

## Oh She Glows Every Day - Nutrition Info

Recipe	Page number	Serving Size	Calories	Total Fat (g)	Carbs (g)	Sugars (g)	Fiber (g)	Sodium (mg)	Protein (g)	Dietitian's Calculation Notes
Magical "Ice Cream" Smoothie Bowl	5	2	288	15	39	20	9	99	6	Calculated with 1/4 cup smashed (level) avocado, rather than loose avocado cubes
Salted Chocolate Hemp Shake for Two	7	2	329	15	47	28	9	269	9	Calculated with 3 pitted medjool dates
Green Tea Lime Pie Smoothie Bowl	9	1	292	9	55	28	9	56	3	
Morning Detox Smoothie	11	1	238	1	54	36	6	33	3	Assumed 1 serving for 2 cups
Green-Orange Creamsicle Smoothie	13	2	376	13	65	48	8	89	3	
Glowing Rainbow Smoothie Bowl	15	1	232	7	46	34	7	8	4	
Green Matcha Mango Ginger Smoothie	17	2	172	2	39	30	5	126	2	
The Satey Smoothie	19	1	560	27	53	31	32	569	31	Feel free to split this smoothie into 2 smaller "snack-sized" servings! Note: I calculated with 1 scoop Plant Fusion unflavored and then tested with vanilla flavor, same nutritional for each.
Pear Vanilla Mint Green Smoothie	21	2	161	3	35	24	7	102	2	
Chocolate Dreams Protein Smoothie Bowl	23	1	387	9	58	33	9	476	25	Note: I calculated with 1 scoop Plant Fusion unflavored and then tested with vanilla flavor, same nutritional for each.
Reset Button Green Smoothie (Family Size)	25	3	172	0	44	24	7	40	4	Calculated with water, rather than coconut water
Reset Button Green Smoothie (Half Batch)	27	2	138	1	35	19	6	30	3	
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Vanilla Super Seed Granola with Coconut Chips	33	20	219	16	17	7	4	69	5	
Coffee Shop Worthy Hazelnut Milk	35	7	142	9	12	11	3	35	3	Calculated unstrained; calculated for 7 1/2-cup servings
The Fastest Sprouted Steel Cut Oatmeal	37	3	335	11	53	7	4	204	4	Used unsweetened, commercial almond milk
9-Spice Avocado Hummus Toast	39	2	378	21	43	2	14	368	10	Used Ezekiel sprouted grain bread and Yorgos hummus (fairly representative in terms of calories)
PB&J Thumbprint Breakfast Cookies	41	8	187	7	27	7	6	55	7	Used Crofter's jam
Berry Chia Seed Jam	43	24	21	0	5	4	1	13	0	Calculated for 24 1-tablespoon servings
Raspberry Almond Chia Seed Jam	44	24	20	0	4	3	1	0	0	Calculated for 24 1-tablespoon servings
Strawberry Oat Crumble Bars	45	16	252	13	31	14	3	56	5	Used Crofter's strawberry jam
Overnight Hot Oatmeal Power Bowl	49	1	685	33	82	26	22	387	21	Feel free to split this breakfast into 2 smaller servings. Used all suggested toppings
Black Bean Rancheros	51	4	403	13	57	6	13	634	18	Used Eden black beans; used La Tortilla Factory 6" white corn tortillas
Roasted Breakfast Hash	53	6	175	6	28	3	2	188	3	
Apple Pie Overnight Oats	55	3	271	7	43	13	11	154	9	
Tropical Overnight Oats	57	3	380	12	61	24	13	120	9	
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Fresh Cherry Tomato Salsa	63	10	21	1	3	2	1	5	1	Calculated for 10 1/4-cup servings
The Freshest Guacamole	65	6	91	9	6	1	4	62	0	Calculated for 6 1/4-cup servings; used 1/4 teaspoon Herbamare and 1 tablespoon fresh lime juice
Coconut Chia Seed Pudding Parfaits	67	4	260	11	39	27	10	108	5	
Mocha Empower Glo Bars	69	12	195	9	27	11	3	74	3	Used Enjoy Life brand chocolate chips
Roasted Hazelnut Almond Granola Clusters	71	21	167	10	18	10	3	43	3	Calculated for 21 1/3-cup servings (assuming 7-cup yield)
Homemade Almond Butter	75	8	170	15	6	1	4	0	6	Calculated for 8 2-tablespoon servings
Roasted Hazelnut Almond Butter	77	8	193	16	8	6	4	74	5	Calculated for 8 2-tablespoon servings
Homemade Sunflower Seed Butter	79	14	211	17	9	4	2	16	7	Calculated for 14 2-tablespoon servings
Sun-Dried Tomato and Garlic Super Seed Crackers	81	7	313	30	29	4	10	312	18	Calculated for 7 5-crinkler servings
Roasted Garlic and Sun-Dried Tomato Hummus	85	16	66	4	7	0	2	71	2	Calculated for 16 2-tablespoon servings
Banana Bread Muffin Tops	87	10	213	9	32	15	4	76	3	Used Enjoy Life brand mini chocolate chips
Endurance Crackers	89	6	270	20	12	0	9	127	11	Used Herbamare; calculated for 6 5-crinkler servings (assuming 30 cracker yield)
Everyday Lemon Garlic Hummus	91	12	77	5	7	0	2	151	2	Calculated for 12 2-tablespoon servings
Cookie Dough Balls V	93	15	194	3	12	7	1	40	2	Used Enjoy Life brand mini chocolate chips
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Protein Power Rainbow Quinoa Salad	99	6	325	13	43	4	7	167	11	Calculated for 6 1-cup servings
Thai Crunch Salad	101	4	563	38	33	11	13	770	23	
Spiraled Zucchini Summer Salad	103	2	504	41	26	8	10	569	17	Calculated with 1 serving Italian marinated tofu (1/4 recipe) per serving and 2 tablespoons vegan parmesan cheese per serving
Hemp Heart and Sorghum Tabbouleh	105	5	277	13	30	4	8	189	9	
Crowd-Pleasing Caesar Salad	107	6	277	15	27	3	6	281	11	Used Annie's Natural's vegan worchestershire sauce
Stuffed Avocado Salad	109	6	364	19	47	4	14	239	9	
Curried Chickpea Salad	113	3	236	9	28	3	7	307	9	Calculated with your homemade mayo recipe
Every Day Glow	115	2	311	23	28	6	9	191	10	Calculated without optional protein toppings; 1 tablespoon lemon greek hummus per entire recipe; 2 tablespoons lemon tahini dressing per entire recipe
The Best Shredded Kale Salad	117	4	464	37	30	11	6	346	9	Calculated with 8 cups kale (4 packed cups of shredded kale per bunch lacinate) and 1/3 cup cranberries for the handful
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Crispy Smashed Potatoes	123	4	362	22	44	2	6	207	5	Used 1/4 teaspoon salt total for recipe, as amounts given are to taste
Roasted Garlic Basil Pesto Potatoes with Arugula	125	4	413	24	44	3	5	159	10	
The Best Marinated Lentils	129	8	112	5	17	2	5	325	7	Calculated for 8 1/2-cup servings
Roasted Brussels Sprouts and Coconut "Bacon"	131	4	204	9	23	5	12	233	6	Calculated with 1/4 teaspoon salt to account for the 1/8 teaspoon specified and suggested additional "to taste" amounts
Sweet Potato Casserole	133	8	558	27	70	19	10	397	7	
Marinated Italian Tofu	135	4	291	23	9	4	1	488	13	
Cast-Iron Tofu	137	4	123	8	4	0	1	128	10	
Metabolism-Revving Spicy Cabbage Soup	139	4	278	5	47	14	14	596	11	Used Muir Glen organic diced tomatoes; used Pacific Organic low-sodium broth
Creamy Thai Carrot Sweet Potato Soup	141	4	312	12	47	19	10	712	8	Used Thai Kitchen red curry paste; used Pacific Organic low-sodium broth
Six Vegetable and "Cheese" Soup	143	4	223	4	291	14	11	742	9	Used Pacific Organic low-sodium broth and 1/2 teaspoon salt; used 3 tablespoons nutritional yeast
Golden French Lentil Stew	145	4	398	15	52	13	21	980	14	Used Pacific Organic low-sodium broth and 1 teaspoon salt; used Muir Glen diced tomatoes
Go To Gazpacho	147	4	96	1	19	13	4	186	4	I used the Knudsson low sodium very veggie juice as suggested; I used 1/4 teaspoon salt for the recipe.
Miracle Healing Broth	151	2	254	18	26	10	6	348	2	
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The Big Tabbouleh Bowl	157	5	649	35	77	7	19	721	24	Since the pita and the zucchini seemed pretty essential to the dish, I did include them (2 zucchini and 5 servings of 1/2 whole wheat pita from Damascus Bakery each). I calculated with 5 2-tablespoon (each) servings of the hummus and tahini dressing and the entire tabbouleh recipe.
Oh Em Gee Veggie Burgers	159	12	257	10	35	4	7	127	9	
Fusilli Lentil Mushroom Bolognese	161	8	414	12	66	14	5	221	13	
Loaded Sweet Potatoes	165	4	271	11	39	10	11	195	9	
Shepherd's Pie	167	8	294	9	45	7	7	851	9	Used Pacific organic low sodium broth; used Cascadian Farm Gardener's Blend frozen vegetables; used Westbrae organic lentils.
Chili Cheese Nachos	169	5	419	20	46	12	17	835	18	
Eggplant Parmesan	173	6	277	15	25	4	8	441	13	Cooked pasta and marinara not included in calculations
Failproof Marinara Sauce	175	15	98	4	13	8	3	177	2	Calculated for 15 1/3-cup servings
Mac and Peas	177	4	373	13	56	4	6	255	10	
Sweet Potato, Chickpea, and Spinach Coconut Curry	179	6	276	9	40	10	9	518	10	
Comforting Red Lentil and Chickpea Curry	181	6	279	5	45	8	15	320	15	
Soba Noodle Salad	183	6	364	18	40	6	5	220	13	Used Eden Organic 100% buckwheat soba
Sun-Dried Tomato Pasta	185	4	572	14	100	2	7	383	15	Used Jovial Foods brown rice penne
Marinated Portobello Mushroom Bowl	187	4	457	27	48	19	9	811	11	
Ultimate Green Taco Wraps	191	5	362	25	27	4	15	252	14	As with other recipes, calculated without "for serving" suggestions

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Ultimate Flourless Brownies	199	8	280	17	31	22	6	212	5	Used your homemade almond butter recipe and Enjoy Life dark chocolate bars
Chocolate-Dipped Vanilla Bean Macaroons	201	13	209	15	19	12	3	70	3	Used your homemade coconut butter
Triple Almond Thumbprint Cookies	205	16	142	10	11	5	3	97	4	Used your jam recipe and Bob's red mill coconut and rice flour
Chocolate Almond Espresso Cookies	207	14	155	9	18	13	2	99	3	
Nut Free Dream Bars	211	20	211	15	16	8	2	36	4	
Flourless Peanut Butter Cookies	213	12	174	10	19	14	2	124	4	
Pillow Pumpkin Snacking Cookies	217	11	118	4	19	10	2	52	2	
Chevy Molasses Spelt Cookies	219	12	114	4	19	11	1	82	2	
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High Rise Pumpkin Cupcakes	224	12	184	5	32	15	2	119	3	Calculated without frosting
Spiced Buttercream Frosting	227	10	193	13	18	17	0	135	0	Calculated for 10 2-tablespoon servings
Secret Ingredient Chocolate Pudding	229	4	197	8	31	20	3	179	3	Calculated for 4 1/3-cup servings
Peanut Better Balls	231	20	143	10	11	7	2	32	4	
Meyer Lemon Cheesecake with Strawberry-Vanilla Compote	233	10	418	29	39	29	5	32	7	
Peanut Butter Lover's Chocolate Tart	237	12	331	23	29	16	3	108	7	Calculated without the two garnishes
Mile-High Black-and-White Freezer Fudge	239	24	182	15	11	8	1	20	2	
Mango Coconut Lime Sorbet	243	4	110	7	12	12	1	10	1	Calculated for 4 1/2-cup servings
Raspberry-Banana Sorbet	243	4	129	0	33	21	8	2	2	Calculated for 4 1/2-cup servings
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Thai Almond Butter Sauce	249	7	167	13	8	3	4	204	4	Calculated for 7 3-tablespoon servings
All Purpose Cheese Sauce	251	4	130	11	8	3	2	210	4	Calculated for 4 1/4-cup servings
Magic No Cook Caramel Sauce	253	8	189	13	19	17	0	77	2	Calculated for 8 2-tablespoon servings
Easy Barbecue Sauce	255	8	35	1	5	3	1	271	1	Calculated for 8 2-tablespoon servings
Easiest Garlic Croutons	257	8	43	2	4	1	2	38	2	Calculated for 8 1/4-cup servings; used 2 slices Dave's Killer Bread in seed variety (very hearty and whole grain)
9-Spice Mix	258	12	3	0	0	0	0	140	0	Calculated for 12 1/2-teaspoon servings
Cashew Sour Cream	261	16	60	5	3	0	0	70	2	Calculated for 16 2-tablespoon servings
Roasted Tamari Almonds	263	2	170	14	7	1	3	473	8	Calculated for 2 1/4-cup servings
Lemon Tahini Dressing	265	8	131	13	3	0	1	153	2	Calculated for 8 2-tablespoon servings
Vegan Parmesan Cheese with Cashews	267	6	59	4	4	1	1	75	3	Calculated for 6 2-tablespoon servings
Vegan Parmesan Cheese with Peppitas	267	6	60	5	2	0	1	75	3	Calculated for 6 2-tablespoon servings
Homemade Vegan Mayo	269	28	70	8	0	0	0	49	0	Calculated for 28 1-tablespoon servings
Shake and Go Balsamic Vinaigrette	273	8	72	7	1	1	0	73	0	Calculated for approximately 15 1-tablespoon servings, using 1/2 cup olive oil
Coconut Whipped Cream	275	8	95	9	4	3	0	22	1	Calculated for 8 2-tablespoon servings, calculated with a whole can of Native Forest coconut milk (hard to find totally reliable information for coconut cream on its own), calculated with 1 tablespoon maple syrup
Apple Mango Chutney	277	6	137	0	33	29	2	96	1	Calculated for 6 1/4-cup servings
Cozy Gravy	279	8	76	4	9	2	2	390	3	Calculated for 8 1/4-cup servings
Homemade Coconut Butter	281	13	123	5	12	1	2	6	1	Calculated for ~13 2-tablespoon servings, calculated with 3 cups unsweetened, shredded coconut (Bob's Red Mill)
Maple Cinnamon Coconut Chips	283	8	63	5	6	4	1	31	1	Calculated for 8 2-tablespoon servings

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