

Menu Item:	Rating:	Notes:
Ground Beef Queso Fundido	5	Excellent. A bit high on calories at 670 but the flavor and everything is on point.
Indian-Style Butter Chicken	5	Very tasty. Cauliflower rice soaks up the sauce really well. This is in my Top 3 overall.
Peruvian Chicken	5	Impressed with this one. Has separate sauce container. Very very tasty!
Ground Beef Cottage Pie	5	Really good! Great flavor and good portion size. Felt quite full afterwards.
Green Chile Queso Chicken Thigh Pasta	5	One of my favorites overall. Very good flavor and not too rich!
Cavatappi & Shrimp Scampi	5	Very good garlic-ey flavor. Somehow only 420 calories but portion size felt like much more!
Pot Roast Shredded Beef & Mash	5	Needs a little salt but that's easy to add and it's quite good especially at ONLY 390 CALORIES, WTH?
Chicken & Mushroom Tetrazzini	5	Very good creamy mushroom-ey flavor without being too rich.
Truffly Chicken Pasta	5	Super good. New #1 Favorite Overall. Only 490 calories, are you kidding?
Creamy Dill Shrimp Cavatappi	5	Good flavor. The dill is not overpowering. Only 450 calories!
Loaded Mashed Potatoes & Shredded Chicken	5	Really good and super easy.
Jalepeno-Lime Cheddar Chicken	5	Just very good. Great flavor and good portion size. The cilantro cauliflower rice is really excellent. Calories are maybe a bit high at 650, but honestly if that matters then just don't eat the last 3-4 bites.
Garlic Butter & Mushroom Chicken Thighs	5	Very tasty! Both the side and the main are great. The quinoa soaks up the mushroom flavor really well.
Truffle Butter Chicken & Mushroom Risotto	5	Just excellent. The mushroomey flavor is on point.
Penne Arrabbiata and Shredded Pork	5	Good, solid. One of the better non-chicken options.
Salmon Piccata	5	Probably the best Salmon dish I've had from Factor. Good flavor and not dry. 700 calories though so that's something to keep in mind.
Chicken Florentine	5	Really good rich creamy flavor. The sauce mixes nicely with the cauliflower too. Only issue is that it's 700 calories.
Chicken & Mushroom Cauli Rice Risotto	5	Maybe all of the mushroom stuff is just good??
Homestyle Braised Pork & Gravy	5	Portion size was really big. Almost to the point where it's hard to believe the 520 calories that's listed. Solid flavor and plenty of veggies. A good non-chicken option.
Herb Cream Cheese Salmon	4	Good flavor. A little rich so may want to space it out a bit. Don't wanna have for every meal.
Green Chile Chicken	4	Quite good flavor. Combine that with the low calorie count and this one is a great option.
Cheesy Garden Herb Chicken	4	Good flavor and not too rich!
Smoky Gouda Mac & Shredded Beef	4	Tasty and portion size seemed very large for 520 calories.
Cavatappi & Meatballs	4	A tiny bit bland but still very good. With a little added salt and seasoning it would be a 5 star.
Ginger Teriyaki Chicken	4	Pretty good. Gets a bump because you can put Sriracha on it. I wish Factor had a few more Asian options.
Cheesy Chicken & Broccoli Casserole	4	Quite good! Kind of like a broccoli cheddar soup but without the liquidity.
Loaded Bacon Shredded Chicken	4	Good flavor and good portion size. Felt quite full afterwards. Proably because it's 700 calories, which is a downside.
Creamy Garlic Chicken Thighs & Roasted Mushrooms	4	Main entree is quite good but I wasn't crazy about the string beans, otherwise it would proably be a 5.
Pepper Fondue Shredded Chicken	4	Good solid meal, good flavor. Was a tad bit dry but definitely worth getting again.
Roasted Bell Pepper & Ground Beef Bowl	4	Perfectly solid.
Poblano Cream Cavatappi & Spicy Shrimp	4	Needs a decent amount of salt and pepper but the shrimp themselves went quite well with the sauce.
Shredded Chicken Thigh Cacciatore	4	Dece+. Flavor was good but not amazing. Certainly wouldn't call it bland tho. That combined with the fact that it's 670 calories keeps it from being a 5.
Chicken Poutine	4	Doesn't taste like poutine exactly. I think because no cheese. But ultimately it's chicken, potatoes and sauce and the taste was pretty good especially at just 440 calories. Final note: the zucchini was pretty mushy.
Cavatappi & Italian-Style Pork Ragu	3	Not bad but not particularly good either. Just fine.
Blackened Salmon	3	Not bad. Maybe a tad bland.
Black Pepper & Sage Pork Chop	3	Just ok. Very peppery. Wasn't bland exactly but wasn't my favorite. Might be just a personal taste thing.
Garlic Butter Salmon	3	Ordered this a 2nd time and upped my rating by 1. Salmon had decent flavor and wasn't dry.
Parmesan & Garlic Cream Shredded Beef	3	Slightly bland. Just ok. Came w/ only a very small portion of broccoli both times I got it.
Italian Sausage & Roasted Red Pepper Lasagnette	3	Flavor was decent and calorie count is low. Only had one small piece of sausage tho.
Cavatappi & Italian Style Pork Ragu	3	The ragu sauce was sweeter than I like. Not my fave.
Sweet & Smoky BBQ Grilled Chicken	3	Just fine. Pretty dry. BBQ sauce is more sweet than I like and ends up drying out a lot by the time you're done microwaving.
Sour Cream & Chive Chicken	2	The garlic broccoli is good but the chicken and mashed potatoes were dry and kinda bland.