

VEGETABLES

Item	Collection	Measurement	kCal	Fat	Carbohydrates	Protein	Fibre	Sodium	Cholesterol
Steamed Broccoli	Weight Loss	198g	69kCal	1g	14g	5g	7g	65mg	0mg
	Keto Style	198g	69kCal	1g	14g	5g	7g	65mg	0mg
	Everyday	142g	50kcal	1g	10g	3g	3g	58mg	0mg
	Beyond Meat	142g	50kcal	1g	10g	3g	3g	58mg	0mg
Zucchini Noodles	Weight Loss	198g	42kcal	1g	6g	5g	2g	6mg	0mg
	Keto Style	198g	42kcal	1g	6g	5g	2g	6mg	0mg
	Everyday	142g	30kcal	1g	4g	4g	2g	4mg	0mg
	Beyond Meat	142g	30kcal	1g	4g	4g	2g	4mg	0mg
Seasonal Veg	Weight Loss	198g	116kcal	9g	10g	3g	3g	124mg	0mg
	Keto Style	198g	116kcal	9g	10g	3g	3g	124mg	0mg
	Everyday	142g	83kcal	6g	7g	2g	2g	84mg	0mg
	Beyond Meat	142g	83kcal	6g	7g	2g	2g	84mg	0mg
Creamy Green Bean	Keto Style	198g	249kcal	20g	8g	12g	0g	125mg	3mg
Creamy Broccoli	Keto Style	198g	225kcal	19g	13g	4g	6g	370mg	3mg
Cheddar Green Bean	Keto Style	198g	309kcal	24g	7g	18g	0g	117mg	28mg
Cheddar Broccoli	Keto Style	198g	287kcal	23g	12g	11g	5g	381mg	29mg
Parmesan Zucchini	Keto Style	198g	278kcal	23g	6g	16g	2g	222mg	22mg
Zucchini and Hemp Hearts	Weight Loss	198g	102kcal	6g	7g	9g	3g	60mg	0mg
	Keto Style	198g	130kcal	14g	4g	8g	2g	67mg	0mg
	Everyday	142g	91kcal	6g	5g	7g	2g	55mg	0mg
	Beyond Meat	142g	91kcal	6g	5g	7g	2g	55mg	0mg
Green Bean and Help Heart	Weight Loss	198g	154kcal	7g	9g	17g	0g	88mg	0mg
	Keto Style	198g	165kcal	13g	5g	14g	0g	90mg	0mg
	Everyday	142g	113kcal	5g	7g	12g	0mg	75mg	0mg
	Beyond Meat	142g	113kcal	5g	7g	12g	0mg	75mg	0mg
Mixed Greek Veg	Weight Loss	198g	128kcal	9g	13g	3g	3g	118mg	0mg
	Keto Style	198g	128kcal	9g	13g	3g	3g	118mg	0mg
	Everyday	142g	92kcal	6g	9g	2g	2g	113mg	0mg
	Beyond Meat	142g							
Seasonal Green Veg	Weight Loss	198g	118kcal	9g	9g	3g	3g	130mg	0mg
	Keto Style	198g	118kcal	9g	9g	3g	3g	130mg	0mg
	Everyday	142g	89kcal	5g	7g	2g	2g	90mg	0mg
	Beyond Meat	142g	89kcal	5g	7g	2g	2g	90mg	0mg