

Sample Produce Box: Diabetes

At the micro & macro nutrient levels, different fruits & vegetables are best suited for different disease states

Fajita Salad Recipe

Ingredients

- 1 onion (sliced)
- 2 tbsp fajita seasoning
- 1 large bell pepper (sliced)
- 1 tbsp olive oil
- 1 jalapeño pepper (minced)
- 1/2 lbs chicken breast (optional)
- 1 bunch leaf lettuce

Directions

1. Heat a cooking pan and add olive oil
2. Sauté onions and peppers
3. Add minced jalapeños
4. Remove from pan and set aside...



Diabetes-Tailored Fresh Produce Box

- 1 ea Cabbage
- 1 ea Yellow Onions
- 1 lb Carrots
- 1 ea Chayote
- 1 ea Celery
- 4 oz Jalapenos
- 1 ea Lettuce
- 3 ea Peaches
- 4 ea Limes
- 2 ea Bell Peppers
- 3 ea Pears
- 1 bunch Broccoli
- 3 ea Red Apples

Tailored Options for Diabetes

- Low To Moderate Glycemic Index Foods To Prevent Spikes In Blood Sugar
- Sodium < 2300mg, Potassium 1600 - 2000mg, Phosphorous 700mg
- Less Than 7% Of Total Calories From Saturated Fat

Follows Guidelines From



U.S. Department of Veterans Affairs

Broccoli



Full Of Sulfuraphane Which Studies Show May Help Lower Blood Sugar Levels.

Contains As Much Vitamin C As An Orange, Its Antioxidants Protect Cells From Damage.

Sulfuraphane And Other Natural Compounds In Broccoli Might Stop Cancer Cells From Forming In Your Body.

Sample Produce Box: Heart Disease

At the micro & macro nutrient levels, different fruits & vegetables are best suited for different disease states

Chicken Broccoli Stir Fry

Ingredients

- 8 oz cauliflower rice
 - 8 oz chicken breast
 - 4 oz red onion, sliced
 - 8 oz broccolini
 - 8 oz sliced carrots
- Sauce:
- 2 oz soy sauce
 - 1 teaspoon ground ginger
 - 2 tablespoons cornstarch
 - 2 teaspoons olive oil

Directions

1. Heat oil in a large skillet over high heat. Saute chicken until brown.
2. Add onion to the chicken. Stir broccolini, carrots and cauliflower rice with the chicken and onion...



Heart-Friendly Fresh Produce Box

- 1 lb Strawberries
- 2 ea Zucchini
- 2 ea Bell Peppers
- 1 bu Broccolini
- 1 ea Cauliflower Rice
- 1 bu Asparagus
- 8 oz Green Beans
- 1 lb Potatoes
- 3 ea Apples
- 1 ea Celery
- 1 ea Cabbage
- 1 lb Tomatoes
- 2 ea Onions

Tailored Options for Heart Disease

- Nutrient-Dense Produce
- Less Than 7% Of Total Calories From Saturated Fat
- Sodium < 2300mg

Follows Guidelines From



U.S. Department
of Veterans Affairs

Strawberries



Protect Your Heart: Increase HDL (Good) Cholesterol, Lower Your Blood Pressure.

High Levels Of Antioxidants Known As Polyphenols; Sodium-Free, Fat-Free, Cholesterol-Free, Low-Calorie

Good Source Of Manganese And Potassium.



Condition-Tailored

Sample Grocery Box: Kidney Disease

At the micro & macro nutrient levels, different fruits & vegetables are best suited for different disease states

Cranberry Walnut Salad

Ingredients

- 1 cup red seedless grapes
- 4 oz walnut halves
- 8 oz dried cranberries
- 32 oz spring mix
- Balsamic Dressing
- 4 oz Olive Oil
- 2 oz Balsamic Vinegar
- 1 tbsp Honey

Directions

1. Rinse grapes. Keep grapes whole.
2. Chop nuts into pea size pieces. Add chopped nuts to the mixing bowl.
3. Add dried cranberries to the mixture...

Follows Guidelines From



Kidney-Friendly Grocery Box

- 1 lb Red Grapes
- 1 lb Carrots
- 1 ea Celery
- 1 ea Lettuce
- 4 ea Limes
- 2 ea Red Apples
- 8 oz Dried Cranberries
- 8 oz Walnuts
- 2 ea Zucchini
- 3 oz Olive Oil
- 32 oz Spring Mix
- 2 ea Bell Peppers
- 1 bunch Broccoli

Tailored Options for Kidney Disease

- Nutrient Dense Food Items That Are Heart Healthy
- Low In Sodium < 650 Mg, Potassium < 800 Mg, And Phosphorous < 400 Mg Per Serving
- Less Than 7% Of Total Calories From Saturated Fat



Red Grapes

Contains Antioxidants Called Flavonoids, Which Have Been Shown To Reduce Inflammation.

Contains Vitamin C, Which Protects Cells From Damage.

Contains Resveratrol, Shown To Benefit Heart Health And Protect Against Diabetes And Cognitive Decline

Sample Grocery Box: Hypertension

At the micro & macro nutrient levels, different grocery items are best suited for different disease states

Pasta Primavera Recipe

Ingredients

- 8 oz Tomato (chopped)
- 8 oz Chicken (sliced into strips)
- 8 oz Pasta
- 8 oz broccoli
- 1 ea Yellow Onion
- 1 bunch Basil
- 1 ea Garlic (peeled and minced)

Directions

1. Cook pasta according to the package directions. Drain, rinse, and set aside.
2. Saute and brown chicken.
3. Steam broccoli and set aside....



Heart-Friendly Grocery Box

- 1 lb Whole Grain Pasta
- 2 ea Onions
- 8 oz Cauliflower Rice
- 16 oz Yogurt
- 2 ea Zucchini
- 1 lb Strawberries
- 1 bu Basil
- 1 bu Kale
- 1 lb Carrots
- 1 ea Broccoli
- 2 ea Bell Peppers
- 3 ea Peaches

Tailored Options for Heart Disease

- Nutrient-Dense Produce
- Less Than 7% Of Total Calories From Saturated Fat
- Sodium < 2300mg

Follows Guidelines From



U.S. Department
of Veterans Affairs

Yogurt



Improves Gut Bacteria Balance, Which Is An Important Factor In Heart Disease.

Linked To Healthy Blood Pressure And Cholesterol Levels, While Some Research Shows That Eating Yogurt As Part Of A Healthy Diet Can Help Prevent Long-Term Weight Gain, Which Is Good For The Heart.



Condition-Tailored

Sample Grocery Box: Cancer Example

At the micro & macro nutrient levels, different grocery items are best suited for different disease states

Pozole Recipe

Ingredients

- 1 tsp black pepper
- 8 oz frozen corn
- 8 oz chicken
- 2 cloves garlic
- 4 oz green chili pepper
- 4 oz onions
- 32 oz hominy
- 1 tablespoon olive oil

Directions

1. Cut chicken into 1-inch pieces. Chop onion and garlic. Drain and rinse hominy.
2. Heat oil in a skillet over medium heat and brown chicken pieces...



Cancer-Support Grocery Box

- 8 oz Green Chile
- 8 oz Cheddar Cheese
- 10 ct Wheat Tortillas
- 2 ea Onions
- 2 ea Bell Peppers
- 1 ea Lettuce
- 4 oz Jalapenos
- 32 oz Hominy
- 3 ea Zucchini
- 8 oz Cauli Rice
- 8 oz Snap Peas
- 1 lb Carrots

Tailored Options for Cancer

- Nutrient-Dense Fresh Produce
- Loaded With Antioxidants To Protect Against Cancer
- Based On Anti-Inflammatory Dietary Patterns

Follows Guidelines From



U.S. Department
of Veterans Affairs

Cauliflower



Provides 100% Of The Daily Recommended Amount Of Vitamin C, Which Is A Powerful Antioxidant.

Contains Glucosinolates, Which Are Compounds That May Help Prevent Cancer.

Helps Protect Cells From Damage And Has Anti-Inflammatory, Antiviral, And Antibacterial Effects.



THE FOOD BOXES

Condition-Tailored

Sample Combo Box: Heart Disease

At the micro & macro nutrient levels, different food items are best suited for different disease states

Prepared Meals + Healthy Snacks

Feast On Your Schedule

You Won't Have To Wait Long To Fuel Your Body. These Scratch-Cooked Meals Can Be Ready In Minutes!

Easy To Eat Heart-Healthy

These Snacks Are Easy To Eat At A Moment's Notice. The Salad Can Be Enjoyed By Itself Or Along Side One Of Your Meals!

Eat for Heart Disease: Jambalaya!

- Nutrient-Dense Meal
- Less Than 7% Of Total Calories From Saturated Fat
- Sodium < 650mg



Heart-Friendly Combo Box

This Week's Menu

- x2 Jambalaya
- x2 Confetti Rice
- x2 Southern Power Bowl

Snacks!

- 2 ea Peaches
- 2 ea Apples
- 3 ea Romaine
- 4 oz Blueberries
- 8 oz Grape Tomatoes

Follows Guidelines From:



American Heart Association



Academy of Nutrition and Dietetics

VA



U.S. Department of Veterans Affairs



Blueberries

Protect Your Heart: Increase HDL (Good) Cholesterol, Lower Your Blood Pressure.

High Levels Of Antioxidants Known As Polyphenols; Sodium-Free, Fat-Free, Cholesterol-Free, Low-Calorie

Good Source Of Manganese And Potassium.



Who we reference for nutritional guidelines

Institutions we use to create evidence-based guidelines for our condition-tailored food-boxes and meals



U.S. Department
of Veterans Affairs



U.S. Department of Defense



Dietary
Guidelines
for Americans

