

Real nutrition. Real flavor. Real easy.

You put a lot of time and effort into building a balanced nutrition plan for your clients. They'll be even more likely to stick with the program once they discover our convenient, delicious meals.

Our Nutrition Promise

Our balanced meals are Mediterranean diet-inspired and feature the right combination of protein, whole grains, and vegetables. We use high-quality protein including antibiotic-free chicken and whole plant protein.

 1+ SERVINGS OF
FRUITS & VEGETABLES

 ALL MEALS WITH LESS THAN
500MG SODIUM

 EMPHASIS ON
WHOLE GRAINS

 ALL MEALS WITH LESS THAN 4G
ADDED SUGAR

 ANTIBIOTIC-FREE
CHICKEN

 NON-GMO SOY, CORN
& CANOLA

 VEGETARIAN, VEGAN
& GLUTEN-FREE OPTIONS

 NO ARTIFICIAL COLORS,
FLAVORS, OR SWEETENERS



LUVO™


Nutrition Fact Sheet

Find us at luvofoods.com




LuvO BOWLS

PRODUCT	CALORIES	CARBS	FRUITS & VEGGIES	PROTEIN	WHOLE GRAINS	FIBER	SODIUM	ADDED SUGAR	TOTAL SUGAR	FAT	SATURATED FAT	PROTEIN SOURCE	NON-GMO PROJECT VERIFIED	GLUTEN-FREE VERIFIED	VEGETARIAN	VEGAN
Roasted Cauliflower Mac & Cheese	340	55g	½ cup	11g	55g	5g	380mg	n/a	4g	10g	4g	Vegetarian	✓	✓	✓	✓
Quinoa & Veggie Enchilada Verde	330	52g	½ cup	10g	57g	8g	350mg	n/a	6g	9g	1.5g	Vegetarian	✓	✓	✓	✓
Thai-Style Green Curry Chicken	280	34g	½ cup	15g	24g	3g	290mg	n/a	4g	9g	4.5g	Antibiotic-free chicken	✓	✓	✓	✓
Orange Mango Chicken	250	28g	½ cup	13g	24g	3g	350mg	3g	8g	10g	1g	Antibiotic-free chicken	✓	✓	✓	✓
Chicken Chile Verde	290	27g	½ cup	20g	9g	7g	490mg	0g	5g	13g	5g	Antibiotic-free chicken	✓	✓	✓	✓



LuvO planted
VEGAN
GLUTEN FREE
NON-GMO

Hawaiian Un-fried Rice	360	52g	1 cup	10g	42g	7g	330mg	0g	10g	14g	2.5g	Plant-based	✓	✓	✓	✓
Mighty Masala & Greens	300	41g	1 cup	11g	11g	9g	390mg	0g	5g	13g	3.5g	Plant-based	✓	✓	✓	✓
Great Karma Coconut Curry	330	45g	1 cup	10g	16g	9g	390mg	1g	5g	15g	5g	Plant-based	✓	✓	✓	✓
So Cal Kale & Bean	300	53g	1½ cups	10g	23g	11g	360mg	0g	14g	7g	0.5g	Plant-based	✓	✓	✓	✓



LuvO flipped
1/3 PROTEIN FROM PLANTS

Chicken Meatballs in Garlic Wine Sauce	300	34g	½ cup	17g	32g	8g	430mg	0g	0g	12g	3g	Antibiotic-free chicken & plant-based	✓	✓	✓	✓
Chicken Meatballs in Creamy Pesto Sauce	300	37g	½ cup	17g	31g	8g	450mg	0g	3g	11g	3.5g	Antibiotic-free chicken & plant-based	✓	✓	✓	✓
Chicken Meatballs in Stroganoff Sauce	300	35g	½ cup	16g	34g	6g	410mg	1g	2g	12g	4g	Antibiotic-free chicken & plant-based	✓	✓	✓	✓
Chicken Meatballs in Tomato Basil Sauce	340	34g	½ cup	17g	31g	6g	300mg	2g	2g	17g	4g	Antibiotic-free chicken & plant-based	✓	✓	✓	✓