

Menu Item:	Rating:	Notes:
Bulgoggi Shredded Beef Bowl	5	Quite good! Combined with sriracha really well and has a good amount of veggies mixed in. Portion size was quite big especially considering 400 calories.
Caramelized Onion Shredded Beef	5	The portion size is enormous for 370 calories. It's almost to the point where it's like, did someone make a calculation error? Very tasty too!
Cavatappi & Shrimp Scampi	5	Very good garlic-ey flavor. Somehow only 420 calories but portion size felt like much more!
Cheesy Bacon Ranch Shredded Chicken	5	It's very tasty but 710 calories so the solve is just not to eat it all. Eat like 75% of it.
Chicken & Mushroom Cauli Rice Risotto	5	Maybe all of the mushroom stuff is just good??
Chicken & Mushroom Tetrazzini	5	Very good creamy mushroom-ey flavor without being too rich.
Chicken Florentine	5	Really good rich creamy flavor. The sauce mixes nicely with the cauliflower too. Only issue is that it's 700 calories.
Creamy Dill Shrimp Cavatappi	5	Good flavor. The dill is not overpowering. Only 450 calories!
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.
General Tso's Chicken	5	Might be a 4 if you don't like Sriracha. But of course, I'm me, and this mixes with sriracha really well and it's only 480 calories!
Green Chile Queso Chicken Thigh Pasta	5	One of my favorites overall. Very good flavor and not too rich!
Ground Beef Cottage Pie	5	Really good! Great flavor and good portion size. Felt quite full afterwards.
Ground Beef Queso Fundido	5	Excellent. A bit high on calories at 670 but the flavor and everything is on point.
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.
Indian-Style Butter Chicken	5	Very tasty. Cauliflower rice soaks up the sauce really well. This is in my Top 3 overall.
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.
Loaded Mashed Potatoes & Shredded Chicken	5	Really good and super easy.
Penne Arrabbiata and Shredded Pork	5	Good, solid. One of the better non-chicken options.
Peruvian Chicken	5	Impressed with this one. Has separate sauce container. Very very tasty!
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?
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.
Spicy Panang Curry Chicken	5	Very good and great flavor. Just mix the cauliflower rice with the sauce and you're in for a good meal!
Stroganoff-Style Beef Burger	5	Sauce is good. The mushroom string beans are actually very tasty. One of the better non-chicken options.
Truffle Butter Chicken & Mushroom Risotto	5	Just excellent. The mushroomey flavor is on point.
Truffly Chicken Pasta	5	Super good. New #1 Favorite Overall. Only 490 calories, are you kidding?
Stroganoff-Style Beef Burger	5	Quite tasty. The sauce is really good. The mushroom garlic string beans were actually one of my favorite parts of the meal. Downside is that it's 670 calories.
Browned Butter Chicken & Portabello Penne	5	Like many of the mushroom flavored dishes, this one is excellent. Great taste, good portion size. Definitely a top pick!
Chorizo Verde & Pepper Jack Scrambled Eggs	5	Really enjoyed this one. Sauce went great with the food and it ends up being a kind of hash. Wasn't sure how the eggs would microwave but they were very good!
Spicy Creole Chicken Thighs	5	Very very tasty! Has a slight kick to it even. But not actually spice. Comes with this cornbread stuff that's kind of amazing.
Cavatappi & Meatballs	4	A tiny bit bland but still very good. With a little added salt and seasoning it would be a 5 star.
Cheesy Chicken & Broccoli Casserole	4	Quite good! Kind of like a broccoli cheddar soup but without the liquidity.
Cheesy Garden Herb Chicken	4	Good flavor and not too rich!
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.
Creamy Garlic Chicken Thighs & Roasted Mushrooms	4	Main entree is quite good but I wasn't crazy about the string beans, otherwise it would probably be a 5.
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.
Green Chile Chicken	4	Quite good flavor. Combine that with the low calorie count and this one is a great 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.
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.
Pepper Fondue Shredded Chicken	4	Good solid meal, good flavor. Was a tad bit dry but definitely worth getting again.
Poblano Cream Cavatappi & Spicy Shrimp	4	Needs a decent amount of salt and pepper but the shrimp themselves went quite well with the sauce.
Roasted Bell Pepper & Ground Beef Bowl	4	Perfectly solid.
Shredded Chicken Thigh Cacciatore	4	Deces+. 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.
Smoky Gouda Mac & Shredded Beef	4	Tasty and portion size seemed very large for 520 calories.
Tom Kha Coconut Like Chicken	4	Pretty good once I added some sriracha. Flavor was a little subtle on its own.
Garlic Sesame Chicken Bowl	4	A bit sweeter than I prefer. Good with sriracha though, so it gets a bump. Probably a 3 if you don't like sriracha.
Bacon & Smoked Cheddar Egg Scramble	4	I like that it's a non-chicken option and a breakfast option at that. Needs a little hot sauce but otherwise very tasty.
Shredded Beef Tinga Bowl	4	Tasty and good non-chicken option. Not actually spicy at all but has the tiniest amount of kick- which is nice.
Pesto Salmon	4	On pure taste this would be a 5. The knock against it is the calorie count is pretty high.
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.
Blackened Salmon	3	Not bad. Maybe a tad bland.
Cavatappi & Italian Style Pork Ragu	3	The ragu sauce was sweeter than I like. Not my fave.
Cavatappi & Italian-Style Pork Ragu	3	Not bad but not particularly good either. Just fine.
Garlic Butter Salmon	3	Ordered this a 2nd time and upped my rating by 1. Salmon had decent flavor and wasn't dry.
Italian Sausage & Roasted Red Pepper Lasagnette	3	Flavor was decent and calorie count is low. Only had one small piece of sausage tho.
Parmesan & Garlic Cream Shredded Beef	3	Slightly bland. Just ok. Came w/ only a very small portion of broccoli both times I got it.
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.
Truffle Parmesan Shredded Beef	3	I wanted to like this more. The sauce just doesn't really come through. So it's very light on the "truffle" and "parmesan" part, leaving the whole thing a little bland.
Sour Cream & Chive Chicken	2	The garlic broccoli is good but the chicken and mashed potatoes were dry and kinda bland.
Truffle Mushroom Pork Chop	2	Not great. I think Pork like this is just good coming out of a microwave. Carnitas or something works but a pork chop, there's just no way it doesn't end up super dry and bland.
Thai-Style Almond Butter Chicken	2	Wasn't a fan. Might be that the cooking instructions are too long cause everything was really dry. Flavor was just ok.