

# mg Nutrition Workbook

## Suggested Menu Items

Item	NYC	Chicago + Boston	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Beet Noodles + Tofu	Y	N	420	240	28 g	2.5 g	0 g	0 mg	700 mg	32 g	9 g	16 g	13 g
Curly Kale + Cucumber Ribbons	Y	N	460	330	38 g	4.5 g	0 g	0 mg	560 mg	32 g	13 g	7 g	10 g
The Chicken Jaw	Y	N	670	130	15 g	4.5 g	0 g	75 mg	3120 mg	88 g	4 g	40 g	41 g
Spicy AF Chicken	Y	Y	770	240	28 g	3.5 g	0 g	105 mg	2810 mg	94 g	3 g	7 g	36 g
Zoodles + Salmon	Y	Y	490	350	40 g	4.5 g	0 g	50 mg	860 mg	16 g	5 g	8 g	24 g

## Bases

Item	NYC	Chicago + Boston	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Freshly Made Spinach Noodles	Y	Y	380	10	1 g	0 g	0 g	0 mg	790 mg	78 g	0 g	0 g	12 g
Freshly Made 3 Wheat Noodles	Y	Y	330	10	1.5 g	0 g	0 g	0 mg	940 mg	66 g	2 g	30 g	11 g
Brown Rice	Y	Y	160	10	1.5 g	0 g	0 g	0 mg	5 mg	33 g	3 g	0 g	4 g
Zucchini Noodles	Y	Y	40	5	1 g	0 g	0 g	0 mg	20 mg	8 g	2 g	6 g	3 g
Spiralized Beet Noodles	Y	N	60	0	0 g	0 g	0 g	0 mg	115 mg	14 g	4 g	10 g	2 g
Curly Kale + Cucumber Ribbons	Y	N	30	5	0 g	0 g	0 g	0 mg	20 mg	6 g	2 g	2 g	2 g
Organic Baby Spinach	Y	Y	20	0	0 g	0 g	0 g	0 mg	65 mg	3 g	2 g	0 g	2 g

## Sauces

Item	NYC	Chicago + Boston	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Almond Ginger Tahini	Y	N	110	100	11 g	1 g	0 g	0 mg	250 mg	3 g	1 g	1 g	2 g
Avocado Green Goddess	Y	N	140	130	15 g	1 g	0 g	0 mg	125 mg	2 g	0 g	1 g	0 g
Balsamic Vinaigrette	N	Y	190	180	21 g	2 g	0 g	0 mg	100 mg	1 g	0 g	1 g	0 g
Black Pepper Tahini	N	Y	90	70	8 g	1 g	0 g	0 mg	120 mg	4 g	1 g	1 g	3 g
Citrus Herb	Y	Y	150	140	17 g	1.5 g	0 g	0 mg	65 mg	2 g	0 g	1 g	0 g
Ginger Scallion Soy	Y	Y	70	50	6 g	0.5 g	0 g	0 mg	540 mg	4 g	0 g	1 g	1 g
Green Curry Lemongrass	Y	Y	50	35	4 g	3 g	0 g	0 mg	160 mg	3 g	0 g	1 g	0 g
Red Miso	N	Y	15	0	0 g	0 g	0 g	0 mg	270 mg	2 g	0 g	1 g	0 g
Shiso Basil Pesto	Y	Y	210	210	24 g	2 g	0 g	0 mg	33 mg	1 g	1 g	0 g	1 g
Spicy Miso Garlic	Y	N	90	80	9 g	0.5 g	0 g	0 mg	290 mg	1 g	0 g	1 g	1 g
Togarashi Ranch	N	Y	40	30	3 g	1 g	0 g	5 mg	110 mg	1 g	0 g	1 g	1 g
Olive Oil + Vinegar	Y	Y	130	120	13 g	2 g	0 g	0 mg	0 mg	3 g	0 g	2 g	0 g
Fresh Lemon Squeeze	Y	Y	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g

## Proteins

Item	NYC	Chicago + Boston	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Marinated Tofu	Y	Y	110	70	8 g	1 g	0 g	0 mg	55 mg	4 g	1 g	2 g	7 g
Slow Roasted Pork Shoulder	Y	N	180	110	12 g	4 g	0 g	45 mg	550 mg	4 g	0 g	2 g	13 g
Slow Roasted Pork Shoulder	N	Y	210	130	14 g	5 g	0 g	65 mg	135 mg	1 g	0 g	1 g	17 g
Slow Cooked Chicken	Y	Y	180	100	11 g	2 g	0 g	105 mg	780 mg	1 g	0 g	0 g	19 g
Dashi Poached Salmon	Y	Y	160	90	9 g	2 g	0 g	50 mg	190 mg	0 g	0 g	0 g	17 g

## Toppings

Item	NYC	Chicago + Boston	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Spicy Kale Kimchi	Y	Y	30	10	1 g	0 g	0 g	0 mg	520 mg	5 g	1 g	2 g	1 g
Miso Corn	Y	Y	50	25	2.5 g	1.5 g	0 g	5 mg	280 mg	7 g	1 g	2 g	1 g
Sesame Cucumbers	Y	Y	20	15	2 g	0 g	0 g	0 mg	160 mg	1 g	1 g	0 g	1 g
Pickled Carrots	Y	Y	5	0	0 g	0 g	0 g	0 mg	5 mg	1 g	0 g	1 g	0 g
Scallions	Y	Y	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
Roasted Broccoli	Y	Y	30	15	2 g	0 g	0 g	0 mg	150 mg	3 g	2 g	1 g	1 g
Slow Cooked Tomatoes	N	Y	35	15	2 g	0 g	0 g	0 mg	250 mg	5 g	1 g	3 g	1 g
Herbed Grape Tomatoes	Y	N	20	15	1.5 g	0 g	0 g	0 mg	5 mg	3 g	0 g	0 g	0 g
Roasted Chickpeas	Y	N	70	20	2.5 g	0 g	0 g	0 mg	400 mg	10 g	3 g	2 g	3 g
Roasted Mushrooms	Y	Y	90	70	8 g	1 g	0 g	0 mg	180 mg	4 g	2 g	2 g	2 g
Avocado	Y	Y	45	35	0.5 g	0 g	0 mg	0 mg	0 mg	2 g	2 g	0 g	1 g

## Garnishes

Item	NYC	Chicago + Boston	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Crispy Shallots	Y	Y	160	70	8 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Pickled Chillies	Y	Y	0	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Roasted Cashews	Y	Y	100	70	8 g	1.5 g	0 g	0 mg	0 mg	5 g	1 g	1 g	3 g
mg Spice	Y	Y											
Toasted Sesame	Y	Y											
Poached Egg	Y	Y	45	25	3 g	1 g	0 g	105 mg	35 mg	0 g	0 g	0 g	4 g