



## WHIPPED RICOTTA WITH PASTA AND SAUSAGE Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	600	30%
Total Fat	38g	58%
Saturated Fat	13g	65%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	900mg	39%
Total Carbohydrates	47g	16%
Dietary Fiber	5g	20%
Sugars	6g	
Protein	24g	48%
Vitamin D	0mcg	0%
Calcium	250mg	25%
Iron	3mg	17%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Rigatoni, Sundried Tomatoes, Garlic, Crushed Red Pepper Flakes, Tomato, Cane Sugar, Whole-Milk Ricotta, Lemon Zest, Olive Oil, Spinach, Hot Italian Sausage, Sweet Italian Sausage, Kosher Salt, Pepper

**CONTAINS:** Dairy, Wheat

### Heating Instructions:

#### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

#### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



GLUTEN FREE WHIPPED RICOTTA WITH PASTA AND SAUSAGE

Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	600	30%
Total Fat	38g	58%
Saturated Fat	13g	65%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	900mg	39%
Total Carbohydrates	47g	16%
Dietary Fiber	5g	20%
Sugars	6g	
Protein	24g	48%
Vitamin D	0mcg	0%
Calcium	250mg	25%
Iron	3mg	17%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Gluten Free Pasta, Sundried Tomatoes, Garlic, Crushed Red Pepper Flakes, Tomato, Cane Sugar, Whole-Milk Ricotta, Lemon Zest, Olive Oil, Spinach, Hot Italian Sausage, Sweet Italian Sausage, Kosher Salt, Pepper

**CONTAINS:** Dairy

Heating Instructions:

Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**BASIL PESTO CHICKEN ENERGY PASTA**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	590	30%
Total Fat	32g	49%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	80mg	27%
Sodium	600mg	26%
Total Carbohydrates	52g	17%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	31g	62%
Vitamin D	0mcg	0%
Calcium	70mg	7%
Iron	3mg	17%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Farfalle, Basil, Olive Oil, Parmesan Cheese, Chicken Broth, Pine Nuts, Garlic, Kosher Salt, Pepper

**CONTAINS:** Dairy, Nuts, Wheat

**Heating Instructions:**

**Microwave**

1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**GLUTEN FREE BASIL PESTO CHICKEN ENERGY PASTA**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	590	30%
Total Fat	32g	49%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	80mg	27%
Sodium	600mg	26%
Total Carbohydrates	52g	17%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	31g	62%
Vitamin D	0mcg	0%
Calcium	70mg	7%
Iron	3mg	17%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Farfalle, Basil, Olive Oil, Parmesan Cheese, Chicken Broth, Pine Nuts, Garlic, Kosher Salt, Pepper

**CONTAINS:** Dairy, Nuts

**Heating Instructions:**

**Microwave**

- 1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

- 1. Preheat oven to 350°F .
- 2. Place food in an oven-safe dish.
- 3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**POWER PROTEIN CHICKEN AND BROCCOLI BOWL**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	370	19%
Total Fat	18g	28%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	900mg	39%
Total Carbohydrates	32g	11%
Dietary Fiber	5g	20%
Sugars	8g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	70mg	7%
Iron	2mg	11%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Broccoli, Jasmine Rice, Chicken Broth, Soy Sauce, Honey, Garlic, Sesame Oil, Olive Oil, Kosher salt, Pepper, Sesame Seeds

**CONTAINS:** Sesame, Soy, Wheat

**Heating Instructions:**

**Microwave**

1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



GLUTEN FREE POWER PROTEIN CHICKEN AND BROCCOLI BOWL

Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	370	19%
Total Fat	18g	28%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	900mg	39%
Total Carbohydrates	32g	11%
Dietary Fiber	5g	20%
Sugars	8g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	70mg	7%
Iron	2mg	11%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Broccoli, Brown Rice, Chicken Broth, Gluten Free Soy Sauce, Honey, Garlic, Sesame Oil, Olive Oil, Kosher salt, Pepper, Sesame Seeds

**CONTAINS:** Sesame, Soy

Heating Instructions:

Microwave

- 1. Heat on high for 2-3 minutes, or until heated thoroughly.

Oven:

- 1. Preheat oven to 350°F .
- 2. Place food in an oven-safe dish.
- 3. Heat for 15-20 minutes, or until warmed through.

Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**ENERGY BOOST HONEY GARLIC CHICKEN**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	320	16%
Total Fat	8g	12%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	800mg	35%
Total Carbohydrates	30g	10%
Dietary Fiber	0g	0%
Sugars	8g	
Protein	30g	60%
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	2mg	11%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Jasmine Rice, Broccoli, Soy Sauce, Olive Oil, Honey, Red Pepper Flakes, Garlic, Green Onion, Kosher Salt, Pepper, Sesame Seeds

**CONTAINS:** Sesame, Soy, Wheat

**Heating Instructions:**

**Microwave**

1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**GLUTEN FREE ENERGY BOOST HONEY GARLIC CHICKEN**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	320	16%
Total Fat	8g	12%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	800mg	35%
Total Carbohydrates	30g	10%
Dietary Fiber	0g	0%
Sugars	8g	
Protein	30g	60%
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	2mg	11%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Jasmine Rice, Broccoli, Gluten Free Soy Sauce, Olive Oil, Honey, Red Pepper Flakes, Garlic, Green Onion, Kosher Salt, Pepper, Sesame Seeds

**CONTAINS:** Sesame, Soy

**Heating Instructions:**

**Microwave**

- 1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

- 1. Preheat oven to 350°F .
- 2. Place food in an oven-safe dish.
- 3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.





**PERFORMANCE SHRIMP FUEL BOWL**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	550	28%
Total Fat	27g	42%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	200mg	67%
Sodium	400mg	17%
Total Carbohydrates	60g	20%
Dietary Fiber	8g	32%
Sugars	2g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	50mg	5%
Iron	3mg	17%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Shrimp, Brown Rice, Red Bell Pepper, Corn, Avocado, Olive Oil, Lime, Cilantro, Cumin, Paprika, Garlic Powder, Onion, Powder, Kosher Salt, Pepper, Sesame Seeds

**CONTAINS:** Shellfish

**Heating Instructions:**

**Microwave**

1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## ENDURANCE FUEL MEAT SAUCE PASTA

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	700	35%
Total Fat	40g	62%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	800mg	35%
Total Carbohydrates	63g	21%
Dietary Fiber	5g	20%
Sugars	5g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	80mg	8%
Iron	3mg	17%
Potassium	850mg	24%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Ground Beef, Farfalle, Tomato, Parmesan Cheese, Basil, Olive Oil, Garlic, Oregano, Kosher Salt, Pepper

**CONTAINS:** Dairy, Wheat

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## GLUTEN FREE ENDURANCE FUEL MEAT SAUCE PASTA

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	700	35%
Total Fat	40g	62%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	800mg	35%
Total Carbohydrates	63g	21%
Dietary Fiber	5g	20%
Sugars	5g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	80mg	8%
Iron	3mg	17%
Potassium	850mg	24%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Ground Beef, Gluten Free Pasta, Tomato, Parmesan Cheese, Basil, Olive Oil, Garlic, Oregano, Kosher Salt, Pepper

**CONTAINS:** Dairy

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**OMEGA POWER SALMON BOWL**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	500	25%
Total Fat	38g	58%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	800mg	35%
Total Carbohydrates	32g	11%
Dietary Fiber	5g	20%
Sugars	8g	
Protein	18g	36%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	2mg	11%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Salmon, Jasmine Rice, Avocado, Mango, Red Bell Pepper, Green Bell Pepper, Soy Sauce, Olive Oil, Honey, Mayonnaise, Sriracha, Sesame Oil, Garlic, Kosher Salt, Pepper

**CONTAINS:** Eggs, Fish, Sesame, Soy, Wheat

**Heating Instructions:**

**Microwave**

- 1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

- 1. Preheat oven to 350°F .
- 2. Place food in an oven-safe dish.
- 3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## GLUTEN FREE OMEGA POWER SALMON BOWL

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	500	25%
Total Fat	38g	58%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	800mg	35%
Total Carbohydrates	32g	11%
Dietary Fiber	5g	20%
Sugars	8g	
Protein	18g	36%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	2mg	11%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Salmon, Jasmine Rice, Avocado, Mango, Red Bell Pepper, Green Bell Pepper, Gluten Free Soy Sauce, Olive Oil, Honey, Mayonnaise, Sriracha, Sesame Oil, Garlic, Kosher Salt, Pepper

**CONTAINS:** Eggs, Fish, Sesame, Soy

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**CHICKEN PARMESAN**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	520	26%
Total Fat	26g	40%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	150mg	50%
Sodium	800mg	35%
Total Carbohydrates	40g	13%
Dietary Fiber	3g	12%
Sugars	6g	
Protein	36g	72%
Vitamin D	0mcg	0%
Calcium	200mg	20%
Iron	3mg	17%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Flour, Breadcrumbs, Eggs, Olive Oil, Rao’s Marinara Sauce, Mozzarella Cheese, Kosher Salt, Pepper

**CONTAINS:** Eggs, Dairy, Wheat

**Heating Instructions:**

**Microwave**

1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**GLUTEN FREE CHICKEN PARMESAN**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	520	26%
Total Fat	26g	40%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	150mg	50%
Sodium	800mg	35%
Total Carbohydrates	40g	13%
Dietary Fiber	3g	12%
Sugars	6g	
Protein	36g	72%
Vitamin D	0mcg	0%
Calcium	200mg	20%
Iron	3mg	17%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Gluten Free Flour, Gluten Free Breadcrumbs, Eggs, Olive Oil, Rao’s Marinara Sauce, Mozzarella Cheese, Kosher Salt, Pepper

**CONTAINS:** Eggs, Dairy

**Heating Instructions:**

**Microwave**

1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## STRENGTH BOOST BEEF STEW

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	400	20%
Total Fat	24g	37%
Saturated Fat	9g	45%
Trans Fat	0g	
Cholesterol	90mg	30%
Sodium	700mg	30%
Total Carbohydrates	30g	10%
Dietary Fiber	5g	20%
Sugars	4g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	3mg	17%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Beef, Pancetta, Onion, Carrots, Tomato, Yukon Gold Potatoes, Peas, Cognac, Chianti, Olive Oil, Beef Broth, Garlic, Kosher Salt, Pepper

### Heating Instructions:

#### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

#### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.





**HIGH ENDURANCE SPAGHETTI & MEATBALLS**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	450	23%
Total Fat	30g	46%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	110mg	37%
Sodium	800mg	35%
Total Carbohydrates	30g	10%
Dietary Fiber	5g	20%
Sugars	5g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	80mg	8%
Iron	4mg	22%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Ground Turkey, Spaghetti, Tomatoes, Garlic, Olive Oil, Eggs, Breadcrumbs, Parmesan Cheese, Basil, Nutmeg, Oregano, Kosher Salt, Pepper

**CONTAINS:** Eggs, Dairy, Wheat

**Heating Instructions:**

**Microwave**

1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## GF HIGH ENDURANCE SPAGHETTI & MEATBALLS

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	450	23%
Total Fat	30g	46%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	110mg	37%
Sodium	800mg	35%
Total Carbohydrates	30g	10%
Dietary Fiber	5g	20%
Sugars	5g	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	80mg	8%
Iron	4mg	22%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Ground Turkey, Gluten Free Spaghetti, Tomatoes, Garlic, Olive Oil, Eggs, Gluten Free Breadcrumbs, Parmesan Cheese, Basil, Nutmeg, Oregano, Kosher Salt, Pepper

**CONTAINS:** Eggs, Dairy

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## LEAN POWER TURKEY CHILI

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	320	16%
Total Fat	10g	15%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	500mg	22%
Total Carbohydrates	40g	13%
Dietary Fiber	10g	40%
Sugars	5g	
Protein	20g	40%
Vitamin D	0mcg	0%
Calcium	60mg	6%
Iron	4mg	22%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Ground Turkey, Onion, Red Bell Pepper, Garlic, Tomato, Dark Red Kidney Beans, Corn, Olive Oil, Chicken Broth, Chili Powder, Cumin, Oregano, Cayenne Pepper, Kosher Salt, Pepper

### Heating Instructions:

#### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

#### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**POWER GREENS & AVOCADO SALAD**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	450	23%
Total Fat	27g	42%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	300mg	13%
Total Carbohydrates	48g	16%
Dietary Fiber	12g	48%
Sugars	4g	
Protein	9g	18%
Vitamin D	0mcg	0%
Calcium	30mg	3%
Iron	3mg	17%
Potassium	800mg	23%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Jasmine Rice, Black Beans, Corn, Avocado, Onion, Olive Oil, Lime jJuice, Honey, Cilantro, Chili Powder, Garlic Powder, Kosher Salt, Pepper

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## POWER GREENS & AVOCADO SALAD WITH CHICKEN

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	500	25%
Total Fat	30g	46%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	300mg	13%
Total Carbohydrates	45g	15%
Dietary Fiber	12g	48%
Sugars	4g	
Protein	18g	36%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	3mg	17%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Jasmine Rice, Black Beans, Corn, Avocado, Onion, Olive Oil, Lime jJuice, Honey, Cilantro, Chili Powder, Garlic Powder, Kosher Salt, Pepper

### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## POWER GREENS & AVOCADO SALAD WITH STEAK Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	550	28%
Total Fat	34g	52%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	400mg	17%
Total Carbohydrates	49g	16%
Dietary Fiber	12g	48%
Sugars	4g	
Protein	18g	36%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	3mg	17%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Flank Steak, Jasmine Rice, Black Beans, Corn, Avocado, Onion, Olive Oil, Lime Juice, Honey, Cilantro, Chili Powder, Garlic Powder, Kosher Salt, Pepper

### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



POWER GREENS & AVOCADO SALAD WITH SHRIMP  
Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	470	28%
Total Fat	27g	34%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	125mg	42%
Sodium	300mg	13%
Total Carbohydrates	42g	15%
Dietary Fiber	11g	39%
Sugars	3g	
Protein	20g	
Vitamin D	0mcg	0%
Calcium	60mg	5%
Iron	3mg	15%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Shrimp, Jasmine Rice, Black Beans, Corn, Avocado, Onion, Olive Oil, Lime jJuice, Honey, Cilantro, Chili Powder, Garlic Powder, Kosher Salt, Pepper

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**POWER GREENS & AVOCADO SALAD WITH  
SALMON**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	550	
Total Fat	36g	46%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	80mg	27%
Sodium	300mg	13%
Total Carbohydrates	42g	15%
Dietary Fiber	11g	39%
Sugars	3g	
Protein	20g	36%
Vitamin D	0mcg	0%
Calcium	60mg	5%
Iron	3mg	15%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Salmon, Jasmine Rice, Black Beans, Corn, Avocado, Onion, Olive Oil, Lime jJuice, Honey, Cilantro, Chili Powder, Garlic Powder, Kosher Salt, Pepper

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.





## CALSSIC POWER CAESAR SALAD

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	350	18%
Total Fat	32g	49%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	670mg	29%
Total Carbohydrates	6g	2%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	5g	10%
Vitamin D	0mcg	0%
Calcium	150mg	15%
Iron	1mg	6%
Potassium	250mg	7%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Romaine Lettuce, Garlic, Parmesan Cheese, Anchovy Paste, Lemon, Dijon Mustard, Worcestershire Sauce, Mayonnaise, Kosher Salt, Pepper

**CONTAINS:** Dairy, Eggs, Fish, Mustard, Wheat

### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



CALSSIC POWER CAESAR SALAD WITH CHICKEN  
Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	550	28%
Total Fat	38g	58%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	850mg	37%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	40g	80%
Vitamin D	0mcg	0%
Calcium	150mg	15%
Iron	1.5mg	8%
Potassium	500mg	14%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Romaine Lettuce, Garlic, Parmesan Cheese, Anchovy Paste, Lemon, Dijon Mustard, Worcestershire Sauce, Mayonnaise, Kosher Salt, Pepper

**CONTAINS:** Dairy, Eggs, Fish, Mustard, Wheat

**Storage Instructions:**  
Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**CLASSIC POWER CAESAR SALAD WITH SHRIMP**  
**Nutrition Facts**  
Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	460	23%
Total Fat	34g	52%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	180mg	60%
Sodium	850mg	37%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	30g	60%
Vitamin D	0mcg	0%
Calcium	150mg	15%
Iron	2mg	11%
Potassium	400mg	11%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Shrimp, Romaine Lettuce, Garlic, Parmesan Cheese, Anchovy Paste, Lemon, Dijon Mustard, Worcestershire Sauce, Mayonnaise, Kosher Salt, Pepper

**CONTAINS:** Dairy, Eggs, Fish, Mustard, Shellfish, Wheat

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## CLASSIC POWER CAESAR SALAD WITH STEAK

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	580	29%
Total Fat	42g	65%
Saturated Fat	10g	50%
Trans Fat	0g	
Cholesterol	120mg	40%
Sodium	900mg	39%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	40g	80%
Vitamin D	0mcg	0%
Calcium	150mg	15%
Iron	3mg	17%
Potassium	500mg	14%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Steak, Romaine Lettuce, Garlic, Parmesan Cheese, Anchovy Paste, Lemon, Dijon Mustard, Worcestershire Sauce, Mayonnaise, Kosher Salt, Pepper

**CONTAINS:** Dairy, Eggs, Fish, Mustard, Wheat

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



# CLASSIC POWER CAESAR SALAD WITH SALMON

## Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	570	29%
Total Fat	45g	69%
Saturated Fat	9g	45%
Trans Fat	0g	
Cholesterol	120mg	40%
Sodium	900mg	39%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	38g	76%
Vitamin D	0mcg	0%
Calcium	150mg	15%
Iron	3mg	17%
Potassium	500mg	14%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Salmon, Romaine Lettuce, Garlic, Parmesan Cheese, Anchovy Paste, Lemon, Dijon Mustard, Worcestershire Sauce, Mayonnaise, Kosher Salt, Pepper

**CONTAINS:** Dairy, Eggs, Fish, Mustard, Wheat

### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## FRESH GREENS ENERGY SALAD

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	140	7%
Total Fat	14g	22%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	250mg	11%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	1g	2%
Vitamin D	0mcg	0%
Calcium	25mg	2%
Iron	0.5mg	3%
Potassium	350mg	10%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Mixed Greens, Tomato, Cucumber, Carrot, Olive Oil, Kosher Salt, Pepper

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



FRESH GREENS ENERGY SALAD WITH CHICKEN  
Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	380	19%
Total Fat	25g	38%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	300mg	13%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	35g	70%
Vitamin D	0mcg	0%
Calcium	30mg	3%
Iron	1mg	6%
Potassium	600mg	17%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chicken Breast, Mixed Greens, Tomato, Cucumber, Carrot, Olive Oil, Kosher Salt, Pepper

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



FRESH GREENS ENERGY SALAD WITH SALMON  
Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	320	16%
Total Fat	24g	37%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	160mg	53%
Sodium	300mg	13%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	24g	48%
Vitamin D	0mcg	0%
Calcium	30mg	3%
Iron	1mg	6%
Potassium	500mg	14%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Shrimp, Mixed Greens, Tomato, Cucumber, Carrot, Olive Oil, Kosher Salt, Pepper

**CONTAINS:** Shellfish

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.





## FRESH GREENS ENERGY SALAD WITH STEAK

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	430	22%
Total Fat	33g	51%
Saturated Fat	10g	50%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	400mg	17%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	30g	60%
Vitamin D	0mcg	0%
Calcium	30mg	3%
Iron	3mg	17%
Potassium	650mg	19%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Steak, Mixed Greens, Tomato, Cucumber, Carrot, Olive Oil, Kosher Salt, Pepper

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



FRESH GREENS ENERGY SALAD WITH SALMON  
Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	460	23%
Total Fat	35g	54%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	350mg	15%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	35g	70%
Vitamin D	10mcg	50%
Calcium	30mg	3%
Iron	2mg	11%
Potassium	700mg	20%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Salmon, Mixed Greens, Tomato, Cucumber, Carrot, Olive Oil, Kosher Salt, Pepper

**CONTAINS:** Fish

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## LIGHT FUEL JASMINE RICE

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	205	
Total Fat	0.4g	1%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0	0%
Sodium	0mg	0%
Total Carbohydrates	45g	15%
Dietary Fiber	0.6g	2%
Sugars	0g	
Protein	4g	8%
Vitamin D	0mcg	0%
Calcium	19mg	2%
Iron	1.0mg	6%
Potassium	55mg	2%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Jasmine Rice, Butter, Kosher Salt, Pepper

**CONTAINS:** Dairy

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## WHOLE GRAIN POWER RICE

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	215	
Total Fat	1.8g	3%
Saturated Fat	0.2g	1%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	45g	15%
Dietary Fiber	3.5g	12%
Sugars	0g	
Protein	5g	10%
Vitamin D	0mcg	0%
Calcium	19mg	19%
Iron	1.0mg	6%
Potassium	80mg	2%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Brown Rice, Butter, Kosher Salt, Pepper

**CONTAINS:** Dairy

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



**PROTEIN-PACKED QUINOA**  
**Nutrition Facts**

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	222	
Total Fat	3.6g	6%
Saturated Fat	0.4g	2%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	39g	13%
Dietary Fiber	5g	20%
Sugars	1g	
Protein	8g	16%
Vitamin D	0mcg	0%
Calcium	31mg	2%
Iron	2.0mg	10%
Potassium	318mg	9%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Quinoa, Butter, Kosher Salt, Pepper

**CONTAINS:** Dairy

**Heating Instructions:**

**Microwave**

- 1. Heat on high for 2-3 minutes, or until heated thoroughly.

**Oven:**

- 1. Preheat oven to 350°F .
- 2. Place food in an oven-safe dish.
- 3. Heat for 15-20 minutes, or until warmed through.

**Storage Instructions:**

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



PERFORMANCE ROASTED VEGGIE MEDLEY

Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	120	
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	250mg	11%
Total Carbohydrates	18g	6%
Dietary Fiber	4g	14%
Sugars	3g	
Protein	3g	6%
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1.5mg	8%
Potassium	400mg	11%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Broccoli, Cauliflower, Carrots, Potatoes, Olive Oil Kosher Salt, Pepper

Heating Instructions:

Microwave

- 1. Heat on high for 2-3 minutes, or until heated thoroughly.

Oven:

- 1. Preheat oven to 350°F .
- 2. Place food in an oven-safe dish.
- 3. Heat for 15-20 minutes, or until warmed through.

Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## PERFORMANCE ROASTED POTATOES

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	180	
Total Fat	8g	10%
Saturated Fat	1.1g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	300mg	13%
Total Carbohydrates	27g	9%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	4g	80%
Vitamin D	0mcg	0%
Calcium	20mg (2% DV)	2%
Iron	1.2mg	6%
Potassium	620mg	18%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Yukon Gold Potatoes, Olive Oil, Rosemary, Kosher Salt, Pepper

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## ENDURANCE SWEET POTATOE FRIES

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	180	
Total Fat	7g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	300mg	13%
Total Carbohydrates	37g	13%
Dietary Fiber	6g	22%
Sugars	7g	
Protein	4g	8%
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	1.0mg	6%
Potassium	620mg	18%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Sweet Potatoes, Olive Oil, Kosher Salt, Pepper

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.





## POWER GREENS SAUTÉED SPINACH

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	120	
Total Fat	8g	10%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	300mg	13%
Total Carbohydrates	6g	2%
Dietary Fiber	4g	14%
Sugars	1g	
Protein	3g	6%
Vitamin D	0mcg	0%
Calcium	120mg	10%
Iron	3.6mg	20%
Potassium	550mg	16%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Spinach, Olive Oil, Garlic, Kosher Salt, Pepper

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.



## ENERGIZING SAUTÉED GREEN BEANS

### Nutrition Facts

Serving Size: 1 Container

Nutrient	Amount per Serving	% Daily Value*
Calories	100	
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	250mg	11%
Total Carbohydrates	10g	4%
Dietary Fiber	4g	14%
Sugars	2g	
Protein	2g	4%
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1mg	6%
Potassium	400mg	11%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Green Beans, Olive Oil, Garlic, Kosher Salt, Pepper

#### Heating Instructions:

##### Microwave

1. Heat on high for 2-3 minutes, or until heated thoroughly.

##### Oven:

1. Preheat oven to 350°F .
2. Place food in an oven-safe dish.
3. Heat for 15-20 minutes, or until warmed through.

#### Storage Instructions:

Store meal in the fridge if you plan to eat it within 7 days. For longer storage, freeze meals. Discard any meals that have been left at room temperature for more than 2 hours.