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| Soup, Cabbage Roll | 510 | Spinach Artichoke Mac & Cheese | 66 |
| Soup, Cheeseburger | 493 | Spinach Mushroom Pesto Pasta | 415 |
| Soup, Chicken Alfredo Tortellini | 472 | Squash, Spaghetti | 19 |
| Soup, Chicken and Rice | 495 | Steak Fajita Pasta | 383 |
| Soup, Chicken and White Bean | 453 | Steak, Flank | 345 |
| Soup, Chicken Barley | 503 | Steak Gyros | 339 |
| Soup, Chicken Enchilada | 450 | Stew, Alabama Camp | 265 |
| Soup, Chicken Fajita and Rice | 448 | Stew, Beef | 348 |
| Soup, Chicken Gnocchi | 462 | Stew, Cheater Beef | 349 |
| Soup, Chicken Lemon Orzo | 498 | Stew, Lentil | 504 |
| Soup, Chicken Noodle | 479 | St. Louis Ribs | 251 |
| Soup, Chicken Parm | 475 | Stuffed Shells | 370 |
| Soup, Chicken Pot Pie | 488 | Swedish Meatballs | 317 |
| Soup, Chicken Tortilla | 445 | Sweet and Sour Chicken | 208 |
| Soup, Chicken White Bean Spinach | 455 | Sweet and Sour Country Ribs | 253 |
| Soup, Creamy Cauliflower | 516 | Sweet Potato Mash, Feta Dill | 62 |
| Soup, Creamy Chicken Noodle | 480 | | |
| Soup, Creamy Hamburger Tortellini | 473 | T | |
| Soup, Creamy Potato Hamburger | 485 | Taco Meatloaf | 388 |
| Soup, Creamy Tortellini, Spinach and Chicken | 471 | Taco Pasta | 387 |
| Soup, Creamy Wild Rice and Chicken | 487 | Tacos, Cod w. Garlic Lime Sour Cream | 425 |
| Soup, Dakota Smashed Pea and Barley | 511 | Tacos, Fry Bread | 386 |
| Soup, Easiest Chicken Tortilla | 446 | Tacos, Lentil | 411 |
| Soup, Greek Chicken Lemon Rice | 496 | Taco Soup | 441 |
| Soup, Green and White Chicken | 515 | Tamale Casserole | 382 |
| Soup, Green Chile Chicken Enchilada | 449 | Tarragon Mustard Chicken | 120 |
| Soup, Green Chile Chicken Orzo | 442 | Tender Salsa Beef | 393 |
| Soup, Ground Turkey Minestrone | 459 | Teriyaki Chicken | 202 |
| Soup, Italian Sausage and Spinach | 464 | Teriyaki Chicken Alfredo | 201 |
| Soup, Italian Tortellini | 465 | Teriyaki Salmon and Rice | 422 |
| Soup, Italian Wedding | 458 | Texas Caviar | 51 |
| Soup, Lasagna | 467 | Thai Coconut Soup | 502 |
| Soup, Lentil Lemon Chicken | 497 | Tilapia, Tomato Basil | 427 |
| Soup, Loaded Baked Potato | 483 | Tomato Based Ham and Bean Soup | 457 |
| Soup, Marie Callender’s Potato Cheese | 482 | Tomato Basil Parmesan Orzo | 68 |
| Soup, Meat Lovers | 505 | Tomato Basil Parmesan Rice | 69 |
| Soup, Mexican Street Corn | 444 | Tomato Basil Parmesan Soup | 474 |
| Soup, Parmesan Sausage Kale | 476 | Tomato Basil Tilapia | 427 |
| Soup, Pasta e Fagioli | 466 | Tortellini Soup with Parmesan, Chicken Sausage, and Mushroom | 469 |
| Soup, Pesto Chicken Rice | 499 | Tortilla, Chicken Soup | 445 |
| Soup, Pizza | 461 | Tortilla, Easiest Chicken Soup | 446 |
| Soup, Sausage Barley | 506 | Tuna Casserole | 428 |
| Soup, Sausage Lentil Rice | 512 | Turkey Breast, Bone-in | 91 |
| Soup, Skinny Broccoli Cheddar | 491 | Turkey Chili | 438 |
| Soup, Taco | 441 | | |
| Soup, Thai Coconut | 502 | | |
| Soup, Tomato Based Ham and Bean | 457 | | |

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| Turkey, Creamy w. Spinach & Penne | 160 |
| Turkey, Lentil Chili | 440 |
| Tuscan Chicken Pasta | 150 |
| Tuscan Sausage White Bean Soup | 454 |
| Tuscan Tortellini Soup | 468 |

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| Vegetable Beef Soup | 478 |
| Vegetables, Homestyle | 86 |

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| White Bean, Chicken Spinach Soup | 455 |
| White Bean Garlic Hummus | 50 |
| White Bean, Tuscan Sausage Soup | 454 |
| White Bean, Tuscan SausageSoup | 454 |
| White Chicken Enchilada Bowls | 233 |
| White Chicken Lasagna | 151 |
| Wings, Buffalo | 45 |
| Wings, Garlic Parmesan Chicken | 47 |

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| Yellow Chicken Curry and Jasmine Rice | 212 |
| Yogurt, Homemade | 36 |

Z

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| Zesty Chicken | 123 |
| Ziti and Meatballs | 368 |
| Zucchini Linguine | 162 |