



# **Recipe and Meal Nutrient Analysis (Supplement)**

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# 1. Chicken Chili Meal

## Chicken Chili Meal

Meal grams: 553.8g/19.5oz



Protein: 19%  
Carbohydrates: 49%  
Fat: 32%

### MEAL ITEMS

Chicken Chili	1.00 servings
WHEAT BREAD, include wheat berry	1 slice
SOUTHWEST SALAD	4 oz
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
APPLE W/SKIN, RAW, 2 3/4" diameter	1 small

Nutrition Facts	
Serving Size: 1 serving (553.8g)	
Servings: 1	
Amount Per Serving	
Calories 480	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 2g	9%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 55mg	18%
Sodium 700mg	29%
Total Carbohydrate 61g	20%
Dietary Fiber 5g	21%
Sugars 31g	
Protein 24g	
Vitamin A 30%	• Vitamin C 60%
Calcium 30%	• 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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	479		Dietary Fiber (g)	5*	21%
Protein (g)	24	48%	% Calories from Carbohydrates	49	
% Calories from Protein	19		Fat (g)	18	27%
Carbohydrates (g)	61	20%	Saturated Fat (g)	2*	9%
			Calories from Fat	152	

Values marked with a single asterisk (\*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

## **Chicken Chili Recipe - Nutrition Label**

<b>Nutrition Facts</b>			
Serving Size: 1 serving (97.7g)			
Servings: 1			
Amount Per Serving			
Calories	80	Calories from Fat	25
		% Daily Value*	
<b>Total Fat</b>	3g		<b>4%</b>
Saturated Fat	0.5g		<b>3%</b>
Trans Fat	0g		
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	0.5g		
<b>Cholesterol</b>	45mg		<b>15%</b>
<b>Sodium</b>	240mg		<b>10%</b>
<b>Total Carbohydrate</b>	4g		<b>1%</b>
Dietary Fiber	less than 1g		<b>3%</b>
Sugars	2g		
<b>Protein</b>	11g		
Vitamin A	6%	•	Vitamin C 6%
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

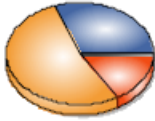
**Ingredients:** CHICKEN THIGH, TOMATO, ONION, TOMATO SAUCE, CHILI POWDER, CHICKEN BASE, GARLIC, FLOUR, GARLIC POWDER, CORIANDER LEAF, PEPPER.

**Contains:**

## 2. Chicken Patty Meal

### Chicken Patty Meal

Meal grams: 505.1g/17.8oz



Protein: 31%  
Carbohydrates: 53%  
Fat: 16%

#### MEAL ITEMS

Chicken Patty 1.00 servings  
Tuscan Bean Soup 1.00 servings  
WHEAT BREAD, include wheat berry 1 slice  
APPLE W/O SKIN, RAW, 2 3/4" diameter 1 small  
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid 6 oz

Nutrition Facts	
Serving Size: 1 serving (505.1g)	
Servings: 1	
Amount Per Serving	
Calories 390	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 75mg	25%
Sodium 970mg	40%
Total Carbohydrate 51g	17%
Dietary Fiber 8g	32%
Sugars 24g	
Protein 30g	
Vitamin A 10%	Vitamin C 15%
Calcium 30%	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

#### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	387		Dietary Fiber (g)	8*	32%
Protein (g)	30*	59%	% Calories from Carbohydrates	53	
% Calories from Protein	31		Fat (g)	7*	11%
Carbohydrates (g)	51	17%	Saturated Fat (g)	2*	11%
			Calories from Fat	63	

Values marked with a single asterisk (\*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

## Chicken Patty Recipe – Nutrition Label

<b>Nutrition Facts</b>		
Serving Size: 1 serving (81.9g)		
Servings: 1		
<b>Amount Per Serving</b>		
Calories 100	Calories from Fat 30	
% Daily Value*		
<b>Total Fat</b> 3g	<b>5%</b>	
Saturated Fat 1g	<b>4%</b>	
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
<b>Cholesterol</b> 65mg	<b>22%</b>	
<b>Sodium</b> 300mg	<b>12%</b>	
<b>Total Carbohydrate</b> less than 1g	<b>0%</b>	
Dietary Fiber 0g	<b>1%</b>	
Sugars 0g		
<b>Protein</b> 16g		
Vitamin A 2%	•	Vitamin C 0%
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

**Ingredients:** CHICKEN THIGH, SAGE, SALT, CORN FLAKES, PEPPER.

**Contains:**

## ***Tuscan Bean Soup Recipe – Nutrition Label***

<b>Nutrition Facts</b>			
Serving Size: 1 serving (96.1g)			
Servings: 1			
Amount Per Serving			
Calories 90	Calories from Fat 10		
	% Daily Value*		
<b>Total Fat</b> 1g	<b>2%</b>		
Saturated Fat 0g	<b>1%</b>		
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0.5g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 470mg	<b>20%</b>		
<b>Total Carbohydrate</b> 13g	<b>4%</b>		
Dietary Fiber 5g	<b>20%</b>		
Sugars 0g			
<b>Protein</b> 5g			
Vitamin A 2%	•		
Calcium 2%	•		
Vitamin C 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

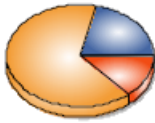
**Ingredients:** GREAT NORTHERN BEAN, VEGETABLE BASE, RED PEPPER, OLIVE OIL, GARLIC.

**Contains:**

### 3. Chicken Tarragon with Whole Wheat Rottini Meal

#### Chicken Tarragon with Whole Wheat Rottini Meal

Meal grams: 682.4g/24.1oz



Protein: 21%  
 Carbohydrates: 65%  
 Fat: 13%

#### MEAL ITEMS

chicken tarragon with whole wheat rottini	1.00 servings
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
APPLE W/O SKIN, RAW, 2 3/4" diameter	1 small
BROCCOLI & CHEESE SALAD, Steamfresh Mixtures	1 cup
ORANGE, ALL VARIETIES, RAW, all commercial varieties (2 3/8" diameter)	1 small

Nutrition Facts	
Serving Size: 1 serving (682.4g)	
Servings: 1	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 45mg	15%
Sodium 520mg	22%
Total Carbohydrate 71g	24%
Dietary Fiber 10g	41%
Sugars 39g	
Protein 23g	
Vitamin A 140%	Vitamin C 150%
Calcium 35%	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

#### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	423		Dietary Fiber (g)	10*	41%
Protein (g)	23	47%	% Calories from Carbohydrates	65	
% Calories from Protein	21		Fat (g)	7	10%
Carbohydrates (g)	71	24%	Saturated Fat (g)	2*	8%
			Calories from Fat	57	

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## ***Chicken Tarragon with whole Wheat Rottini Recipe – Nutrition Label***

<b>Nutrition Facts</b>			
Serving Size: 1 serving (189.3g)			
Servings: 1			
Amount Per Serving			
Calories 210	Calories from Fat 40		
% Daily Value*			
<b>Total Fat</b> 4.5g	<b>7%</b>		
Saturated Fat 0g	<b>2%</b>		
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 0.5g			
<b>Cholesterol</b> 35mg	<b>12%</b>		
<b>Sodium</b> 420mg	<b>17%</b>		
<b>Total Carbohydrate</b> 31g	<b>10%</b>		
Dietary Fiber 4g	<b>17%</b>		
Sugars 5g			
<b>Protein</b> 16g			
Vitamin A 130%	• Vitamin C 10%		
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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** CHICKEN THIGH, ONION, CARROT, ROTINI MULTIGRAIN PASTA, MUSHROOM, COW'S MILK, CHICKEN BASE, FLOUR.

**Contains:**



## 4. Dirty rice with Beef Vegetables Quinoa & Farrow Meal

### Dirty Rice with Beef Vegetables Quinoa & Farrow

Meal grams: 472.7g/16.7oz



Protein: 13%  
Carbohydrates: 44%  
Fat: 43%

#### MEAL ITEMS

ORANGE, ALL VARIETIES, RAW, all commercial varieties (2 3/8" diameter) 1 small  
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid 6 oz  
Dirty Rice with beef, vegetables, quinoa & farrow 1.00 servings  
Apple Coleslaw, reg 1 serving

Nutrition Facts	
Serving Size: 1 serving (472.7g)	
Servings: 1	
Amount Per Serving	
Calories 480	Calories from Fat 210
% Daily Value*	
Total Fat 23g	36%
Saturated Fat 7g	36%
Trans Fat 0.5g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 5g	
Cholesterol 40mg	14%
Sodium 640mg	27%
Total Carbohydrate 54g	18%
Dietary Fiber 6g	25%
Sugars 26g	
Protein 16g	
Vitamin A 30%	• Vitamin C 110%
Calcium 30%	• 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

#### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	484		Dietary Fiber (g)	6*	25%
Protein (g)	16*	32%	% Calories from Carbohydrates	44	
% Calories from Protein	13		Fat (g)	23	36%
Carbohydrates (g)	54*	18%	Saturated Fat (g)	7*	36%
			Calories from Fat	208	

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## ***Dirty Rice with Beef Vegetables Quinoa & Farrow – Nutrition Label***

<b>Nutrition Facts</b>			
Serving Size: 1 serving (88.6g)			
Servings: 1			
Amount Per serving			
Calories 220	Calories from Fat 110		
% Daily Value*			
<b>Total Fat</b> 12g	<b>18%</b>		
Saturated Fat 4g	<b>21%</b>		
Trans Fat 0.5g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 4.5g			
<b>Cholesterol</b> 30mg	<b>9%</b>		
<b>Sodium</b> 390mg	<b>16%</b>		
<b>Total Carbohydrate</b> 20g	<b>7%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars less than 1g			
<b>Protein</b> 8g			
Vitamin A 2%	•	Vitamin C 2%	
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

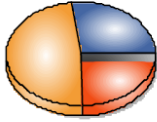
**Ingredients:** GROUND BEEF, KIDNEY BEAN, CORN, BROWN RICE, QUINOA GRAIN, FARRO, BEEF BASE, ONION, RED PEPPER, CAJUN SEASONING.

**Contains:**

# 5. Hawaiian Chicken Leg Meal

## Hawaiian Chicken Leg Meal

Meal grams: 657.3g/23.2oz



Protein: 27%  
 Carbohydrates: 48%  
 Fat: 25%

### MEAL ITEMS

MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
Hawaiian Chicken	1.00 servings
Zucchini and Squash	1.00 servings
WHEAT BREAD, include wheat berry	1 slice
ORANGE, ALL VARIETIES, RAW, all commercial varieties (2 3/8" diameter)	1 small

Nutrition Facts	
Serving Size: 1 serving (657.3g)	
Servings: 1	
Amount Per Serving	
Calories 380	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3.5g	<b>16%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3.5g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
Dietary Fiber 7g	<b>27%</b>
Sugars 29g	
<b>Protein</b> 27g	
Vitamin A 20%	• Vitamin C 170%
Calcium 35%	• 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
DietaryFiber	25g 30g

### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	377		Dietary Fiber (g)	7*	27%
Protein (g)	27	53%	% Calories from Carbohydrates	48	
% Calories from Protein	27		Fat (g)	11	17%
Carbohydrates (g)	47	16%	Saturated Fat (g)	3*	16%
			Calories from Fat	93	

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## **Hawaiian Chicken Leg Recipe – Nutrition Label**

<b>Nutrition Facts</b>	
Serving Size: 1 serving (81.6g)	
Servings: 1	
<b>Amount Per Serving</b>	
Calories 130	Calories from Fat 60
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 14g	
Vitamin A 2%	•
Calcium 2%	•
Vitamin C 4%	•
Iron 4%	•
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories</small>
	<small>2,000</small>
	<small>2,500</small>
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

**Ingredients:** CHICKEN DRUMSTICK, PINEAPPLE, CHICKEN BASE, FLOUR, SUGAR, WORCESTERSHIRE SAUCE, GARLIC, GINGER ROOT.

**Contains:**

# 6. Paella with Salmon & Chicken Meal

## Paella with Salmon & Chicken Meal

Meal grams: 603.3g/21.3oz



Protein: 24%  
 Carbohydrates: 35%  
 Fat: 41%

### MEAL ITEMS

WATERMELON, RAW, 15 x 7.5" diameter (approx 1/16 of melon)	4 oz
Paella with Salmon and Chicken	1.00 servings
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
COLESLAW WITH PINEAPPLE & MANGO, REG	4 oz
WHEAT BREAD, include wheat berry	1 slice

Nutrition Facts	
Serving Size: 1 serving (603.3g)	
Servings: 1	
Amount Per Serving	
Calories 600	Calories from Fat 250
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 7g	33%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 4.5g	
Cholesterol 90mg	31%
Sodium 720mg	30%
Total Carbohydrate 53g	18%
Dietary Fiber 4g	18%
Sugars 25g	
Protein 37g	
Vitamin A 40%	Vitamin C 60%
Calcium 30%	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

### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	603		Dietary Fiber (g)	4*	18%
Protein (g)	37	75%	% Calories from Carbohydrates	35	
% Calories from Protein	24		Fat (g)	28	43%
Carbohydrates (g)	53	18%	Saturated Fat (g)	7*	33%
			Calories from Fat	247	

Values marked with a single asterisk (\*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

## Paella with Salmon & Chicken Recipe- Nutrition Label

<b>Nutrition Facts</b>			
Serving Size: 1 serving (181.4g)			
Servings: 1			
Amount Per Serving			
Calories 290	Calories from Fat 140		
% Daily Value*			
<b>Total Fat</b> 15g	<b>24%</b>		
Saturated Fat 3.5g	<b>17%</b>		
Trans Fat 0g			
Polyunsaturated Fat 4g			
Monounsaturated Fat 4g			
<b>Cholesterol</b> 80mg	<b>26%</b>		
<b>Sodium</b> 350mg	<b>15%</b>		
<b>Total Carbohydrate</b> 10g	<b>3%</b>		
Dietary Fiber 1g	<b>5%</b>		
Sugars less than 1g			
<b>Protein</b> 27g			
Vitamin A 6%	• Vitamin C 25%		
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

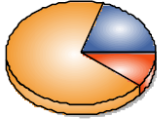
**Ingredients:** SALMON, BROWN RICE, CHICKEN THIGH, PEA, ONION, CHICKEN BASE, SALT, GARLIC, TURMERIC, PEPPER, SAFFRON, SAGE.

**Contains:**

# 7. Pasta with Chicken Sausage & Butter Squash Meal

## Pasta with Chicken Sausage & Butternut Squash Meal

Meal grams: 498.3g/17.6oz



Protein: 20%  
 Carbohydrates: 69%  
 Fat: 11%

### MEAL ITEMS

ORANGE, ALL VARIETIES, RAW, all commercial varieties (2 3/8" diameter) 1 small  
 Pasta with Chicken Sausage & Butternut Sauce 1.00 servings  
 MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid 6 oz  
 SALAD , romaine lettuce, carrots and red cabbage 1 cup

Nutrition Facts	
Serving Size: 1 serving (498.3g)	
Servings: 1	
Amount Per Serving	
Calories 500	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 90g	<b>30%</b>
Dietary Fiber 6g	22%
Sugars 23g	
<b>Protein</b> 27g	
Vitamin A 120%	Vitamin C 110%
Calcium 30%	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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	504		Dietary Fiber (g)	6*	22%
Protein (g)	27	53%	% Calories from Carbohydrates	69	
% Calories from Protein	20		Fat (g)	6	10%
Carbohydrates (g)	90	30%	Saturated Fat (g)	2*	8%
			Calories from Fat	54	

Values marked with a single asterisk (\*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

## ***Pasta with Chicken Sausage & Butter Squash Recipe – Nutrition Label***

<b>Nutrition Facts</b>	
Serving Size: 1 serving (175.5g)	
Servings: 1	
Amount Per Serving	
Calories	380
	Calories from Fat 40
	<small>% Daily Value*</small>
<b>Total Fat</b>	4.5g <b>7%</b>
Saturated Fat	0g <b>2%</b>
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0.5g
<b>Cholesterol</b>	35mg <b>12%</b>
<b>Sodium</b>	480mg <b>20%</b>
<b>Total Carbohydrate</b>	68g <b>23%</b>
Dietary Fiber	3g <b>10%</b>
Sugars	4g
<b>Protein</b>	19g
Vitamin A	60%
Calcium	4%
Vitamin C	6%
Iron	15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories</small>
	<small>2,000</small>
	<small>2,500</small>
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

**Ingredients:** SHELLS PASTA, BUTTERNUT SQUASH, CHICKEN THIGH, SPINACH, CHICKEN BASE, SAGE, SALT, FENNEL SEED, PEPPER.

**Contains:**



## ***Salad Recipe – Nutrition Label***

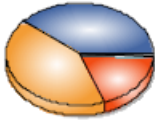
<b>Nutrition Facts</b>	
Serving Size: 1 meal (498.3g)	
Servings: 1	
<b>Amount Per Serving</b>	
Calories 500	Calories from Fat 60
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 90g	<b>30%</b>
Dietary Fiber 6g	<b>22%</b>
Sugars 23g	
<b>Protein</b> 27g	
Vitamin A 120%	• Vitamin C 110%
Calcium 30%	• Iron 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories</small>
	<small>2,000</small>
	<small>2,500</small>
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

Contains:

# 8. Teriyaki Chicken Meal

## Teriyaki Chicken meal

Meal grams: 503.6g/17.8oz



Protein: 39%  
 Carbohydrates: 42%  
 Fat: 19%  
 Alcohol: 1%

### MEAL ITEMS

Teriyaki Chicken 1.00 servings  
 ORIENTAL VEGETABLES, 1/2 cup  
 MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid 6 oz  
 WHEAT BREAD, include wheat berry 1 slice  
 WATERMELON, RAW, 15 x 7.5" diameter (approx 1/16 of melon) 4 oz

Nutrition Facts	
Serving Size: 1 serving (503.6g)	
Servings: 1	
Amount Per Serving	
Calories 380	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 115mg	38%
Sodium 590mg	25%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	11%
Sugars 25g	
Protein 36g	
Vitamin A 25%	Vitamin C 30%
Calcium 30%	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

### NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	380		Dietary Fiber (g)	3	11%
Protein (g)	36	73%	% Calories from Carbohydrates	42	
% Calories from Protein	39		Fat (g)	8	12%
Carbohydrates (g)	39	13%	Saturated Fat (g)	3	13%
			Calories from Fat	71	

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

## ***Teriyaki Chicken Recipe – Nutrition Label***

<b>Nutrition Facts</b>	
Serving Size: 1 serving (145.1g)	
Servings: 1	
Amount Per Serving	
Calories 190	Calories from Fat 45
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>6%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	
<b>Protein</b> 27g	
Vitamin A 2%	•
Calcium 2%	•
Vitamin C 0%	•
Iron 8%	•
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories</small>
	<small>2,000</small>
	<small>2,500</small>
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

**Ingredients:** CHICKEN LEG, SUGAR, SOY SAUCE (SHOYU), WINE, FLOUR, GINGER ROOT, GARLIC.

**Contains:**