

Cooking Directions

- 1 Remove lid, film, & cheese packet.
- 2 Add room-temperature water to the top of the fill line *inside* cup; stir well.
- 3 Microwave uncovered on high for 3½ min. Adjust ±30 sec for softer or firmer pasta.
- 4 Stir. Put on lid & let stand for 3 min.
- 5 Add cheese powder. Stir until well mixed.
- 6 Allow to cool & thicken for 2 min. Enjoy.



11628

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CARBS	18g
- FIBER	10g
8g	NET*
g	CARBS

LEGENDARY



48^g
PROTEIN

8^g*
NET CARBS

GLUTEN FREE

Protein Pasta+

Garlic Parmesan
FLAVORED

NET WT 2.9 OZ (83g)

SEE NUTRITION INFORMATION FOR SODIUM CONTENT

CALORIES FROM PROTEIN

LF MAC & CHEESE 64%

T-BONE STEAK 38%

EGG 34%

REG. MAC & CHEESE 11%

SCAN FOR VITAL INFO



Nutrition Facts

1 serving per container
Serving size 1 package (83g)

Amount Per Serving
Calories 300

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 790mg 34%

Total Carbohydrate 18g 7%

Dietary Fiber 10g 36%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 48g 96%

Vitamin D 0mcg 0%

Calcium 449mg 35%

Iron 2mg 11%

Potassium 433mg 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.

Ingredients: Dairy Protein Blend (Milk Protein (From Caseinate), Casein, Milk Protein Concentrate, Whey Protein Isolate), Cheddar Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Dextrin, Corn Starch, Polydextrose, Collagen Peptides, Dried Egg Whites, Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, & Enzymes). Contains less than 2% of the following: Parmesan Cheese (Milk, Salt, Cultures, Enzymes), Dehydrated Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Garlic Powder, Psyllium Husk, Cream, Buttermilk, Buttermilk Solids, Butter (Cream, Salt), Milkfat, Nonfat Dry Milk, Cellulose, Whey, Salt, Sugar, Spices, Spinach Powder, Natural Flavors, Citric Acid, Stearic Acid, Sodium Citrate, Modified Corn Starch, Pullulan, Xanthan Gum, Mono- And Diglycerides, Silicon Dioxide, Sunflower Lecithin.

Contains: Milk, Eggs.

Processed in a facility that also processes Peanuts and Tree Nuts.

Distributed By
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Santa Monica, CA 90404

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