

Nutrition Facts:

ROASTED CHICKEN

INGREDIENTS: Freeze-dried Chicken, Chicken Broth Flavor (chicken broth powder, salt, flavoring), Roast Chicken Flavor(rendered chicken fat, dried chicken meat powder, maltodextrin, salt, chicken stock, lactic acid, calcium lactate, succinic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Yeast Extract. CONTAINS MILK.

Net Wt. 1.6 oz (44g)

Nutrition Facts	
Serving Size 1/4 Pouch (11g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 9g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHEESY GROUND BEEF

INGREDIENTS: Freeze-dried Beef (beef, salt, spices, flavorings, hydrolyzed corn protein, grill flavor (maltodextrin, flavor, (from corn oil), modified corn starch, corn syrup solids), Cheese Powder (whey, cheese (granular & cheddar (pasteurized milk, cheese culture, salt, enzymes), whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme), Beef Extract (dried concentrated beef stock, beef type flavor (yeast extract, salt), Salt, Natural Cheese Flavor (maltodextrin (potato), salt, dried torula yeast, dehydrated cheddar cheese (cultured pasteurized milk, salt, enzymes), coconut oil), yeast extract, natural flavor), Partially Hydrogenated Soybean and/or Cottonseed Oil. CONTAINS MILK.

Net Wt. 2.3 oz (65g)

Nutrition Facts	
Serving Size 1/4 Pouch (16g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

STROGANOFF STYLE BEEF

INGREDIENTS: Freeze-dried Beef, Dried Beef Extract (concentrated beef stock, beef type flavor (yeast extract, salt), salt), Sour Cream Powder (cultured cream (cream, nonfat milk, culture, enzymes), salt, lactic acid), Natural Mushroom Flavor (yeast extract, maltodextrin, salt, and natural flavor (contains canola oil), Partially Hydrogenated Soybean and/or Cottonseed Oil. CONTAINS MILK.

Net Wt. 2.1 oz (60g)

Nutrition Facts	
Serving Size 1/4 Pouch (15g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 350mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

SAVORY ROASTED GROUND BEEF

INGREDIENTS: Freeze-dried beef (beef, salt, spices, flavorings, hydrolyzed corn protein, grill flavor (maltodextrin, flavor, (from corn oil), modified corn starch, corn syrup solids), Beef Extract (concentrated beef stock, beef type flavor (autolyzed yeast extract, salt), Salt, Yeast Extract, Partially Hydrogenated Soybean and/or Cottonseed Oil, Natural Flavor (natural flavor, salt, beef fat), Yeast Extract, Maltodextrin, Flavoring (contains canola oil), CONTAINS MILK.

Net Wt. 2.3 oz (65g)

Nutrition Facts	
Serving Size 1/4 Pouch (16g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 410mg	17%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

TERIYAKI STYLE CHICKEN

INGREDIENTS: Freeze-dried Chicken, Dehydrated Teriyaki Sauce (soy sauce (wheat, soybeans, salt), wine, vinegar, salt, onion powder, spice extractives, succinic acid, garlic powder), maltodextrin, sugar, salt), Partially Hydrogenated Soybean and/or Cottonseed Oil, Roast Chicken Flavor (flavoring (contains rendered chicken fat), dried chicken meat powder, maltodextrin, salt, chicken stock, lactic acid, calcium lactate, succinic acid), Garlic Powder, Yeast Extract. CONTAINS: SOY, WHEAT, MILK

NET WT. 1.7 oz (48g)

Nutrition Facts	
Serving Size 1/4 Pouch (12g)	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 140mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

SOUTHWEST STYLE CHICKEN

INGREDIENTS: Freeze-dried Chicken, Partially Hydrogenated Soybean and/or Cottonseed Oil, Chicken Broth Flavor (chicken broth powder, salt, flavoring), Roast Chicken Flavor (rendered chicken fat, dried chicken meat powder, maltodextrin, salt, chicken stock, lactic acid, calcium lactate, succinic acid), Yeast Extract, Spices, Smoked Paprika, Natural Flavor.

Net Wt. 1.6 oz (44g)

Nutrition Facts	
Serving Size 1/4 Pouch (11g)	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 9g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a diet of other people's secrets.	
Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	