Please submit recipes that fit the following criteria:

- Focus on whole foods (i.e., fruits, vegetables, nuts, seeds, legumes, whole grains) rather than refined foods (i.e., white sugar, white flour, etc.)
- Include Serving Size
- Calorie Per Serving
  - Breakfast: Maximum of 450
  - Lunch/Dinner: Maximum of 500
  - Snacks: Maximum of 200
- Total Carbohydrate
- Total Protein
- No foods containing Trans Fat
- Emphasize foods that are high in fiber. Minimum of 7 grams of Fiber per serving for breakfast/lunch/dinner recipes.
- Total Fat (maximum of 21 grams)
- Saturated Fat (maximum of 7 grams)
- Monounsaturated Fat (maximum of 14 grams)
- Cholesterol (maximum of 187 micrograms)
- Sodium (maximum of 500 grams for breakfast/lunch and dinner recipes, maximum of 250 grams for snacks)
- Dietary Fiber (minimum of 7 grams)
- Sugars (maximum of 26 grams)

Your Name: ____________________________
Phone Number: ____________________ Email Address: _______________________

Recipe Name: ____________________________

Nutritional Information:

Serving Size: _______ Calories Per Serving: _______ Total Carbohydrate: _______

Total Protein: _______ Total Fat: _______ Dietary Fiber: _______

Saturated Fat: _______ Monounsaturated Fat: _______ Cholesterol: _______

Sodium: _______ Sugar: _______
Ingredients, (including measurements)

Instructions: