

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.



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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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METABOLIC MEALS
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%
<i>Trans</i> 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%

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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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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%

Trans 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%

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Grass Fed Bison and Beef Burger

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 Bison, Grass Fed Beef, 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 4 oz (113g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 10g	13%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 3mg	15%
Potassium 330mg	8%

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Grilled Chicken Breasts

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 Breast, Olive Oil, Sea Salt, Pepper

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



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BEST BY:

Nutrition Facts

2 servings per container

Serving size 4 oz (113g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 160mg 7%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 26g 52%

Vitamin D 1mcg 4%

Calcium 5mg 0%

Iron 1mg 6%

Potassium 260mg 6%

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Mashed 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, Water, Olive Oil, Arrowroot, Sea Salt, Chive, Onion Powder, Garlic, Pepper

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



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NET WT. 14 OZ. (396.8G)

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ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 7 oz (198g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 470mg 20%

Total Carbohydrate 18g 7%

Dietary Fiber 6g 21%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 72mg 6%

Iron 2mg 10%

Potassium 600mg 15%

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Mashed Sweet Potato

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: Sweet Potato, Sea Salt, Pepper

ALLERGENS:

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



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NET WT. 16 OZ. (453.6G)

METABOLIC MEALS
ST. LOUIS, MO 63129

BEST BY:

Nutrition Facts

2 servings per container

Serving size 8 oz (227g)

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 51g	19%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 1mg	6%
Potassium 680mg	15%

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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%

Trans 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%

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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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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 180

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans 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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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%

Trans 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%

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