

A photograph of a dining table with several plates of food. In the center is a large white bowl filled with a salad of white rice, green leafy vegetables, and red tomatoes. To the left, there's a plate with a red sauce and vegetables. In the foreground, there are plates with seafood, including what looks like a lobster tail and some fish. Hands are visible at the top and right, holding silver cutlery. The background is slightly blurred, showing more of the table and possibly other diners.

GLOBAL MEALS
Healthy Choice
Nutrition Facts
&
Ingredients

1 serving per container
Serving size 1 meal (269g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1.5g

Cholesterol 30mg **10%**

Sodium 575mg **25%**

Total Carbohydrate 24g **9%**

Dietary Fiber 4g **14%**

Total Sugars 6g

Includes 2g Added Sugars **4%**

Protein 13g **20%**

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 1.9mg 10%

Potassium 820mg 15%

Vitamin A 10%

BEEF MERLOT

INGREDIENTS:

SAUCE (WATER, ONIONS, MERLOT WINE, MODIFIED CORN STARCH, BEEF FLAVOR [COOKED BEEF, YEAST EXTRACT, BEEF TALLOW, BEEF EXTRACT, FLAVORING, SALT, SUGAR, VEGETABLE JUICE CONCENTRATES {ONION, CARROT, CELERY}, LACTIC ACID], CONTAINS 2% OR LESS OF: BURGUNDY WINE, SALT, CANOLA OIL, GARLIC, BUTTER [CREAM, SALT], FLAVORINGS), RUSSET POTATOES, GREEN BEANS, SEASONED COOKED BEEF AND BINDER PRODUCT (BEEF, WATER, CONTAINS 2% OR LESS OF: CARAMEL COLOR, DEXTROSE, SEASONING [NATURAL FLAVOR, SALT, MALTODEXTRIN, DRIED WHEY, DRIED CAULIFLOWER, SESAME OIL], MODIFIED CORN STARCH, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, SALT, SODIUM PHOSPHATES, SPICE EXTRACTIVES), CARROTS. CONTAINS: MILK.



1 serving per container
Serving size 1 Meal (328g)

Amount per serving
Calories 320

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2.5g	
Cholesterol 30mg	10%
Sodium 500mg	22%
Total Carbohydrate 44g	16%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 16g	22%
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.9mg	10%

CHICKEN PARMIGIANA

INGREDIENTS:
MARINARA SAUCE (WATER, TOMATOES IN PUREE [TOMATOES, TOMATO PUREE], TOMATO PASTE, ONIONS, CONTAINS 2% OR LESS OF: GARLIC, MODIFIED CORN STARCH, SUGAR, FLAVORINGS, OLIVE OIL, POTASSIUM CHLORIDE, SEA SALT), BREADED CHICKEN PATTY (CHICKEN BREAST, WATER, BREADER [WHEAT FLOUR, SALT, SPICES, SOYBEAN OIL, DEXTROSE, YEAST EXTRACT, DRIED WHEY, COLORED WITH OLEORESIN PAPRIKA], BATTER [YELLOW CORN FLOUR, CORN STARCH, SPICES, SUGAR, SALT, AUTOLYZED YEAST EXTRACT, LEAVENING {SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE}, GARLIC POWDER, GUAR GUM], CONTAINS 2% OR LESS OF: SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, MODIFIED CORN STARCH, SALT, FLAVORINGS, SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, FRIED IN VEGETABLE OIL), COOKED PASTA (WATER, ENRICHED WHEAT FLOUR [DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SOYBEAN OIL), BROCCOLI, APPLES (CITRIC ACID AND ASCORBIC ACID TO RETAIN COLOR), WATER, REDUCED FAT MOZZARELLA CHEESE (PASTEURIZED SKIM MILK, CHEESE CULTURES, VEGETABLE OIL*, NONFAT MILK, SALT, MODIFIED FOOD STARCH*, POTASSIUM CHLORIDE*, SODIUM CITRATE*, SODIUM PROPIONATE [PRESERVATIVE], VITAMIN A PALMITATE, ENZYMES [*INGREDIENTS NOT FOUND IN REGULAR MOZZARELLA CHEESE]), BROWN SUGAR, MODIFIED FOOD STARCH, CREAM, ACETYLATED MONOGLYCERIDES, SALT, ALCOHOL, NATURAL FLAVORS. CONTAINS: MILK, SOY, WHEAT.



Amount per serving

Calories 280

% Daily Value*

Total Fat 8g 10%

Saturated Fat 3g **15%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3.5g

Cholesterol 40mg 13%

Sodium 500mg 22%

Total Carbohydrate 35g 13%

Dietary Fiber 5g **18%**

Total Sugars 10g

Includes 7g Added Sugars **14%**

Protein 16g 26%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2mg 10%

Potassium 890mg 20%

CLASSIC MEAT LOAF

INGREDIENTS:

SALISBURY STEAK AND TEXTURED VEGETABLE PROTEIN PATTY (BEEF, WATER, PORK, TEXTURED SOY PROTEIN CONCENTRATE [SOY PROTEIN CONCENTRATE, ISOLATED SOY PRODUCT, CARAMEL COLOR], CONTAINS 2% OR LESS OF: ROLLED OATS, FLAVORINGS, ROCHESTER SAUCE [DISTILLED VINEGAR, CORN SYRUP, WATER, SALT, GARLIC POWDER, SPICES, TAMARIND, NATURAL FLAVOR], MODIFIED CORN STARCH, BEEF FLAVOR [CONTAINS BEEF EXTRACT, YEAST EXTRACT, SALT, FLAVOR, MALTODEXTRIN, LACTIC ACID, CITRIC ACID], SALT, POTASSIUM CHLORIDE, SOY LECITHIN), GRAVY (WATER, MODIFIED CORN STARCH, ONIONS, BEEF FLAVOR [COOKED BEEF, YEAST EXTRACT, BEEF TALLOW, BEEF EXTRACT, FLAVORING, SALT, SUGAR, N VEGETABLE JUICE CONCENTRATES (ONION, CARROT, CELERY), LACTIC ACID], CONTAINS 2% OR LESS OF: BUTTER [CREAM, SALT], BURGUNDY WINE, POTASSIUM CHLORIDE, CANOLA OIL, GARLIC, SEA SALT, ROCHESTER SAUCE [DISTILLED VINEGAR, CORN SYRUP, WATER, SALT, GARLIC POWDER, SPICES, TAMARIND, NATURAL FLAVOR], BLACK PEPPER), GREEN BEANS, RUSSET POTATOES, APPLES (CITRIC ACID AND ASCORBIC ACID TO RETAIN COLOR), WATER, BROWN SUGAR, MODIFIED FOOD STARCH, CREAM, ACETYLATED MONOGLYCERIDES, SALT, ALCOHOL, NATURAL FLAVORS. CONTAINS: MILK, SOY.



1 serving per container
Serving size 1 meal (297g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 35mg **12%**

Sodium 500mg **22%**

Total Carbohydrate 29g **11%**

Dietary Fiber 3g **11%**

Total Sugars 11g

Includes 8g Added Sugars **16%**

Protein 17g **28%**

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.3mg 8%

Potassium 600mg 15%

Vitamin A 6%

Vitamin C 25%

GOLDEN ROASTED TURKEY BREAST

INGREDIENTS:

COOKED TURKEY BREAST WITH BINDERS (TURKEY BREAST, WATER, CONTAINS 2% OR LESS OF: ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], OLIVE OIL, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], DEXTROSE, SALT, POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATES, SEASONING [FLAVORINGS, SOY LECITHIN]), GREEN BEANS, GRAVY (WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: CHICKEN GLACE [CHICKEN BROTH, COOKED CHICKEN, CHICKEN FAT, SALT, FLAVORINGS], ONIONS, BUTTER [CREAM, SALT], CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], SOYBEAN OIL, CHARDONNAY WINE, NONFAT DRY MILK, SUGAR, POTASSIUM CHLORIDE, SEA SALT, CANOLA OIL, GARLIC, FLAVORINGS, XANTHAN GUM, GUAR GUM), STUFFING (WATER, CROUTONS [ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING {PALM OIL}, YEAST, VINEGAR, SOY LECITHIN], CELERY, ONIONS, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], FLAVORINGS, SALT), APPLES (CITRIC ACID AND ASCORBIC ACID TO RETAIN COLOR), WATER, BROWN SUGAR, MODIFIED FOOD STARCH, CREAM, ACETYLATED MONOGLYCERIDES, SALT, ALCOHOL, NATURAL FLAVORS. CONTAINS: MILK, SOY, WHEAT.



1 serving per container
Serving size 1 meal (259g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 85mg **28%**

Sodium 600mg **26%**

Total Carbohydrate 8g **3%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes less than 1g Added Sugars **1%**

Protein 28g **42%**

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 0.8mg 4%

Potassium 1180mg 25%

Vitamin A 0%

Vitamin C 30%

GRILLED CHICKEN AND BROCCOLI ALFREDO

INGREDIENTS:

BROCCOLI, SEASONED COOKED CHICKEN (CHICKEN BREAST, WATER, SUGAR, SEA SALT, OLIVE OIL, ISOLATED SOY PROTEIN, SOY FIBER, RICE STARCH, NATURAL FLAVORING). ALFREDO SAUCE (WATER, PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], ROMANO CHEESE FROM COW'S MILK [PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], CORN STARCH, CREAM, CONTAINS 2% OR LESS OF: WHEY PROTEIN CONCENTRATE, POTASSIUM CHLORIDE, SEA SALT, NATURAL FLAVORINGS, BUTTER [CREAM, SALT], LOCUST BEAN GUM). CONTAINS: MILK, SOY.



1 serving per container
Serving size 1 meal (269g)

Amount per serving
Calories 270

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 3.5g

Cholesterol 25mg **8%**

Sodium 360mg **16%**

Total Carbohydrate 36g **13%**

Dietary Fiber 5g **18%**

Total Sugars 7g

Includes 5g Added Sugars **10%**

Protein 17g **24%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.9mg 10%

Potassium 470mg 10%

Vitamin A 0%

Vitamin C 0%

CHICKEN MARGHERITA WITH BALSAMIC

INGREDIENTS:

COOKED PASTA (WATER, ENRICHED WHEAT FLOUR [DURUM WHEATSEMOLINA, NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SOYBEAN OIL, EGG WHITE), COOKED CHICKEN (CHICKEN BREAST, WATER, OLIVE OIL, CONTAINS 2% OR LESS OF: ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], DEXTROSE, POTASSIUM CHLORIDE, SALT, SODIUM PHOSPHATES, FLAVORING), TOMATOES, WATER, RAISIN JUICE CONCENTRATE, CONTAINS 2% OR LESS OF: GARLIC, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, OLIVE OIL, BASIL, MODIFIED CORN STARCH, ONIONS, GARLIC PUREE, SALT, CHARDONNAY WINE, MOLASSES, CANOLA OIL. CONTAINS: EGG, SOY, WHEAT.



1 serving per container
Serving size 1 meal (280g)

Amount per serving
Calories 290

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3g	
Cholesterol 35mg	12%
Sodium 590mg	26%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 20g	28%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 570mg	10%
Vitamin A	0%
Vitamin C	2%

GRILLED CHICKEN PESTO WITH VEGETABLES

INGREDIENTS:

COOKED PASTA(WATER, ENRICHED WHEAT FLOUR [DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE {IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SOYBEAN OIL, EGG WHITE), COOKED CHICKEN (CHICKEN BREAST, WATER, OLIVE OIL, CONTAINS 2% OR LESS OF: ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], DEXTROSE, POTASSIUM CHLORIDE, SALT, SODIUM PHOSPHATES, FLAVORING), WATER, YELLOW AND GREEN ZUCCHINI, SPINACH, CHARDONNAY WINE, CONTAINS 2% OR LESS OF: PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURE,,SALT, ENZYMES), SEASONING , (BASIL, GARLIC, SUGAR, OLIVE OIL, SEA SALT), MODIFIED CORN STARCH, ONION PUREE (ONION, SUGAR, SALT), SOYBEAN OIL, GARLIC PUREE, SALT, SHALLOTS, PARSLEY, NONFAT DRY MILK, BASIL, BLACK PEPPER, XANTHAN GUM, GUAR GUM. CONTAINS: EGG, MILK, SOY, WHEAT.



Amount per serving

Calories 280

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3g **15%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3.5g

Cholesterol 40mg **13%**

Sodium 500mg **22%**

Total Carbohydrate 35g **13%**

Dietary Fiber 5g **18%**

Total Sugars 10g

Includes 7g Added Sugars **14%**

Protein 16g **26%**

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2mg 10%

Potassium 890mg 20%

HOME STYLE SALISBURY STEAK

INGREDIENTS:

SALISBURY STEAK AND TEXTURED VEGETABLE PROTEIN PATTY (BEEF, WATER, PORK, TEXTURED SOY PROTEIN CONCENTRATE [SOY PROTEIN CONCENTRATE, ISOLATED SOY PRODUCT, CARAMEL COLOR], CONTAINS 2% OR LESS OF: ROLLED OATS, FLAVORINGS, ROCHESTER SAUCE [DISTILLED VINEGAR, CORN SYRUP, WATER, SALT, GARLIC POWDER, SPICES, TAMARIND, NATURAL FLAVOR], MODIFIED CORN STARCH, BEEF FLAVOR [CONTAINS BEEF EXTRACT, YEAST EXTRACT, SALT, FLAVOR, MALTODEXTRIN, LACTIC ACID, CITRIC ACID], SALT, POTASSIUM CHLORIDE, SOY LECITHIN), GRAVY (WATER, MODIFIED CORN STARCH, ONIONS, BEEF FLAVOR [COOKED BEEF, YEAST EXTRACT, BEEF TALLOW, BEEF EXTRACT, FLAVORING, SALT, SUGAR, N VEGETABLE JUICE CONCENTRATES (ONION, CARROT, CELERY), LACTIC ACID], CONTAINS 2% OR LESS OF: BUTTER [CREAM, SALT], BURGUNDY WINE, POTASSIUM CHLORIDE, CANOLA OIL, GARLIC, SEA SALT, ROCHESTER SAUCE [DISTILLED VINEGAR, CORN SYRUP, WATER, SALT, GARLIC POWDER, SPICES, TAMARIND, NATURAL FLAVOR], BLACK PEPPER), GREEN BEANS, RUSSET POTATOES, APPLES (CITRIC ACID AND ASCORBIC ACID TO RETAIN COLOR), WATER, BROWN SUGAR, MODIFIED FOOD STARCH, CREAM, ACETYLATED MONOGLYCERIDES, SALT, ALCOHOL, NATURAL FLAVORS. CONTAINS: MILK, SOY.

