

HIGH PROTEIN

MUSCLE MAC

MACARONI & CHEESE

Great Tasting Performance Nutrition for all Ages and Active Lifestyles.

High Protein GMO Free Muscle Mac pasta combined with great tasting Real Cheese for a satisfying meal that keeps you going.

One serving of Muscle Mac provides nutritious energy and strength with 20g of Protein to help rebuild muscle mass.



TO OPEN Insert Thumb & Lift

TOP-OF-STOVE DIRECTIONS



BOIL 6 cups water. Stir in macaroni. Cook 10-12 minutes or until macaroni is tender. stirring occasionally.



DRAIN Do not rinse. Return macaroni to pan.



ADD 1/3 cup 2% milk & Cheese Sauce Mix: mix well

For a **RICHER** flavor and **CREAMIER** texture. add 3 Tbsp. unsalted butter.

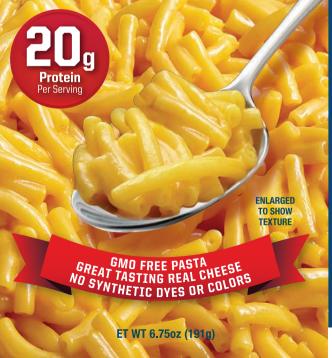


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PERFORMANCE NUTRITION FOR ACTIVE LIFESTYLES



Nutrition Facts

Serving Size 3.4 oz (96g/about 1/2 Box) Servings Per Container about 2

Amount	As	As
Per Serving	Packaged	Prepared
Calories	370	390
Calories from F	at 80	90
	% Daily	Value**
Total Fat 9g*	14%	15%
Saturated Fat 4g	20%	23%
Trans Fat 0g		
Cholesterol 25mg	8%	10%
Sodium 490mg	20%	21%
Total Carbohydrate 54g	18%	19%
Dietary Fiber 2g	8%	8%
Sugars 6g		
Protein 20g		
Vitamin A	4%	6%
Vitamin C	0%	0%
Calcium	25%	30%
Iron	10%	10%

Amount in as packaged, as prepared contributes an additional 20 Calories (10 Calories from Fat), 1g Total Fat (.05g Saturated Fat), 5mg Cholesterol, 20mg Sodium, 2g Total Carbohydrate (2g Sugars) 2g Protein.

Percent Daily Values are based on a 2.000 calorie diet, Your daily values may be higher or lower depending on

your caloric riccus.				
	Calories:	2,000	2,500	
otal Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
holesterol	Less than	300mg	300mg	
odium	Less than	2,400mg	2,400mg	
otal Carb		300g	375g	
Dietary Fib	er	25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MUSCLE MAC PASTA (DURUM WHFAT SEMOLINA, PEA PROTEIN ISOLATE CHEESE SAUCE MIX (CHEESE (MILK, SALT, CULTURES, ENZYMES) WHEY, NONFAT MILK, BUTTER. SALT, NATURAL COLOR (ANNATTO)

CONTAINS: WHEAT, MILK

www.muscle-mac.com PACKAGED BY: Quality Pasta Company

Charleroi, PA 15022

