

Taylor Made Cuisine

Nutritional Information

2021

Poultry

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Almond Chicken	235.00	14	0	0	65	235	2.5	0	0	25
BBQ Chicken	254.5	4.2	0.7	0	97.5	226.9	17.4	0.9	13	34.1
Blackened Chicken	200.3	10.6	0.9	0	65	75	0	0	0	26
Buffalo Chicken	260.8	9.8	5.1	0	112	721.3	1.4	0	0.7	39.1
Cheesy Bacon Chicken	527.4	30.2	12.7	0.1	214.3	812.3	7.5	0.1	1.3	54.3
Chicken Fajitas	203.9	6.8	1.3	0	104.5	105.9	11.1	0.2	9.6	24.6
Chicken Marsala	225.9	4.6	0.8	0	105	358.4	5.9	0.9	1.7	37.7
Chicken Piccata	172.2	3.7	0.6	0	84	464.5	2.2	0.2	0.4	29.6
Chicken Pomodoro	200.7	3.6	0.6	0	79.8	421.7	10.2	3	6.5	30.5
Chicken Tikka Masala	351.8	23.1	10.1	0	105.6	469.7	10.4	2.2	4	26.7
Citrus Rosemary Chicken	210.9	8.6	1.2	0	91	169.2	0.6	0.4	0.2	31.3
Coconut Chicken Curry	313.6	17.3	10.2	0	152	164	2.9	0	1.4	36.2
Enchilada Chicken	230	16	4.5	0	78.7	538.6	1.6	0.3	1.1	20.8
Herbed Chicken	210.9	8.6	1.2	0	91	169.2	0.6	0.4	0.2	31.3
Kung Pao Chicken	465.5	22.9	5.1	0.1	219.6	954.5	11.2	1.2	4.9	51
Roasted Turkey	247.3	5.6	1.7	0.1	146.7	2307.1	4.3	0.3	3.7	42.3
Spicy Green Chile Chicken	306.5	8.6	1.5	0	89.7	338.6	19.4	4.2	5	41.2
Sweet + Sour Chicken	376.9	11	2.4	0.1	117.8	443.1	23.4	1.8	21.5	43.8
Tuscan Chicken	234	16.9	5.4	0	58.5	5780.6	14.5	1.2	3.4	10.6

Pork

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
BBQ Pork	234.9	4.9	1.9	0	76	275.1	19.9	0.9	15.4	25.9
Carnitas	204.5	6.5	2.4	0	96.1	356.6	2.6	1	1	32.3
Grilled Italian Sausage	310	21	7	0.2	80	1010	5	2	2	25

Pork Chile Rojo	274.5	8.5	2.4	0	96.1	756.6	12.6	3	7	34.3
Pork Roast + Apple Chutney	481.3	24.1	7.4	0	125.9	447.4	25.3	3.9	18.7	37.7
Sweet + Sour Pork	423.2	8.9	3.3	0	133.1	1090.1	38.9	3.3	30.9	4.4

Lamb

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Kofta + Tahini Sauce	594.4	43	14.6	1.9	140.4	971.8	10.9	3.3	1.8	43.5
Lamb Curry	241.6	9.6	3.3	0.4	92.5	545.7	7.1	2.5	3.4	3.0
Lamb Meatballs	507.7	41.7	17	2.6	117.8	1011.6	5	0.7	3.2	2.9
Persian Lamb Stew	398.4	21.1	5.3	0	115.6	195.9	11	1.3	8.4	40.6

Beef

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Beef + Broccoli	419.7	12.2	3.8	0.4	149.7	987.7	16.3	1.9	11.3	60.2
Beef Meatballs	423	28	10	2	150	150.3	0.7	0	0	44.1
Beef Ragù	314.7	21.2	8.1	1.1	77.8	256.8	5.3	1.1	3.1	24.4
Beef Stroganoff	397.1	24.5	11.4	0.9	111.3	338.4	8.6	1	5.9	34.4
Bolognese	247.8	18.2	5.3	0.6	43.8	423	6.8	0.9	4.4	14.5
Brazilian Skirt Steak	465.6	36.9	19.4	1.5	132.5	886.5	10.7	1.6	4.7	24.2
Cajun Skirt Steak	271.1	17.7	5.4	0.6	71.5	880	4.4	0	1.1	23.1
Chile Colorado	512.1	8.6	3.4	0.4	115.7	3143.6	15.9	0.5	1.4	92.6
Kofta + Tahini	594.4	43	14.6	1.9	140.4	971.8	10.9	3.3	1.8	43.5
Korean Beef Bulgogi	309.5	15.4	6	0	84	530.3	9.1	0.7	7.6	28.7
Paleo Meatloaf + BBQ Sauce	346.3	18.3	5.5	0.5	121.4	818.8	18.6	2	12.2	26.4
Pot Roast	289.3	9.5	2.8	0	122.5	866.1	9.2	2.2	3.7	39.9
Short Ribs	487.1	22.2	9.5	1.3	29.5	5.6	12.8	32.8		
Steak Tips	272.3	13.7	5	0	112.9	76.2	0	0	0	37.2
Swedish Meatballs	433.2	26.8	12.7	0.4	150.2	549.6	9.5	1.2	3.4	3.9

Plant-Based Proteins

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
BBQ Jackfruit	138.7	0.1	0	0	0	862.7	32.5	7.7	18.6	2.7
Borrracho Beans	180.9	1.6	0.3	0	0	348.2	32.5	8.5	1.7	10.7
Chana Masala	172	3.4	0.3	0	0	638.8	28.8	6.3	6.8	9.1

Coconut Lentil Curry	196.1	4.5	3.8	0	0	8.3	28	13	3	11.1
Dairy-Free Spaghetti Squash + Marinara	143.6	8.5	1.1	0	0	415.7	16.8	2.8	8	2.3
Jackfruit Carnitas	148	0.8	0.1	0	0	954	13.6	10.9	5.2	5.4
Stewed Black Beans	219.4	1.1	0.2	0	0	581.2	41.4	16.2	1.9	12.5

Bowls

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Buddha Bowl	589.2	33.8	4.3	0	0	359	61.6	11.6	9.5	13.5
Harvest Bowl	431.2	16.1	5.6	0	0	296.7	71.4	13.5	17.2	10.5
Vegan Taco Bowl	481.8	12.2	1.9	0	0	988.1	74.4	13.4	10.1	20.6

Salads

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Arugula Side Salad (With Dressing)	405.50	37.1	4.9	0	0	367.2	16.5	1.9	13.4	3.3
Kale Caesar Salad (With Dressing)	373.9	33.8	3.3	0	0	46	10.9	7.2	1.1	11.7
Kale Shaker Salad (With Dressing)	293.5	20.1	3.1	0	0	82.5	27.1	7.4	1.6	6.6
Spinach Side Salad (With Dressing)	306.3	23.3	2.1	0	0	71.7	2.5	5.4	17.1	3.4

Seafood

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Blackened Shrimp	112.3	0.3	0.1	0	214.3	125.9	0.2	0	0	27.2
Halibut	205	5.8	0.7	0	55	90	0	0	0	35
Kung Pao Shrimp	259.9	8.7	1.4	0	175	1301.3	20.7	1.3	12.5	24.5
Lemon Pepper Shrimp	50.4	0.1	0	0	94.5	55.6	0.4	0.2	0.1	1.2
Mahi Mahi	95	1	0	0	80	100	0	0	0	2.1
Pesto Shrimp	186.2	10.7	1.3	0	175	310.8	1	0.4	0.2	2.3
Saffron Shrimp	89.6	0.5	0.1	0	94.5	60.6	9.1	2	3	13.3
Salmon	278.1	13.8	2	0	100.6	79.4	0	0	0	36.1
Shrimp Etouffe	86.5	0.5	0.1	0	94.5	82	3.4	1.4	2.1	13.3

Tuna	95	2.8	0.2	0	30	25	0	0	0	17
Tuscan Shrimp	138.1	4.5	3.8	0	473	717	79	2	5.4	8.6

Soups, Chili + Stews

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Beef Bourguignon	453.70	22.3	8.8	0	147.6	764.3	12.5	2	4.1	50.1
Beef Chili	354.20	12.6	6.1	0.4	49.4	645.7	37.1	9.9	8.9	27.5
Cajun Gumbo	259.3	14.1	5	0	71.8	1028.5	11.3	1.7	6.1	22.6
Cauliflower Chowder	322.8	26.3	16.6	0	90.4	215.4	12.3	4.3	4.5	7.9
Cheesy Broccoli Soup	271.7	18.2	9.4	0	48.4	369.8	15.8	4.9	4.4	12.8
Chicken + Wild Rice Soup	271.8	6.9	1.1	0	85.9	522.4	15.3	1	5.6	37.8
Chicken Stew	297.6	7.6	1.2	0	99.4	609.3	26.5	4.7	6	32.7
Chicken Tortilla Soup	274.7	4.6	0.9	0	59.6	919.7	29	6	10.3	30.8
Chicken Zoodle Soup	225	4.4	0.7	0	81.8	435.7	12	1	5.7	35.1
Cream of Broccoli Soup	189.5	14.2	9	0	0	149.4	13.4	3.9	4.9	4.4
Curry Vegetable Soup	115.3	7.2	2.9	0	0	117.6	11.1	3.8	4.6	3.7
French Lentil Stew	343.9	4.8	0.5	0	0	25.2	58.4	11.2	7.5	19.8
Moroccan Lentil Stew	222.7	3.4	0.4	0	0	14.3	40.2	7.4	7.4	10.2
Potato Leek Soup	382.6	16.5	11.2	0	0	260.8	53.9	6.1	9.2	8.1
Pozole Rojo	283.6	6.8	1.1	0	103.3	1491.9				
Thai Carrot Soup	196.1	1.6	0.9	0	0	391.6	28.1	9.7	17.5	4.8
Tomato Bisque	309.2	21.5	14.3	0	88.9	1085.8	20.3	4.4	10.9	3.4
Tuscan White Bean Soup	206.6	1.3	0.1	0	0	2445.5	35.4	7.1	5.6	9.1
Vegan Chili	241.1	0.7	0.1	0	0	394.6	43.7	13.1	7.9	13.1
Vegan Jambalaya	160.8	0.7	0.2	0	585.8	24.6	6.2	6.2	5.9	6.2
Zuppa Toscana	545.4	40.3	20.9	0	67.5	227.9	21.9	4	3.5	25.4

Sides

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Borracho Beans	180.9	1.6	0.3	0	0	348.2	32.5	8.5	1.7	10.7
Broccoli	34.7	0.4	0.1	0	0	40.7	7.1	3.3	1.4	2.4

Brown Rice	139.5	11	0.3	0	0	4.5	29	1.8	0.3	3.1
Brussels Sprouts	55.9	2.3	0.3	0	0	23.8	8.1	2.9	2	2.9
Coconut Almond Rice Stir Fry	244.6	11.3	2.4	0	0	26.8	30.2	2.7	2.5	6.2
Coconut Rice	256.1	4.1	3.5	0	0	4.9	47.3	0	0.6	5.1
Dairy-Free Mashed Potatoes	128.6	3.5	3	0	0	44.4	24	2.3	1.6	2.6
Gluten-Free Mac + Cheese	268	11.5	6	0.3	30.1	320.3	39	2	1.7	8.3
Gluten-Free Pasta + Marinara	234.7	2.8	0.3	0	0	222.8	54.8	2.9	0	5.9
Green Beans	49.7	1.5	0.2	0	0	1.1	8.9	3.6	4.1	2.1
Grilled Peppers + Onions	99.6	1.8	0.3	0	0	11.3	20.8	5.2	12	2.9
Mixed Veggies	46.7	0.6	0.1	0	0	53.4	9.9	4	3.7	2.4
Naked Spaghetti Squash	75.3	0.7	0.2	0	0	50.2	18	3.9	7.1	1.8
Potato Gratin	233.9	14.7	9.6	0	53.2	204.5	18.1	1.7	0.9	6.7
Quinoa	153.1	2.4	0.3	0	0	8.9	27.2	3.6	1.1	5.6
Roasted Cauliflower	23.5	0.5	0.1	0	0	15.3	4.2	2.3	2.1	1.9
Roasted Potatoes	194.2	5	0.5	0	0	65.8	37.6	3.8	1.9	3.8
Roasted Sweet Potatoes	160.7	4.8	0.5	0	0	47.5	27.8	4.8	8.5	2.7
Roasted Zucchini	26.4	0.6	0.1	0	0	5.3	4.7	1.8	3	2
Sauteed Asparagus	28.1	0.3	0.1	0	0	17.9	5.2	2.6	1.7	3.1
Sauteed Peas	132.8	3.3	0.5	0	0	145.2	19.6	6.2	7.3	7.2
Spaghetti Squash + Marinara	169.8	10.3	2.1	0.1	5.4	528.5	17.7	2.8	8	4.1
Stewed Black Beans	219.4	1.1	0.2	0	0	581.2	41.4	16.2	1.9	12.5
Sweet Potato Hash	120	0.3	0.1	0	0	75.6	27.5	5.1	6.6	3
Vegan Spanish Rice	135.4	0.3	0.1	0	0	383.7	29.4	0.6	0.9	3
Veggie Stir Fry	82.5	3.1	0.4	0	0	131.3	9.6	2.9	4.1	1.8
Zoodles	27	0.5	0.1	0	0	12.7	4.9	1.6	4	0

Breakfast Items

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Aloha Bowl	353.20	17.6	9.9	0.1	22.5	91.9	40.5	5.6	29.2	11.6

Apple Streusel	373.4	14.1	4.6	0.3	0	83.5	59.2	6.9	34.2	6.7
BLT Scramble	200.2	13	4	0	377.9	287.1	4.4	1.1	2.3	15.6
Blueberry Peanut Butter Cookie Crumble	491	30.3	4.6	0	0	77.8	46.7	9.6	27.7	15
Broccoli Cheddar Muffins (Two Servings Per Package)	179.8	14.2	8.7	0.1	93.4	241.1	6.4	2.1	1	6
Carrot Muffins	421.9	31.2	9.2	0	102.6	127.8	29.6	6.1	21.3	10.1
Chocolate Lovers Baked Oats (Two Servings Per Package)	246.9	8.3	3.9	0	33.9	216.2	40.1	5.4	16.9	6.2
Cinnamon Pecan Waffles	106.3	5.7	4.3	0	31.1	112	12.5	1	6.7	1.5
Cowboy Scramble	190	12.9	4	0	377.9	275.9	2.8	0.6	0.6	15.3
Crumb Donut	218	15.1	2.1	0	74	96	16.4	2.7	12.7	7.6
Dairy-Free Aloha Bowl	354.8	15.5	9.4	0	0	41	51.6	7.2	34.8	6
Dairy-Free Yogurt Parfait	124.4	3.7	3.2	0	0	26.1	23.2	3.1	16	0.8
Keto Bacon Cheddar Scones (Two Servings Per Package)	386.2	31.7	9.4	0.3	71.5	501.7	11.9	5.6	1.8	16.7
Keto Chorizo Poblano Scone (Two Servings Per Package)	327.2	26.8	6.1	0	55	396.9	12.9	6	2.6	12.2
Overnight Oats	178.3	7.4	3.8	0	0	8.8	25.6	7	8.1	4.3
Paleo Cinnamon Raisin Bread	441.3	24.8	10	0	82.1	357.2	51.1	7.5	38.5	9.8
Protein Waffles	122	6.4	2.8	0	24.2	105.9	13	1.2	5.4	4
Scrambled Eggs	140	10	3	0	370	140	0	0	0	12
Sweet Potato Hash	120	0.3	0.1	0	0	75.6	275	5.1	6.6	3
Vegan Chocolate Muffins	525.9	35.1	12.9	0	0	90.9	48.5	8.2	30.5	10.5
Veggie Scramble	200.2	13	4	0	377.9	287.1	4.4	1.1	2.3	15.6
Yogurt Parfait	122.9	5.8	3.6	0.1	22.5	77	12.2	1.5	10.4	6.4

Snacks + Desserts

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
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Apple Streusel	373.4	14.1	4.6	0.3	0	83.5	59.2	6.9	34.2	6.7
Birthday Cake Fat Bombs	172.1	17.1	7.7	0.3	33.8	52.6	8.5	1	11	3
Bliss Balls: Caramel	159.30	8.1	2.1	0	0	1.6	21.6	4	16.2	3.4
Bliss Balls: Chocolate	153.50	6.6	1.6	0	0	2.2	24.4	4.4	18.3	3.3
Bliss Balls: PB & J	214	13.3	6.9	0	0	28	23.9	4.1	16.8	3.9
Blueberry Peanut Butter Cookie Crumble	491	30.3	4.6	0	0	77.8	46.7	9.6	27.7	15
Carrot Muffins	421.9	31.2	9.2	0	102.6	127.8	29.6	6.1	21.3	10.1
Chewy Chocolate Chip Cookies	114.7	8.1	2.1	0	0	70.7	9.7	1.7	6.1	2.5
Chocolate Lovers Baked Oats (Two Servings Per Package)	246.9	8.3	3.9	0	33.9	216.2	40.1	5.4	16.9	6.2
Chocolate Peanut Butter Protein Donut	205.3	11	4.1	0	12.6	131	22	3.9	14.4	9.2
Cinnamon Pecan Waffles	106.3	5.7	4.3	0	31.1	112	12.5	1	6.7	1.5
Coffe Chia Panna Cotta	328	11.7	4.7	0.3	11.7	233.5	54.7	5.2	39.9	3.4
Crispy Rice Bar	206.1	12.8	2.8	0.1	0	69.9	21	3.4	13.3	5.2
Crumb Donut	218	15.1	2.1	0	74	96	16.4	2.7	12.7	7.6
Hemp Heart Granola Bar	349.9	19.8	5	0	0	102.6	36.6	5.1	15.7	9.2
Keto Blueberry Muffins	203.8	18.5	5.9	0	82.2	188.9	14.6	2	11	6
Keto Fat Bombs (Three Servings Per Package)	230.6	23.2	12.5	0	0	36.8	14.5	2.9	0.8	4
Keto Peanut Butter Cups (Three Servings Per Package)	148.5	14	6.8	0	0	2.9	8.6	1.9	0.9	3.2
Keto Thumbprint Cookies	241.6	19.7	6.3	0.4	39.7	34.6	21.9	5.9	5.5	5.8
Lemon Poppy Seed Muffins	97.5	6.7	2	0	0	39.3	8.6	1.1	4.7	2
Low-Carb Granola Bar	327.1	30.7	7.9	0	0	4.3	14.5	5.9	1.8	7.9
O.G. Granola Bar	297.3	24.3	4.3	0	0	52	18.5	4.7	12.2	6.5
Paleo Cinnamon Raisin Bread	441.3	24.8	10	0	82.1	357.2	51.1	7.5	38.5	9.8
Peanut Butter Crunch Bar	290.4	19.3	4.5	0	0	29.4	24.5	4.1	15	9.7
Pecan Pie Bar	413.5	35.6	14.2	0	0	9.6	22	4.3	15.7	5.2

Protein Waffles	122	6.4	2.8	0	24.2	105.9	13	1.2	5.4	4
Strawberry Donut	198.8	14.7	5.4	0	53.3	20.9	13.7	2	11	5.3
Strawberry Chia "Cheesecake"	435.9	25.7	4.6	0	0	12.6	50.1	7.3	32.6	8.2
Tahini Brownie	159.2	10.2	2.3	0.1	23.3	105.5	15.8	2.3	11.1	3.9
Taylor's Favorite Donut	354	24.2	10.4	0	74	102.6	30.5	4.4	23.2	8.2
Vegan Chocolate Muffins	525.9	35.1	12.9	0	0	90.9	48.5	8.2	30.5	10.5