



FOOD
THAT
MOVES
YOU

Luvo is one of the most trusted brands for great tasting, energizing meals made from real ingredients.

Inspired by the Mediterranean diet, our food powers active lives. That's why we've decided to launch *Performance Kitchen*.



Our Nutrition Promise

We're bringing you more of what you need to be your best self—whole grains, vegetables, beans, herbs, spices, nuts, avocado oil, antibiotic-free chicken, and controlled sugar and sodium.



1+ servings of fruits & vegetables



Emphasis on whole grains



Antibiotic-free chicken



Vegetarian, vegan & gluten-free options



Good to excellent source of fiber



Cooked in avocado oil



All meals <500mg sodium



All meals <4g added sugar



Non-GMO soy, corn & canola



No artificial colors, flavors, or sweeteners

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#EatForPerformance

NUTRITION ATTRIBUTES CHART

Updated
July, 2019

PRODUCT	CALORIES	CARBS	VEGETABLES	½ cup = 1 serving			Controlled		FAT	SATURATED FAT	NON-GMO PROJECT VERIFIED	GLUTEN FREE VERIFIED	VEGETARIAN	VEGAN	ANTIBIOTIC FREE CHICKEN
				PROTEIN	WHOLE GRAINS	FIBER	≥9g ↑ ≥4g ↑	≥9.5g ↑ ≥4.7g ↑							
Great Karma Coconut Curry	330	45g	1 cup	10g ↑	16g ↑	9g ↑	390mg	1g	15g	5g	✓	✓	✓	✓	n/a
So Cal Kale & Bean	300	53g	1 cup	10g ↑	23g ↑	11g ↑	360mg	0g	7g	0.5g	✓	✓	✓	✓	n/a
Mighty Masala & Greens	300	41g	1 cup	11g ↑	16g ↑	9g ↑	390mg	0g	13g	3.5g	✓	✓	✓	✓	n/a
Hawaiian Un-fried Rice	360	52g	1 cup	10g ↑	47g ↑	7g ↑	330mg	0g	14g	2.5g	✓	✓	✓	✓	n/a
Mie Goreng	270	50g	1 cup	12g ↑	39g ↑	8g ↑	480mg	3g	3g	0g	✓	n/a	✓	✓	n/a
Ginger Miso	310	42g	1 cup	13g ↑	32g ↑	7g ↑	490mg	1g	10g	1g	✓	n/a	✓	✓	n/a
Creamy Cauliflower Mac & Cheese	340	55g	½ cup	11g ↑	55g ↑	5g ↑	380mg	0g	10g	4g	n/a	✓	✓	n/a	n/a
Quinoa & Veggie Enchilada Verde	330	52g	1 cup	10g ↑	57g ↑	8g ↑	350mg	0g	9g	1.5g	n/a	✓	✓	n/a	n/a
Thai-Style Green Curry Chicken	280	34g	½ cup	15g ↑	41g ↑	3g ↑	290mg	0g	9g	4.5g	n/a	✓	n/a	n/a	✓
Orange Mango Chicken	250	28g	½ cup	13g ↑	26g ↑	3g ↑	350mg	3g	10g	1g	n/a	✓	n/a	n/a	✓
Chicken Chile Verde	290	27g	½ cup	20g ↑	9g ↑	7g ↑	490mg	0g	13g	5g	n/a	✓	n/a	n/a	✓
Tomato Basil Pasta with Chicken Meatballs	340	34g	½ cup	17g ↑	32g ↑	6g ↑	300mg	2g	17g	4g	n/a	n/a	n/a	n/a	✓
Garlic Wine Pasta with Chicken Meatballs	300	34g	½ cup	17g ↑	27g ↑	8g ↑	430mg	0g	12g	3g	n/a	n/a	n/a	n/a	✓
Stroganoff Pasta with Chicken Meatballs	300	35g	½ cup	16g ↑	29g ↑	6g ↑	410mg	1g	12g	4g	n/a	n/a	n/a	n/a	✓

It takes time and effort

You'll be even more likely to stick to it with our convenient, delicious meals.