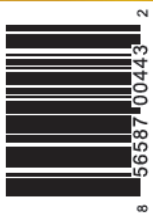


www.muscle-mac.com

PACKAGED BY:  
Quality Pasta Company  
Charlertoi, PA 15022  
USA



### DIRECTIONS:

1. REMOVE lid and Cheese Sauce Mix; set aside.
2. ADD water to fill-line. STIR thoroughly. (Note: The loose white powder in the pasta is necessary for proper cooking.)
3. MICROWAVE, uncovered, on HIGH 3 1/2 min. or until pasta is tender. DO NOT DRAIN. Excess liquid is needed to make Cheese Sauce.
4. STIR IN Cheese Sauce Mix until well blended. Cheese Sauce will thicken upon standing. For creamier texture, add 1 Tbsp. milk or water after stirring in Cheese Sauce Mix.

CAUTION: CUP AND CONTENTS WILL BE VERY HOT!

KEEP CUP UPRIGHT TO AVOID SPILLS.  
DO NOT REUSE CUP.  
DO NOT LEAVE MICROWAVE UNATTENDED.

HIGH PROTEIN

MUSCLE  
MAC

PRO

MACARONI & CHEESE

MADE WITH  
PROBIOTICS & MCT OIL

WHITE CHEDDAR

20g  
Protein  
Per Serving



NET WT 3.6OZ (102g)

SEE NUTRITION INFORMATION FOR SATURATED FAT AND SODIUM CONTENT.

### Nutrition Facts

1 serving per container	
Serving Size	3.6oz (102g)
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 930mg	40%
Total Carbohydrate 57g	21%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 217 mg	15%
Iron 1mg	6%
Potassium 584mg	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.

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

INGREDIENTS: MUSCLE MAC® PASTA (DURUM WHEAT SEMOLINA, PEA PROTEIN ISOLATE, GLYCERYL MONOSTEARATE), CHEDDAR CHEESE SEASONING (CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), CREAM, WHEY, SALT, MEDIUM CHAIN TRIGLYCERIDE OIL, YEAST EXTRACT, LIVE PROBIOTIC CULTURES (BACILLUS COAGULANS GBI-30 6086)), ANTI BOIL OVER POWDER (FOOD STARCH-MODIFIED, SALT, POTASSIUM CHLORIDE, SUNFLOWER LECITHIN, SOYBEAN OIL).

CONTAINS: MILK, WHEAT

Probiotics are "good," "friendly," or "healthy" bacteria that when ingested may help support good health, as part of a balanced diet and healthy lifestyle.

The cheese sauce contains 1 billion CFU's/23g serving of cheese sauce.