

# **Cheese and Broccoli Bake**

Serving Suggestion

**NET WT 13.4 OZ (380g)**

# Cheese & Broccoli Bake

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (96g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 420    Calories from Fat 140

% Daily Value\*

<b>Total Fat</b> 15g	<b>24%</b>
Saturated Fat 12g	<b>60%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 960mg	<b>40%</b>
<b>Total Carbohydrate</b> 59g	<b>20%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 6g	
<b>Protein</b> 11g	

Vitamin A 15% • Vitamin C 70%  
Calcium 20% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 7 1/2 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 3/4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Potato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Corn Starch, Coconut Oil, Maltodextrin, Whey, Onion, Broccoli, Sea Salt, Tomato, sodium Caseinate, Garlic, Spice, Xanthan Gum, Butter (cream, water, salt), Silicon Dioxide, Autolyzed Yeast Extract, Disodium Phosphate, Parsley Flake, Non Fat Milk, Mono & Diglycerides, Dried Cane Syrup, Annatto, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Ascorbyl Palmitate, Natural Flavor.

**ALLERGENS:** Milk. This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Vegetarian
- Uses Sea Salt
- Low Cholesterol
- Gluten Free
- No Trans Fats

Made in the USA



# Cheese & Broccoli Soup Mix

Serving Suggestion

**NET WT 7.8 OZ (222g)**

# Cheese & Broccoli Soup Mix

**POUCH MAKES  
8 PREPARED CUPS**

## Nutrition Facts

Serving Size 2 cups (56g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 280    Calories from Fat 150

% Daily Value\*

<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 13g	<b>65%</b>
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 1060mg	<b>44%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 7g	
<b>Protein</b> 9g	

Vitamin A 15% • Vitamin C 6%  
Calcium 30% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Coconut Oil, Whey, Corn Starch, Maltodextrin, Broccoli, Xanthan Gum, Sea Salt, Onion, Sodium Caseinate, Silicon Dioxide, Disodium Phosphate, Autolyzed Yeast Extract, Spice, Dried Cream, Dried Cane Syrup, Annatto, Mono & Diglycerides, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Natural Flavor.

## ALLERGENS: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



8 56074 00317 7

# **Cheesy Potato Soup Mix**

Serving Suggestion

**NET WT 11.1 OZ (316g)**

# Cheesy Potato Soup Mix

**POUCH MAKES  
8 PREPARED CUPS**

## Nutrition Facts

Serving Size 2 cups (80g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 360    **Calories from Fat** 140

**% Daily Value\***

**Total Fat** 15g                    **23%**

  Saturated Fat 11g              **56%**

**Cholesterol** 30mg              **9%**

**Sodium** 1040mg                **48%**

**Total Carbohydrate** 45g      **15%**

  Dietary Fiber 1g                **5%**

  Sugars 6g

**Protein** 10g

Vitamin A 20%    •    Vitamin C 8%

Calcium 25%    •    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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Potato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Corn Starch, Coconut Oil, Whey, Maltodextrin, Onion, Carrot, Sea Salt, Sodium Caseinate, Garlic, Autolyzed Yeast Extract, Silicon Dioxide, Celery, Disodium Phosphate, Spice, Parsley, Dried Cane Syrup, Natural Cheese Flavor, Mono & Diglycerides, High Oleic Acid Sunflower Oil, Natural Flavor.

## ALLERGENS: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



8 56074 00320 7

# Chili Mac

Serving Suggestion

**NET WT 14.3 OZ (405g)**

# Chili Mac

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (102g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 360    **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g    **7%**

Saturated Fat 1.5g    **8%**

**Cholesterol** 10mg    **3%**

**Sodium** 830mg    **35%**

**Total Carbohydrate** 65g    **22%**

Dietary Fiber 14g    **57%**

Sugars 10g

**Protein** 18g

Vitamin A 20% • Vitamin C 45%

Calcium 15% • 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:

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Black Bean, Pinto Bean, Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Tomato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Onion, Sugar, Corn Starch, Sea Salt, Chili Pepper, Autolyzed Yeast Extract, Red Bell Pepper, Garlic, Maltodextrin, Spice, Celery, Silicon Dioxide, Jalapeno Pepper, Disodium Phosphate, Crushed Red Pepper, Natural Flavor, Annatto, Tocopherols.

**ALLERGENS:** Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA





# Classic Chili Mix

Serving Suggestion

**NET WT 15.2 OZ (432g)**

# Classic Chili Mix

**POUCH MAKES  
8 PREPARED CUPS**

## Nutrition Facts

Serving Size 2 cups (108g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 360    **Calories from Fat** 20

**% Daily Value\***

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1170mg	<b>49%</b>
<b>Total Carbohydrate</b> 70g	<b>23%</b>
Dietary Fiber 19g	<b>77%</b>
Sugars 10g	
<b>Protein</b> 20g	

Vitamin A 15% • Vitamin C 45%

Calcium 10% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pinto Bean, Black Bean, Tomato, Corn, Onion, Sea Salt, Corn Starch, Sugar, Chili Pepper, Autolyzed Yeast Extract, Red Bell Pepper, Garlic, Maltodextrin, Spice, Celery, Jalapeno, Red Pepper, Natural Flavor.

## ALLERGENS: None.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



# Creamy a la King

Serving Suggestion

**NET WT 16.0 OZ (455g)**

# Creamy a la King

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (115g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 460    **Calories from Fat** 90

**% Daily Value\***

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

    Saturated Fat 9g                **44%**

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

**Sodium** 1120mg                **47%**

**Total Carbohydrate** 82g        **27%**

    Dietary Fiber 3g                **11%**

    Sugars 3g

**Protein** 8g

Vitamin A 30%    •    Vitamin C 10%

Calcium 8%    •    Iron 20%

\* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Precooked Long Grain Rice, Coconut Oil, Maltodextrin, Corn Starch, Sea Salt, Onion, Pea, Carrot, Red Bell Pepper, Mushroom, Dried Cane Syrup, Sodium Caseinate, Green Bell Pepper, Butter (cream, water, salt), Garlic, Spice, Parsley, Silicon Dioxide, Non Fat Milk, High Oleic Acid Sunflower Oil, Mono & Diglycerides, Natural Flavor, Tocopherols, Ascorbyl Palmitate.

## ALLERGENS: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



# Potato Soup Mix

Serving Suggestion

**NET WT 10.5 OZ (299g)**

# Potato Soup Mix

**POUCH MAKES  
8 PREPARED CUPS**

## Nutrition Facts

Serving Size 2 cups (75g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 320    Calories from Fat 100

% Daily Value\*

<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 10g	<b>49%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 930mg	<b>39%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 5g	

Vitamin A 15% • Vitamin C 50%  
Calcium 4% • 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:

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Potato, Coconut Oil, Maltodextrin, Corn Starch, Onion, Sea Salt, Carrot, Sodium Caseinate, Garlic, Autolyzed Yeast Extract, Spice, Celery, Parsley, Dried Can Syrup, Mono & Diglycerides, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

## ALLERGENS: None.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



8 56074 00318 4

# **Enchilada Beans and Rice**

Serving Suggestion

**NET WT 14.6 OZ (415g)**

# Enchilada Beans and Rice

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (104g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 390    **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 6g                    **10%**

  Saturated Fat 4g              **20%**

**Cholesterol** 10mg            **3%**

**Sodium** 1070mg              **44%**

**Total Carbohydrate** 73g    **24%**

  Dietary Fiber 4g              **15%**

  Sugars 9g

**Protein** 11g

Vitamin A 15%    •    Vitamin C 35%

Calcium 15%    •    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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

## DIRECTIONS

For 4 servings bring 6 1/2 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 1/4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Rice, Tomato, Corn, Cheese Powder (pasteurized milk, salt, cheese cultures, enzymes), Maltodextrin, Coconut Oil, Onion, Whey, Sea Salt, Red Bell Pepper, Spice, Corn Starch, Garlic, Autolyzed Yeast Extract, Green Chili, Natural Cheese Flavor, Dried Cane Syrup, Sodium Caseinate, Silicon Dioxide, Disodium Phosphate, High Oleic Acid Sunflower Oil, Annatto, Natural Flavor, Tocopherols.

## ALLERGENS: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



8 56074 00311 5



# Hawaiian Style Sweet 'n Sour

Serving Suggestion

**NET WT 13.2 OZ (375g)**

# Hawaiian Style Sweet 'n Sour

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (93g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 340    **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g                    **2%**

  Saturated Fat 0g              **0%**

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

**Sodium** 990mg                **41%**

**Total Carbohydrate** 71g      **24%**

  Dietary Fiber 3g              **11%**

  Sugars 7g

**Protein** 10g

Vitamin A 20% • Vitamin C 30%

Calcium 4% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Corn Starch, Sugar, Maltodextrin, Pineapple, Sea Salt, Mango, Carrot, Dextrose, Onion, Autolyzed Yeast Extract, Xanthan Gum, Soy Bean, Red Bell Pepper, Green Bell Pepper, Apple Cider Vinegar, Dried Cane Syrup, Silicon Dioxide, Paprika, Celery, Garlic, Tartaric Acid, Molasses Solids, Citric Acid, Natural Flavor, Pineapple Extractives, Propylene Glycol, Spice, Parsley, High Oleic Acid Sunflower Oil, Sherry Wine Solids, White Distilled Vinegar Solids, Extractive of Paprika.

**ALLERGENS:** Wheat, Soy.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA



8 56074 00315 3

# Italian Pasta with Marinara

Serving Suggestion

**NET WT 12.0 OZ (341g)**

# Italian Pasta with Marinara

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (86g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 320    Calories from Fat 40

% Daily Value\*

<b>Total Fat</b> 4g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 840mg	<b>35%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 12g	
<b>Protein</b> 12g	

Vitamin A 20% • Vitamin C 60%  
Calcium 10% • Iron 20%

\* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Tomato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Sugar, Sea Salt, Corn Starch, Onion, Garlic, Carrot, Spice, Silicon Dioxide, Disodium Phosphate, Parsley, Annatto, Tocopherols.

## ALLERGENS: Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA



# Macaroni and Cheese

Serving Suggestion

**NET WT 14.9 OZ (421g)**

# Macaroni and Cheese

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (106g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 440    Calories from Fat 100

% Daily Value\*

<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 8g	<b>41%</b>
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 880mg	<b>37%</b>
<b>Total Carbohydrate</b> 68g	<b>23%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 4g	
<b>Protein</b> 13g	

Vitamin A 4% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Coconut Oil, Corn Starch, Maltodextrin, Whey, Sea Salt, Sodium Caseinate, Autolyzed Yeast Extract, Silicon Dioxide, Butter (cream, water, salt), Disodium Phosphate, Onion, Dried Cane Syrup, Garlic, Spice, Mono & Diglycerides, Non Fat Milk, Annatto, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Ascorbyl Palmitate.

**ALLERGENS:** Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA



# Pasta Alfredo

Serving Suggestion

**NET WT 13.6 OZ (386g)**

# Pasta Alfredo

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (97g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 410    Calories from Fat 110

% Daily Value\*

<b>Total Fat</b> 12g	<b>19%</b>
Saturated Fat 10g	<b>49%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 710mg	<b>29%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 4g	
<b>Protein</b> 11g	

Vitamin A 2% • Vitamin C 2%  
Calcium 8% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Coconut Oil, Maltodextrin, Corn Starch, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Whey, Sea Salt, Garlic, Onion, Sodium Caseinate, Maltodextrin, Butter (cream, water, salt), Parsley, Non Fat Milk, Autolyzed Yeast Extract, Butter Milk, Spice, Dried Cane Syrup, Silicon Dioxide, Natural Parmesan Cheese Flavor, Mono & Diglycerides, High Oleic Acid Sunflower Oil, Disodium Phosphate, Carrot, Natural Flavor, Tocopherols, Ascorbyl Palmitate.

**ALLERGENS:** Milk, Wheat. This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA





# Pasta Primavera

Serving Suggestion

**NET WT 13.8 OZ (391g)**

# Pasta Primavera

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (98g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 420    Calories from Fat 110

% Daily Value\*

<b>Total Fat</b> 12g	<b>19%</b>
Saturated Fat 10g	<b>50%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 730mg	<b>31%</b>
<b>Total Carbohydrate</b> 64g	<b>21%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 4g	
<b>Protein</b> 11g	

Vitamin A 10% • Vitamin C 6%  
Calcium 8% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Coconut Oil, Maltodextrin, Corn Starch, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Sea Salt, Whey, Pea, Onion, Xanthan Gum, Sodium Caseinate, Broccoli, Carrot, Garlic, Autolyzed Yeast Extract, Dried Cane Syrup, Parsley, Mono & Diglycerides, Silicon Dioxide, Spice, Disodium Phosphate, High Oleic Acid Sunflower Oil, Natural Flavor.

**ALLERGENS:** Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA



# Southwestern Soup Mix

Serving Suggestion

**NET WT 9.9 OZ (281g)**

# Southwestern Soup Mix

**POUCH MAKES  
8 PREPARED CUPS**

## Nutrition Facts

Serving Size 2 cups (70g)  
Servings Per Container 4

### Amount Per Serving

Calories 240    Calories from Fat 10

% Daily Value\*

**Total Fat** 1.5g    **2%**

Saturated Fat 0g    **0%**

**Cholesterol** 0mg    **0%**

**Sodium** 1030mg    **43%**

**Total Carbohydrate** 51g    **17%**

Dietary Fiber 3g    **11%**

Sugars 6g

**Protein** 9g

Vitamin A 15%    •    Vitamin C 20%

Calcium 2%    •    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 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Tomato, Onion, Corn Starch, Sea Salt, Red Bell Pepper, Corn, Maltodextrin, Spice, Autolyzed Yeast Extract, Green Bell Pepper, Garlic, Green Chili, Sugar, Dried Cane Syrup, Parsley, Silicon Dioxide, Carrot, Natural Flavor.

## ALLERGENS: Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA



8 56074 00322 1

# **Spicy Corn Chowder Soup Mix**

Serving Suggestion

**NET WT 9.3 OZ (265g)**

# Spicy Corn Chowder Soup Mix

**POUCH MAKES  
8 PREPARED CUPS**

## Nutrition Facts

Serving Size 2 cups (67g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 280    Calories from Fat 100

% Daily Value\*

<b>Total Fat</b> 11g	<b>16%</b>
Saturated Fat 9g	<b>46%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 810mg	<b>34%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 5g	
<b>Protein</b> 5g	

Vitamin A 2% • Vitamin C 20%  
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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Potato, Corn, Corn Starch, Coconut Oil, Maltodextrin, Onion, Sea Salt, Sodium Caseinate, Celery, Cultured Dextrose, Spice, Garlic, Mono & Diglycerides, Parsley, Jalapeño, Natural Flavor, Silicon Dioxide, Autolyzed Yeast Extract, Sugar.

## ALLERGENS: None.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



8 56074 00321 4

# Stroganoff

Serving Suggestion

**NET WT 12.2 OZ (345g)**

# Stroganoff

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (87g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 330    Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5g    **7%**

Saturated Fat 3g    **15%**

**Cholesterol** 5mg    **2%**

**Sodium** 1070mg    **45%**

**Total Carbohydrate** 61g    **20%**

Dietary Fiber 2g    **8%**

Sugars 6g

**Protein** 10g

Vitamin A 2% • Vitamin C 4%

Calcium 4% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Corn Starch, Onion, Maltodextrin, Sea Salt, Coconut Oil, Cultured Cream (cream, nonfat milk, culture, enzymes), Autolyzed Yeast Extract, Sugar, Non Fat Milk, Mushroom, Butter (cream, water, salt), Sodium Caseinate, Spice, Parsley, Lactic Acid, Natural Flavor, Silicon Dioxide, Caramel Color, Sodium Citrate, Mono & Diglycerides, Tocopherols, Culture, Enzyme, Ascorbyl Palmitate, BHT.

**ALLERGENS:** Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fat
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA



8 56074 00312 2



# **Vegetable & Rice Soup Mix**

Serving Suggestion

**NET WT 9.6 OZ (273g)**

# Vegetable & Rice Soup Mix

**POUCH MAKES  
8 PREPARED CUPS**

<b>Nutrition Facts</b>	
Serving Size 2 cups (69g) Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 80
<hr/>	
	% Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 8g	<b>40%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1170mg	<b>49%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 3g	
<b>Protein</b> 4g	
Vitamin A 20% • Vitamin C 8%	
Calcium 4% • 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:	
	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 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Precooked Long Grain Rice, Corn Starch, Maltodextrin, Coconut Oil, Potato, Sea Salt, Autolyzed Yeast Extract, Carrot, Tomato, Dried Cane Syrup, Sodium Caseinate, Celery, Garlic, Parsley, Spice, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

## ALLERGENS: None.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



# **Vegetable and Rotini Pasta**

Serving Suggestion

**NET WT 13.6 OZ (385g)**

# Vegetable and Rotini Pasta

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (97g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 400    Calories from Fat 100

% Daily Value\*

**Total Fat** 11g                    **17%**

    Saturated Fat 9g                **46%**

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

**Sodium** 930mg                **39%**

**Total Carbohydrate** 65g        **22%**

    Dietary Fiber 2g                **10%**

    Sugars 4g

**Protein** 10g

Vitamin A 10% • Vitamin C 8%

Calcium 4% • 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Coconut Oil, Maltodextrin, Corn Starch, Sea Salt, Pea, Sodium Caseinate, Onion, Carrot, Tomato, Xanthan Gum, Celery, Autolyzed Yeast Extract, Garlic, Dried Cane Syrup, Spice, Mono & Diglycerides, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

## ALLERGENS: Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt

Made in the USA



8 56074 00373 3

# White Bean Chili Mix

Serving Suggestion

**NET WT 14.2 OZ (401g)**

# White Bean Chili Mix

**POUCH MAKES  
8 PREPARED CUPS**

## Nutrition Facts

Serving Size 2 cups (101g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 360    **Calories from Fat** 30

**% Daily Value\***

<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1.5g	<b>7%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 1010mg	<b>42%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 16g	<b>65%</b>
Sugars 4g	
<b>Protein</b> 19g	

Vitamin A 6% • Vitamin C 15%  
Calcium 20% • 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:

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

## INGREDIENTS

White Bean, Pinto Bean, Corn Starch, Corn, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Onion, Sea Salt, Maltodextrin, Autolyzed Yeast Extract, Spice, Green Bell Pepper, Dried Cane Syrup, Red Bell Pepper, Parsley, Celery, High Oleic Acid Sunflower Oil, Silicon Dioxide, Cilantro, Disodium Phosphate, Carrot, Natural Flavor.

## ALLERGENS: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Low Cholesterol
- Vegetarian
- No Trans Fats
- Uses Sea Salt
- Gluten Free

Made in the USA

