This meal has been prepared in a facility that processes milk, peanuts, tree nuts, fish, wheat, eggs, soy and shellfish.
Ingredients: Flaxseed, Tapioca starch, egg, parmesan cheese, pine nuts, ricotta cheese, garlic, olive oil, green onions, basil, thyme, cumin, oregano, chili powder, salt, pepper, onion powder, vinegar, lactic acid, xanthan gum, sorbic acid and sodium benzoate, color (apo-carotenal, annatto, turmeric extract), onions, garlic, egg, soybean oil, soy lecithin, cornstarch.

#### Alternate Meal 2: Turkey Krony, Carrots GI (3536)

(Calories 321, Fat 16 gm, Sat. Fat 7 g, Chol 0 mg, Pro 6 gm, Carbs 41 gm, Sodium 190 mg, Pot 65 mg, Phos 91 mg)

Ingredients: Turkey Krony - ground turkey (90% lean), brown rice, carrots, tomatoes, tomato sauce, tomato paste, olive oil, onion, garlic, pepper, chili powder, Carrots, carrots, margarine/butter blend, celery seed, black pepper. Contains: egg, wheat, milk, soy.

#### Alternate Meal 3: Cheese Enchiladas, Zucchini Red Peppers, Pearl Onion, Carrots (3338)

(Calories 321, Fat 15 gm, Sat. Fat 7 g, Chol 0 mg, Pro 6 gm, Carbs 51 gm, Sodium 70 mg, Pot 121 mg, Phos 37 mg)

Ingredients: Turkey Krony - ground turkey (90% lean), macaroni, onion, tomatoes, celery, tomato sauce, tomato paste, olive oil, onion, garlic, pepper, chili powder, Carrots, carrots, margarine/butter blend, celery seed, black pepper. Contains: egg, wheat, milk.

#### Dessert: Animal Crackers (1512)

(Calories 20, Fat 0.5 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 5 gm, Sodium 10 mg, Pot 1 mg, Phos 0 mg)

Ingredients: enriched flour (wheat flour, niacin, reduced iron, vitamin b1, vitamin b2, vitamin b3, folic acid), sugar, high fructose corn syrup, soybean oil, contains 2% or less of: jalapeño peppers, salt, onion powder, vinegar, sodium alginate, sugar, lactic acid, monohydrate milk, skim milk, calcium chloride, milkfat, tocoferols, natural flavors, xanthum gum, sorbic acid and sodium benzoate, color (taro-cornatinal, annatto and turmeric extract), onions, green chilis (chili peppers, water, salt, calcium chloride and citric acid), tortillas (bleached enriched flour wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, shortening (partially hydrogenated soybean and cottonseed oil, with mono and diglycerides), baking powder (sodium bicarbonate, corn starch, calcium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, dough conditioner (whey, -1-cysteine hydrochloride), calcium propionate, potassium sorbate, vegetable gum (cellulose, maltodextrin, carrageenan), sodium aluminum phosphate (sodium aluminum phosphate, acid, calcium carbonate, precipitated amorphous silicic, fumaric acid), salt, wheat, flour, bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, chili seasoning (spices, salt, maltodextrin, garlic, torula yeast, autolyzed yeast extract, nonfat dry milk), yeast.

Lorna Doone Shortbread Cookies (1215)

(Calories 140, Fat 7 gm, Sat. Fat 0.5 gm, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Sodium 150 mg, Pot 25 mg, Phos 0 mg)

Ingredients: unbleached enriched flour (wheat flour, niacin, reduced iron, vitamin b1, vitamin b2, folic acid, sugar, salt, high fructose corn syrup, soybean oil, contains 2% or less of: jalapeño peppers, salt, onion powder, vinegar, sodium alginate, sugar, lactic acid, monohydrate milk, flour, salt, high fructose corn syrup, baking soda, soy lecithin, cornstarch, artificial flavor. Contains: wheat, soy, milk.

Fresh Fruit (1021)

(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 0 gm, Carbs 19 gm, Sodium 0 mg, Pot 161 mg, Phos 16 mg)

### FROZEN MEAL REHEATING INSTRUCTIONS

- **Frozen meals must be put in your freezer as soon as you get them from your driver. Do not leave them out and do not put one in your refrigerator unless you plan to thaw it.**
- **You may thaw a frozen meal before you cook it but always thaw it in the refrigerator.** **DO NOT** leave a meal out on the counter to thaw.
- **It will take at least 8 hours for your meal to thaw in the refrigerator.**
- **DO NOT** let a meal thaw in the refrigerator for more than 24 hours. You should eat a frozen meal within 24 hours of it being placed in the refrigerator.
- **DO NOT REFREEZE** a meal once it is thawed.
- **How to cook a frozen or thawed meal:**
  - **OVEN:** Preheat your oven to 350°F 300°C. Cook thawed meals for 30 minutes. Frozen meals will take about 45 minutes. Some meals, like casseroles, may take up to an hour. Keep the plastic film on to prevent food from drying out.
  - **MICROWAVE:** Heat thawed meals for approximately 3-4 minutes on high power. A frozen meal may take 5-7 minutes in some microwaves. If you cook the meal too long it can dry out. Keep the plastic film on and cut a small slit in the middle. If the microwave does not turn on its own, then turn the meal half way through cooking to help the food to heat evenly.

If you are unable to receive delivery and you need to put service on hold please contact:

Client Services: (323) 845-1810