

Shredded Chicken

Opening Instructions: KEEP REFRIGERATED. When sealed, product is best if consumed by best by date or can be frozen up to 3 months. Once opened, consume within 48 hours.

Heating Instructions: Heat each serving in the microwave on high for 30 seconds or until warm.

INGREDIENTS: Chicken Thighs, Olive Oil, Sea Salt, Pepper, Garlic

ALLERGENS:
Made in a facility that processes Tree Nuts, Fish and Shellfish.



GLUTEN FREE



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NET WT. 8 OZ. (226.8G)

METABOLIC MEALS
ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 4 oz (113g)

Amount Per Serving

Calories **210**

% Daily Value*

| | |
|------------------------------|------------|
| Total Fat 10g | 13% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 145mg | 48% |
| Sodium 310mg | 13% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 29g | 58% |
| Vitamin D 0mcg | 0% |
| Calcium 24mg | 2% |
| Iron 2mg | 10% |
| Potassium 270mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Grass Fed Beef Meatballs

Opening Instructions: KEEP REFRIGERATED. When sealed, product is best if consumed by best by date or can be frozen up to 3 months. Once opened, consume within 48 hours.

Heating Instructions: Heat each serving in the microwave on high for 30 seconds or until warm.

INGREDIENTS: Grass Fed Beef, Free Range Eggs, Onion, Almond Meal, Tomato Paste (Fresh Tomatoes, Naturally Derived Citric Acid), Spices (Pepper, Sea Salt, Rosemary, Oregano, Fennel, Garlic)

ALLERGENS:
Tree Nuts and Eggs. Made in a facility that processes Tree Nuts, Fish and Shellfish.



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ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 4 oz (113g)

Amount Per Serving

Calories **290**

% Daily Value*

| | |
|------------------------------|------------|
| Total Fat 19g | 24% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 125mg | 42% |
| Sodium 370mg | 16% |
| Total Carbohydrate 7g | 3% |
| Dietary Fiber 1g | 4% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 23g | 46% |
| Vitamin D 1mcg | 4% |
| Calcium 23mg | 2% |
| Iron 3mg | 15% |
| Potassium 370mg | 8% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Organic Turkey Burgers

Opening Instructions: KEEP REFRIGERATED. When sealed, product is best if consumed by best by date or can be frozen up to 3 months. Once opened, consume within 48 hours.

Heating Instructions: Heat each serving in the microwave on high for 30 seconds or until warm.

INGREDIENTS: Organic Turkey, Olive Oil, Arrowroot, Spices (Garlic, Onion, Salt, Pepper, Parsley, Red Pepper, Paprika, Orange Peel, Green Bell Pepper), Sea Salt

ALLERGENS:
Made in a facility that processes Tree Nuts, Fish and Shellfish.



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NET WT. 8 OZ. (226.8G)

METABOLIC MEALS
ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 4 oz (113g)

Amount Per Serving
Calories **240**

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 15g | 19% |
| Saturated Fat 3.5g | 18% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 105mg | 35% |
| Sodium 320mg | 14% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 27g | 54% |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 2mg | 10% |
| Potassium 300mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Buffalo Roasted Cauliflower

Opening Instructions: KEEP REFRIGERATED. When sealed, product is best if consumed by best by date or can be frozen up to 3 months. Once opened, consume within 48 hours.

Heating Instructions: Heat each serving in the microwave on high for 30 seconds or until warm.

INGREDIENTS: Cauliflower, Hot Sauce (Cayenne Pepper, Distilled Vinegar, Water, Salt, Garlic Powder), Olive Oil, Dry Mustard, Garlic

ALLERGENS:
Made in a facility that processes Tree Nuts, Fish and Shellfish.



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NET WT. 10 OZ. (283.5G)

METABOLIC MEALS
ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 5 oz (142g)

Amount Per Serving
Calories **160**

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 13g | 17% |
| Saturated Fat 1.5g | 8% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 500mg | 22% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 3g | 11% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | 6% |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 1mg | 6% |
| Potassium 450mg | 10% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Bacon-Ranch Brussels Sprouts

Opening Instructions: KEEP REFRIGERATED. When sealed, product is best if consumed by best by date or can be frozen up to 3 months. Once opened, consume within 48 hours.

Heating Instructions: Heat each serving in the microwave on high for 30 seconds or until warm.

INGREDIENTS: Brussels Sprouts, Sugar Free Turkey Bacon (Turkey, Water, Contains Less Than 2% of the Following: Sea Salt, Celery Powder, Onion Powder, Spices), Ranch Dressing (Avocado Oil, Water, Organic Apple Cider Vinegar, Organic Distilled Vinegar, Organic Gum Acacia, Organic Guar Gum, Cream of Tartar, Sea Salt, Organic Eggs, Organic Onion Powder, Organic Garlic Powder, Organic Lemon Juice Concentrate, Nutritional Yeast, Organic Parsley, Organic Chives, Organic Dill, Organic Black Pepper, Organic Rosemary Extract), Spices (Parsley, Dill, Garlic, Onion Powder, Basil, Chive), Olive Oil, Apple Cider Vinegar

ALLERGENS: Eggs. Made in a facility that processes Tree Nuts, Fish and Shellfish.



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ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 5 oz (142g)

Amount Per Serving
Calories **190**

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 9g | 12% |
| Saturated Fat 1.5g | 8% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 290mg | 13% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 6g | 21% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 10g | 20% |
| Vitamin D 0mcg | 0% |
| Calcium 78mg | 6% |
| Iron 2mg | 10% |
| Potassium 710mg | 15% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Garlic Roasted Potatoes

Opening Instructions: KEEP REFRIGERATED. When sealed, product is best if consumed by best by date or can be frozen up to 3 months. Once opened, consume within 48 hours.

Heating Instructions: Heat each serving in the microwave on high for 30 seconds or until warm.

INGREDIENTS: Yukon Gold Potato, Olive Oil, Garlic, Sea Salt, Pepper

ALLERGENS: Made in a facility that processes Tree Nuts, Fish and Shellfish.



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METABOLIC MEALS
ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 5 oz (142g)

Amount Per Serving
Calories **180**

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 5g | 6% |
| Saturated Fat 0.5g | 3% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 330mg | 14% |
| Total Carbohydrate 28g | 10% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | 8% |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 1mg | 6% |
| Potassium 740mg | 15% |

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