

# 120 Vanilla Shake *12 servings per canister*

## 1 SCOOP • 120 CALORIES • 12g PROTEIN

**Ingredients:** Nonfat Dry Milk, Whey Protein Concentrate, Whole Milk Solids, Soy Protein Isolate, Calcium Caseinate, Egg White Solids, Fructose, Sugar, Maltodextrin, Dried Whey, Sunflower Oil, Xanthan Gum, Cellulose Gum, Aspartame,\*\* Natural & Artificial Flavors, Salt, Corn Syrup Solids, Lecithin, Sodium Caseinate, Monoglycerides, Silicon Dioxide, Tocopherols and the Following Vitamins and Minerals: Magnesium Oxide, Calcium Phosphate, Calcium Carbonate, Sodium Ascorbate, Vitamin E Acetate, Potassium Chloride, Sodium Phosphate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Potassium Phosphate, Calcium Pantothenate, Sodium Molybdate, Vitamin B12, Manganese Sulfate, Chromium Chloride, Sodium Selenite, Vitamin D3, Pyridoxine Hydrochloride, Phytanadione (Vitamin K1), Thiamin Mononitrate, Copper Carbonate, Riboflavin, Folic Acid, Potassium Iodide.  
**Contains: Egg, Milk, Soy.**

# 70 Plus Vanilla Shake and Pudding Mix

## 1 PACKET • 110 CALORIES • 15g PROTEIN

**Ingredients:** Calcium Caseinate,\* Egg White Solids, Sugar, Fructose, Cellulose Gum, Salt, Natural and Artificial Flavor, Xanthan Gum, Sunflower Lecithin, Maltodextrin, Sodium Saccharin (8.7mg per 30g Packet), and the Following Vitamins and Minerals: Calcium Phosphate, Potassium Citrate, Magnesium Oxide, Sodium Phosphate, Vitamin A Palmitate, Riboflavin (Vitamin B2), Phytanadione (Vitamin K1), Cholecalciferol (Vitamin D3).  
**Contains: Egg, Milk.**

# Multigrain Hot Cereal

## 1 PACKET • 220 CALORIES • 10g PROTEIN

**Ingredients:** Quick Rolled Oats, Instant Nonfat Milk Powder, Oat Bran, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Currants, Corn Grits, Red Wheat Flakes, Diced Apples, Magnesium Phosphate, Dicalcium Phosphate Anhydrous, Ground Cinnamon, Extra Fine Sea Salt, Vitamin A Palmitate, Cholecalciferol, DI-Alpha-Tocopheryl Acetate, Ascorbic Acid, Biotin, Folic Acid, Niacinamide, Calcium D-Pantothenate, Thiamin Mononitrate, Cyanocobalamin, Riboflavin, Pyridoxine, Phytanadione, Chromium Chloride, Cupric Oxide, Potassium Iodide, Electrolytic Iron, Manganese Sulfate, Sodium Molybdate, Sodium Selenite, Zinc Oxide, Maltrin M-150, Sucralose.  
**Contains: Milk, Wheat.**

# Penne Pasta with Meatballs in Sauce

## 1 SERVING • 240 CALORIES • 12g PROTEIN

**Ingredients:** Tomatoes in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Water, Cooked Italian Style Meatballs (Beef, Water, Textured Vegetable Protein [Soy Flour, Caramel Color], Italian Style Seasoning [Salt, Garlic & Onion, Parmesan Cheese {Part-Skim Milk, Cheese Culture, Salt, Enzymes}, Spices, Sugar, White Pepper], Beef Flavoring [Sugar, Flavoring, Hydrolyzed Soy Protein, Spice Extractives, Extractive of Garlic]), Pasta (Semolina [Wheat], Egg White, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Crushed Tomatoes, Onions, Contains 2% or less of: Garlic, Olive Oil, Canola Oil, Modified Corn Starch, Flavor (Vegetable Purees [Carrot, Celery, Onion], Salt, Maltodextrin, Onion Powder, Canola Oil, Corn Starch, Carrot Powder, Extract of Carrot, Xanthan Gum, Spice Extractives), Brown Sugar, Spice, Sea Salt, Oleoresin Paprika.  
**Contains: Egg, Milk, Soy, Wheat.**

# Turkey Chili with Beans

## 1 SERVING • 220 CALORIES • 21g PROTEIN

**Ingredients:** Ground Turkey (Turkey Thigh Meat, Water, and Salt), Water, Pinto Beans, Crushed Tomatoes, Tomatoes Diced in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Beef Stock, Contains 2% or less of: Chili Powder (Chili Pepper, Cumin, Salt, Garlic, and Oregano), Modified Corn Starch, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Sugar, Garlic Powder, Onion Powder, Salt, Spices. **Contains: Anchovies.**

Nutrition Information	120 Vanilla Shake	70 Plus Vanilla Shake and Pudding Mix	Multigrain Hot Cereal	Penne Pasta with Meatballs in Sauce	Turkey Chili with Beans
Serving Size	1 scoop	1 packet	1 packet	1 tray	1 tray
Calories, kcal	120	110	220	240	220
Protein, g	12	15	10	12	21
Total Carbohydrate, g	15	13	40	30	27
Dietary Fiber, g	<1	0	5	3	6
Total Sugars, g	14	12	14	7	6
Added Sugars, g	1.5	12	5	1	1
Total Fat, g	1.5	0	2.5	9	4
Saturated Fat, g	0.5	0	0.5	2	1
Trans Fat, g	0	0	0	0	0
Cholesterol, mg	15	0	0	20	45
Sodium, mg	180	200	135	580	600
Potassium, mg	400	180	370	730	750
Calcium, mg	350	300	250	150	80
Phosphorus, mg	250	200	250	119	233
Magnesium, mg	100	40	100	—	—
Iron, mg	6.3	0	5.4	2.7	2.7
Vitamin D, IU	140	60	100	—	—
Vitamin A, IU	1500	300	1250	100	100
Vitamin C, mg	21	0	15	2.4	2.4
Vitamin E, IU	10.5	—	7.5	—	—
Vitamin K, mcg	28	20	20	—	—
Thiamin, mg	0.5	0	0.4	—	—
Riboflavin, mg	0.6	0.3	0.4	—	—
Niacin, mg	7	—	5	—	—
Vitamin B6, mg	0.7	—	0.5	—	—
Folate, mcg	120	—	100	—	—
Vitamin B12, mcg	2.1	—	1.8	—	—
Biotin, mcg	105	—	75	—	—
Pantothenic Acid, mg	3.5	—	2.5	—	—
Manganese, mg	0.7	—	0.5	—	—
Zinc, mg	5.3	—	3.8	—	—
Selenium, mcg	24.5	—	21	—	—
Copper, mg	0.7	—	0.5	—	—
Chromium, mcg	42	—	30	—	—
Molybdenum, mcg	26.3	—	18.8	—	—
Iodine, mcg	52.5	—	30	—	—