



# READY TO SERVE MEALS

Ready to eat in 60 seconds!

Look for the **MCR** logo and aggressive pricing on **US Foods** online.



- ➔ Convenient
- ➔ Packed with protein
- ➔ Ready-to-serve
- ➔ Nut Free
- ➔ No need to refrigerate before opening

## Product Number

**6956462**

### CHICKEN AND QUINOA WITH VEGETABLES IN SAUCE



**21g**  
PROTEIN  
**260**  
CALORIES

Serving Size	1 Tray (213g)
Servings per Container	1
Calories	260
Calories from fat	120
Total fat	13gm/20%
Saturated fat	2.5gm/13%
Trans fat	0gm
Polyunsaturated fat	0gm
Monounsaturated fat	0gm
Cholesterol	75mg/25%
Sodium	660mg/28%
Total carbohydrates	15gm/5%
Dietary fiber	2gm/8%
Sugar	2g
Protein	21gm/35%
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	4%

Ingredients: Water, Chicken Breast Meat, Olive Oil, Quinoa, Potatoes, Red Bell Peppers, Algal Protein (Contains Mized Tocopherols), Contains 2% or Less of Cornstarch, Modified Cornstarch (Contains Erythorbic Acid), Chicken Broth Base (Roasted Chicken Stock, Yeast Extract, Chicken Fat, Cane Sugar, Salt, Dried Chicken, Natural Flavor, Chicken Flavor, Spices, Dextrose.

## Product Number

**7277823**

### CHICKEN WITH VEGETABLE AND BEAN MEDLEY



**24g**  
PROTEIN  
**310**  
CALORIES

Serving Size	1 Tray (213g)
Servings per Container	1
Calories	310
Calories from fat	140
Total fat	15gm/23%
Saturated fat	6gm/30%
Trans fat	0gm
Polyunsaturated fat	0gm
Monounsaturated fat	0gm
Cholesterol	85mg/28%
Sodium	690mg/29%
Total carbohydrates	19gm/6%
Dietary fiber	4gm/16%
Sugar	4g
Protein	24gm/35%
Vitamin A	2%
Vitamin C	0%
Calcium	4%
Iron	6%

Ingredients: Tomatoes (Water, Tomatoes in Juice, Tomato Paste, Citric Acid, Calcium Chloride), Chicken Breast Meat, Black Beans, Cream (From Milk) Contains Carrageenan), Water, Corn, Algal Protein (Contains Mixed Tocopherols), Olive Oil, Contains 2% or Less of Modified Cornstarch (Contains Erythorbic Acid), Onions, Salt, Bleached Wheat Flour (Contains an Enzyme), Garlic (Contains High Fructose Corn Syrup), Spices, Smoke Flavoring, Torula Yeast Extract, Flavoring, Sugar, Chipotle Chili Pepper Powder. Contains: Milk, Wheat.

## Product Number

**2234727**

### SWEET POTATOES AND LENTILS IN SAUCE



**7g**  
PROTEIN  
**260**  
CALORIES

Serving Size	1 Tray (213g)
Servings per Container	1
Calories	260
Calories from fat	150
Total fat	17gm/26%
Saturated fat	4.5gm/23%
Trans fat	0gm
Polyunsaturated fat	0gm
Monounsaturated fat	0gm
Cholesterol	15mg/5%
Sodium	780mg/33%
Total carbohydrates	19gm/6%
Dietary fiber	3gm/12%
Sugar	5g
Protein	7gm/7%
Vitamin A	25%
Vitamin C	0%
Calcium	4%
Iron	4%

Ingredients: Water, Tomatoes (Water, Tomatoes in Juice, Tomato Paste, Citric Acid, Calcium Chloride), Carrots, Cream (From Milk) Contains Carrageenan), Olive Oil, Sweet Potatoes, Lentils, Onions, Algal Protein (Contains Mixed Tocopherols), Modified Cornstarch, Contains 2% or less of Spices, Salt, Chili Powder (Chili Peppers, Spices, Garlic Powder), Dehydrated Garlic, Torula yeast Extract. Contains: Milk.

[www.VitalCuisine.com](http://www.VitalCuisine.com)

## SPECIFICATIONS

Storage after open: Refrigerated | Refrigerated shelf life after open: Up to 3 days | Unopened shelf life: 18 months | Storage conditions: AMBIENT

7 pack dimensions: 9.9"L x 7.6"W x 5.1"H | Package fill: 7.5 oz | Package type: Plastic bowl | Package count: 7 | Pallet dimensions: See back