

# Maple Brown Sugar Oatmeal

## DIRECTIONS:

1/2 cup water  
1/4 cup oatmeal

1. Shake bag well.
2. Stir oatmeal into boiling water.
3. Cook 1 minute, stir occasionally.
4. Remove from heat and let stand 1 minute.

**INGREDIENTS:** Quick rolled oats, brown sugar, creamer (coconut oil, corn syrup solidified, sodium caseinate [a milk derivative] dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), maple flavor (natural and artificial), salt.

**Contains allergens:** Milk, soy, coconut.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/4 Cup (30g)  
Servings Per Container: 10

Amount Per Serving

**Calories 120**    **Calories from Fat 25**

% Daily Value\*

**Total Fat** 3g                      **4%**

    Saturated Fat 1g                **5%**

*Trans* Fat 0g

**Cholesterol** 0mg                **0%**

**Sodium** 30mg                   **1%**

**Total Carbohydrate** 21g        **7%**

    Dietary Fiber 3g                **10%**

    Sugars 3g

**Protein** 4g

Vitamin A 0%    •    Vitamin C 0%

Calcium 2%    •    Iron 8%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26100-060215

**10 SERVINGS**

**NET WT. 10.58 OZ (300 g)**

# Morning Moo's Milk

## DIRECTIONS:

- 1 cup of water
- 2 tbsps of milk powder

1. Remove oxygen absorber.
2. Mix 2 tbsps milk powder into 1/3 cup warm water to dissolve.
3. Pour remaining water into cup and mix thoroughly.
4. Chill and serve.

### Mixing:

1. Using the chart below, dissolve indicated amount of dry product in corresponding volume of WARM water by mixing in a pitcher or blender.
2. Using the chart below, dilute with cold water and chill in a closed container.
3. Proportions may be altered to suit individual taste.

Desired Volume	Volume Dry	Volume Warm	Volume Cold Water
1 quart	1/2 cup	1 cup	3 cups
2 quarts	1 cup	2 cup	6 cups
1 gallon	2 cup	1 quart	3 quarts

**INGREDIENTS:** Sweet whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D.

Contains oxygen absorber.

Discard immediately upon opening.

**20 SERVINGS**

**NET WT. 3 LBS 8.0 OZ (1.58 g)**

## Nutrition Facts

Serving Size: 2 Tbsp (17g)  
Servings Per Container: 20

### Amount Per Serving

**Calories 70**    Calories from Fat 20

% Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 100mg    **5%**

**Total Carbohydrate** 8g    **3%**

Dietary Fiber 0g    **0%**

Sugars 1g

**Protein** 3g

**Vitamin A** 8%    • **Vitamin C** 0%

**Calcium** 10%    • **Iron** 0%

**Vitamin D** 25%    • **Vitamin E** 0%

**Riboflavin** 4%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

# Instant Potatoes

## DIRECTIONS:

1/3 cup potatoes  
3/4 cup water

1. Whisk potatoes into boiling water.
2. Mix until creamy, approximately 1 minute.
3. Remove from heat, let stand until desired thickness is reached, stir occasionally.

**INGREDIENTS:** Potato flakes, cornstarch, chicken soup base (corn syrup solids, salt, cornstarch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), parsley flakes.

**Contains allergens:** Milk and soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/3 Cup (34g)  
Servings Per Container: 7.5

### Amount Per Serving

**Calories 200**    **Calories from Fat 5**

% Daily Value\*

<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>1%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 2g	

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 2%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26109-060215

**7.5 SERVINGS**  
**NET WT. 9 OZ (255 g)**



# Cheese Powder

## DIRECTIONS:

1 cup water  
1/3 heaping cup macaroni  
2 tablespoons cheese powder

1. Stir macaroni into boiling water, return to boil for 5 minutes.
2. Reduce heat to rolling boil for 15-20 minutes, stirring occasionally.
3. Drain, return to pan, stir in cheese powder.

**INGREDIENTS:** Whey, buttermilk solids, cheeses (granular and cheddar [pasteurized milk, cheese culture, salt, enzymes]), whey protein concentrate, salt, sodium phosphates, citric acid, FD&C yellow #5, FD&C yellow #6, lactic acid, enzyme.

**Contains allergens:** Milk.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 2 Tbsp (14g)

Servings Per Container: 15

### Amount Per Serving

**Calories 150** Calories from Fat 10

% Daily Value\*

**Total Fat 1.5g** 2%

Saturated Fat 1g 4%

*Trans* Fat 0g

**Cholesterol 10mg** 3%

**Sodium 470mg** 20%

**Total Carbohydrate 7g** 2%

Dietary Fiber 0g 1%

Sugars 7g

**Protein 3g**

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 0%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

26111-060215

**15 SERVINGS**

**NET WT. 7.41 OZ (210 g)**

# Black Bean Burger

## DIRECTIONS:

1. Remove oxygen absorber.
2. Thoroughly stir entire contents of pouch into 1 1/8 cups of warm water.
3. Let stand for 10-15 minutes.
4. Form into 6 patties.
5. Place each patty on lightly oiled grill (375°) for 3-4 minutes per side.

**INGREDIENTS:** Black bean flakes, instant long grain white rice, niacin, iron [ferric orthophosphate], thiamine [thiamine mononitrate], folic acid, quick rolled oats, modified cornstarch, chopped onions, tomato flakes, sea salt, chili pepper powder, guar gum, onion powder, garlic powder, cumin gistex, yeast extract, xanthan gum, spices, oregano, cayenne pepper.

**Contains allergens:** Milk and soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/4 Cup (34g)

Servings Per Container: 6

### Amount Per Serving

**Calories 90**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 390mg**      **16%**

**Total Carbohydrate 29g**      **10%**

Dietary Fiber 6g      **24%**

Sugars 1g

**Protein 5g**

Vitamin A 10% • Vitamin C 8%

Calcium 6% • Iron 8%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9      Carbs 4      Protein 4

26113-060215

**6 SERVINGS**

**NET WT. 7.19 OZ (204 g)**

# Italiano Marinara

## DIRECTIONS:

1. Remove oxygen absorber.
2. Boil 4 1/2 cups water.
3. Stir in entire contents of Italiano Marinara Mix.
4. Simmer on low heat for 20 minutes, stirring frequently.
5. Remove from heat and let stand 2-3 minutes before serving.

**INGREDIENTS:** Lasagna noodles (semolina {wheat}, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, sea salt, chopped onions, modified food starch, cheddar cheese blend (cheddar cheese [pasteurized milk, salt, culture, annatto, enzymes], salt, lactic acid, natural flavors), sugar, garlic powder, dehydrated tomato flakes, burgundy wine powder (maltodextrin, modified corn starch, burgundy wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate (preservatives)), cheddar cheese flavor (dextrose, maltodextrin, whey solids, corn starch, salt, silicon dioxide, guar gum, annatto [color], turmeric [color]), olive oil flavor (maltodextrin, modified food starch, natural flavor), spices, parsley, citric acid, natural orange color, fennel seed, caramel color.

**Contains allergens:** Wheat, milk and soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/2 Cup (70g)

Servings Per Container: 4

### Amount Per Serving

**Calories 230** Calories from Fat 15

% Daily Value\*

**Total Fat 2g** **3%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

**Cholesterol 0mg** **1%**

**Sodium 840mg** **35%**

**Total Carbohydrate 47g** **16%**

Dietary Fiber 3g **13%**

Sugars 4g

**Protein 8g**

**Vitamin A 4% • Vitamin C 4%**

**Calcium 6% • Iron 60%**

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

26114-060215

**4 SERVINGS**

**NET WT. 9.88 OZ (280 g)**

# Chicken Noodle Soup

## DIRECTIONS:

1. Remove oxygen absorber.
2. Bring 5 cups of water to a boil.
3. Whisk in entire contents of chicken noodle soup mix.
4. Simmer on low heat for 20 minutes, stirring frequently.
5. Remove from heat and let stand 2-3 minutes to thicken before serving.

**INGREDIENTS:** Egg noodles (durum flour, eggs, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide), maltodextrin, carrots, modified food starch, chopped onions, celery, peas, spices, xanthan gum, parsley.

**Contains allergen:** Egg, wheat.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/2 Cup (54g)

Servings Per Container: 4

Amount Per Serving

**Calories 190**    Calories from Fat 15

% Daily Value\*

**Total Fat 1.5g**                      **2%**

    Saturated Fat 0.5g              **3%**

*Trans* Fat 0g

**Cholesterol 20mg**                      **7%**

**Sodium 1190mg**                      **50%**

**Total Carbohydrate 39g**              **13%**

    Dietary Fiber 1g                      **6%**

    Sugars 5g

**Protein 5g**

Vitamin A 50% • Vitamin C 8%

Calcium 2% • Iron 6%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26116-052815

**4 SERVINGS**

**NET WT. 7.69 OZ (218 g)**



# White Rice

## DIRECTIONS:

1. Remove oxygen absorber.
2. For every 1/4 cup of rice add 1/2 cup of water.
3. Add 1/4 tsp salt and 1/2 tbsp butter or margarine.
4. Bring to boil, cover tightly and cook on low heat for 15-20 minutes or until done. (without removing the cover)
5. Fluff with fork before serving.

**INGREDIENTS:** Long grain white rice.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/4 Cup (47g)

Servings Per Container: 10

### Amount Per Serving

**Calories 170**    Calories from Fat 0

#### % Daily Value\*

**Total Fat** 0g                                      **0%**

Saturated Fat 0g                                **0%**

*Trans* Fat 0g

**Cholesterol** 0mg                               **0%**

**Sodium** 0mg                                    **0%**

**Total Carbohydrate** 37g                    **12%**

Dietary Fiber 0g                               **0%**

Sugars 0g

**Protein** 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 45%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

2617-052815

**10 SERVINGS**

**NET WT. 16.58 OZ (470 g)**

# Corn Chowder

## DIRECTIONS:

1. Remove oxygen absorber.
2. Bring 5 cups of water to a boil.
3. Whisk in entire contents of corn chowder soup mix.
4. Simmer on low heat for 20 minutes, stirring frequently.
5. Remove from heat and let stand 2-3 minutes to thicken before serving.

**INGREDIENTS:** Creamer (maltodextrin, palm oil, sodium caseinate [milk], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexametaphosphate), modified food starch, potato flakes, chicken soup base (hydrolyzed corn and soy protein, corn syrup solids, salt, cornstarch, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), corn, sea salt, sugar, super sweet corn flake, natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto, turmeric), worcestershire powder (worcestershire [vinegar, molasses, corn syrup, salt, caramel color, garlic, sucrose, spices, tamarind, natural flavor] and maltodextrin), onions, bacon flavored textured vegetable protein (textured vegetable protein [soy flour, caramel color, red 3], soybean oil, water, salt, natural flavorings, hydrolyzed soy protein, dextrose), celery, sweet corn flavor (maltodextrin, modified food starch, sugar, natural and artificial flavor, silicon dioxide, sorbitol, fructose), vegetable broth flavor (salt, carrot powder, tomato powder, onion powder, leek powder, garlic powder, herbs and spices [bayleaf, celery, tyme]), garlic granules, masa harina (corn masa flour, trace of lime), bacon flavor salt, natural flavor, natural smoke flavor.

**Contains allergens:** Milk and soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/3 Cup (44g)

Servings Per Container: 4

### Amount Per Serving

**Calories 180**    Calories from Fat 60

% Daily Value\*

**Total Fat 6g**    **10%**

Saturated Fat 3.5g    **17%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 860mg**    **36%**

**Total Carbohydrate 30g**    **10%**

Dietary Fiber 1g    **4%**

Sugars 3g

**Protein 2g**

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 30%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26118-052815

**4 SERVINGS**

**NET WT. 6.31 OZ (179 g)**



# Buttermilk Pancake

## DIRECTIONS:

1. Remove oxygen absorber.
2. Add 1/3 cup of pancake mix to 1/3 cup cold water.
3. Preheat oiled skillet/griddle to 375°F.
4. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown; turning only once.
5. Yields 4, 4-inch pancakes.
6. For thicker pancakes, add less water as desired.

**INGREDIENTS:** Cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy flour, dextrose, buttermilk powder, baking soda, corn starch, sodium acid pyrophosphate, salt, monocalcium phosphate, egg replacement (potato starch, tapioca starch, calcium lactate, calcium carbonate citric acid, cellulose gum, xanthan gum).

**Contains allergens:** Wheat, milk, soy.

Contains oxygen absorber.  
Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/3 Cup (46g)

Servings Per Container: 6

### Amount Per Serving

**Calories 160**    Calories from Fat 0

% Daily Value\*

**Total Fat 0g**                      **0%**

  Saturated Fat 0g                **0%**

*Trans* Fat 0g

**Cholesterol 0mg**                **0%**

**Sodium 440mg**                  **19%**

**Total Carbohydrate 33g**       **11%**

  Dietary Fiber 1g                **4%**

  Sugars 5g

**Protein 4g**

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 15%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26120-052815

**6 SERVINGS**

**NET WT. 9.74 OZ (276 g)**

# Banana Chips

## DIRECTIONS:

Eat as a snack, add to cereals, granolas or desserts.

**INGREDIENTS:** Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/2 Cup (33g)

Servings Per Container: 8

### Amount Per Serving

**Calories 180**    **Calories from Fat 110**

**% Daily Value\***

**Total Fat** 12g    **18%**

Saturated Fat 11g    **53%**

*Trans* Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Potassium** 170mg    **5%**

**Total Carbohydrate** 14g    **5%**

Dietary Fiber 1g    **5%**

Sugars 9g

**Protein** 0g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 0%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26121-052815

**8 SERVINGS**

**NET WT. 9.31 OZ (264 g)**

# Creamy Stroganoff

## DIRECTIONS:

1. Remove oxygen absorber.
2. Boil 4 1/2 cups water.
3. Stir in entire contents of pouch.
4. Simmer on low heat for 15 minutes, stirring frequently.
5. Remove from heat and let stand 2-3 minutes to thicken before serving.

**INGREDIENTS:** Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, silicon dioxide), garlic powder, mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, BHT), sauteed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat and soybeans], mushroom powder, tapioca, maltodextrin, partially hydrogenated soybean oil, salt, onion powder, modified food starch), sauteed onion flavor natural flavors [contains wheat, milk, soybeans], onion powder, tapioca maltodextrin, enzyme modified butter and buttermilk powder [butter {cream, salt}, dry buttermilk, mono and diglycerides]), roast meat flavor, salt, black pepper.

**Contains allergens:** Egg, soy, wheat, milk.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/2 Cup (76g)

Servings Per Container: 4

### Amount Per Serving

**Calories 310**    **Calories from Fat 90**

**% Daily Value\***

**Total Fat 10g**                      **16%**

    Saturated Fat 9g                **43%**

*Trans* Fat 0g

**Cholesterol 30mg**                **11%**

**Sodium 830mg**                    **34%**

**Total Carbohydrate 48g**        **16%**

    Dietary Fiber 1g                **5%**

    Sugars 3g

**Protein 7g**

**Vitamin A 0% • Vitamin C 0%**

**Calcium 2% • Iron 8%**

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26122-052815

**4 SERVINGS**

**NET WT. 10.72 OZ (304 g)**

# Fettucine Alfredo

## DIRECTIONS:

1. Remove oxygen absorber.
2. Bring 4 1/2 cups water to a boil.
3. Whisk entire contents of Alfredo Mix into boiling water and stir.
4. Simmer on low heat for 15 minutes, stirring frequently.
5. Remove from heat and let stand 2-3 minutes to thicken before serving.

**INGREDIENTS:** Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), white cheddar cheese blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), modified food starch, salt, sweet dairy whey, natural sauteed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat, soybeans], mushroom powder, tapioca maltodextrin, partially hydrogenated soybean oil, salt, onion powder, modified food starch), natural roast onion flavor, onion powder, natural flavor contains wheat, soybeans, defatted wheat germ, sugar, refinery syrup powder, brown sugar, molasses powder, corn syrup solids, caramel color, lactic acid, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices, [including parsley], extractives of turmeric, silicon dioxide), parsley, garlic powder, xanthan gum.

**Contains allergens:** Egg, wheat, milk, soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/2 Cup (69g)

Servings Per Container: 4

### Amount Per Serving

**Calories 300**    **Calories from Fat 100**

% Daily Value\*

**Total Fat 12g**                      **18%**

Saturated Fat 10g                      **48%**

*Trans* Fat 0g

**Cholesterol 35mg**                      **12%**

**Sodium 920mg**                      **38%**

**Total Carbohydrate 39g**              **13%**

Dietary Fiber 1g                      **5%**

Sugars 4g

**Protein 8g**

Vitamin A 4% • Vitamin C 4%

Calcium 10% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26123-052815

**4 SERVINGS**

**NET WT. 9.74 OZ (276 g)**

# Creamy Potato Soup

## DIRECTIONS:

1/3 cup soup mix  
1 cup + 2 tbsp water

1. Whisk soup mix into boiling water.
2. Simmer on low heat for 15-20 minutes.
3. Stir frequently.

**INGREDIENTS:** Potato dices, creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide {anticaking agent}], salt, sugar, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), potato flakes, cornstarch, onion chopped, onion powder, parsley flakes.

**Contains allergens:** Milk and soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/4 Cup +1 Tbsp (44g)

Servings Per Container: 8

### Amount Per Serving

**Calories 270** Calories from Fat 25

% Daily Value\*

**Total Fat 3g** 5%

Saturated Fat 1.5g 7%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 660mg** 27%

**Total Carbohydrate 732g** 11%

Dietary Fiber 2g 7%

Sugars 2g

**Protein 3g**

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 4%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

26301-060215

**8 SERVINGS**

**NET WT. 12.42 OZ (352 g)**



# Hearty Vegetable Chicken

## DIRECTIONS:

1. Remove oxygen absorber.
2. Whisk mix into 10 2/3 cups of boiling water for
3. Simmer on low heat for 25 minutes.

Yields: 8 - 1 cup servings prepared  
16 - 1/2 cup servings prepared

**INGREDIENTS:** Long grain white rice, lentils, elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), carrot dices, celery slices, chopped onion.

**Contains allergens:** Wheat, milk and soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/3 Cup (57g)

Servings Per Container: 8

### Amount Per Serving

**Calories 170**    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    **0%**

Saturated Fat 0g    **0%**

*Trans* Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 1070mg    **45%**

**Total Carbohydrate** 39g    **13%**

Dietary Fiber 5g    **20%**

Sugars 4g

**Protein** 7g

Vitamin A 110% • Vitamin C 10%

Calcium 2% • Iron 40%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9    Carbs 4    Protein 4

26307-060215

**8 SERVINGS**

**NET WT. 16.08 OZ (456 g)**

# Creamy Chicken Rice

## DIRECTIONS:

1. Remove oxygen absorber.
2. Whisk mix into 4 cups of boiling water.
3. Simmer on low heat for 12-15 minutes, stirring frequently
4. Remove from heat and let stand for 2-3 minutes to thicken before serving.

Yields: 4 - 1 cup servings prepared  
8 - 1/2 cup servings prepared

**INGREDIENTS:** Long grain parboiled white rice, creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), chopped onion, chicken flavor (maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anti-caking agent]), celery slices, onion powder, parsley flakes.

**Contains allergens:** Milk and soy.

Contains oxygen absorber.

Discard immediately upon opening.

## Nutrition Facts

Serving Size: 1/4 Cup (44g)  
Servings Per Container: 8

### Amount Per Serving

**Calories 265** Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5g 7%

Saturated Fat 2.5g 11%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 400mg 17%

**Total Carbohydrate** 31g 10%

Dietary Fiber 0g 0%

Sugars 1g

### Protein 2g

Vitamin A 1% • Vitamin C 2%

Calcium 1% • Iron 25%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

26308-060215

**8 SERVINGS**

**NET WT. 12.41 OZ (352 g)**