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Net Carbs	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Add On - Cheese Slice	1 Slice	80	6	4	0.2	20	0	0	0	0	4	130	0	20	125	0
Chicken Salad	1 Sandwich	600	40	13	0.1	175	10	5	5	3	44	1010	0.4	500	450	2.5
Cobb Salad	1 Salad	490	31	10	0.1	305	7	2	5	4	43	450	1	650	75	2.5
Deli - Ham	1 Sandwich	360	20	11	0.1	130	13	5	8	4	31	1820	0.4	500	450	2.25
Deli - Roast Beef	1 Sandwich	350	18	10	0.2	135	14	5	9	3	32	2000	0.4	450	450	3.5
Deli - Turkey	1 Sandwich	350	17	10	0.1	125	12	6	6	3	34	1830	0.4	600	450	2
Dressing - Balsamic	2oz	350	38	5	0	0	3	0	3	3	0.1	5	0	20	10	0.3
Dressing - Ranch	2oz	240	25	4	0.3	15	3	0	3	3	1	510	0	40	20	0.2
Egg Salad	1 Sandwich	590	47	15	0.2	475	11	5	6	3	26	1070	2	350	450	3
Tuna Salad	1 Sandwich	660	41	13	0.1	165	10	5	5	3	54	1590	3.5	650	450	3.5
Hot Meals																
Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Net Carbs	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Zucchini Lasagna	1 Lasagna	1040	69	35	1	295	14	3	11	6	88	1990	0.8	1400	950	6.5
Sheppard's Pie	1 Serving	480	36	20	1	125	11	3	8	5	29	970	0.4	850	175	3
Butter Chicken	1 Serving	500	26	13	0.1	190	19	8	11	5	48	410	0.4	1150	300	5
Pizza																
Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Net Carbs	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
3 Cheese - 1/3	1/3 of a 10"	600	44	26	1	160	15	8	7	4	36	1230	0.4	350	950	2.25
3 Cheese - Whole	1 Whole 10"	1810	132	79	2.5	480	45	23	22	13	108	3680	1.5	1100	2800	6.5
Bacon & Mushroom - 1/3	1/3 of a 10"	650	50	28	1	165	16	8	8	5	35	1250	0.4	450	800	2.25
Bacon & Mushroom - Whole	1 Whole 10"	1960	150	85	3	495	47	23	24	15	106	3740	1.5	1400	2450	7
Meat Lovers - 1/3	1/3 of a 10"	690	52	29	1	180	15	8	7	4	39	1300	0.4	450	800	2.5
Meat Lovers - Whole	1 Whole 10"	2080	157	88	3	540	45	23	22	13	118	3910	1.5	1400	2450	8
Pepperoni - 1/3	1/3 of a 10"	550	37	22	0.2	145	17	8	9	5	36	1410	0.4	500	850	2.5
Pepperoni - Whole	1 Whole 10"	1650	111	65	0.5	440	50	23	27	15	108	4230	1.5	1500	2600	7.5
Vegetarian - 1/3	1/3 of a 10"	600	44	26	1	155	18	8	10	6	34	1150	0.4	500	800</	