

SEE NUTRITION INFORMATION FOR SATURATED FAT AND SODIUM CONTENT.

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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HIGH PROTEIN

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PERFORMANCE NUTRITION FOR ACTIVE LIFESTYLES

20g
Protein
Per Serving

ENLARGED
TO SHOW
TEXTURE

**GMO FREE PASTA
GREAT TASTING REAL CHEESE
NO SYNTHETIC DYES OR COLORS**

ET WT 6.75oz (191g)

Nutrition Facts

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

Amount Per Serving	As Packaged	As Prepared
Calories	370	390
Calories from Fat	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 calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MUSCLE MAC™ PASTA (DURUM WHEAT 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
USA