



WATER FILL LINE

Don't dilute
it you'll
lose energy!

crunchy bite?
just sit tight!

Place top back
on, let sit for 10
min, stir & enjoy



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on, let sit for 10
min, stir & enjoy



macromeele #macromeele

Nutrition Facts Servings: 1.
Serv. size 1 bowl (71g),

Amount per serving: **Calories 270**,
Total Fat 5g (7% DV), Sat. Fat 0g
(0% DV), Trans Fat 0g, **Cholest.**
0mg (0% DV), **Sodium** 550mg (24%
DV), **Total Carb.** 45g (16% DV),
Dietary Fiber 9g (30% DV), Total
Sugars 5g (Includes 0g Added
Sugars, 0% DV), **Protein** 11g,
Vitamin D (0% DV), Calcium (4% DV),
Iron (20% DV), Potassium (10% DV).
%DV = % Daily Value

Ingredients

White Rice, Black Beans,
Tomato Powder, Tomato
Quinoa, Dried Onion, Dried
Chili Pepper, Sea Salt, etc.

CAUTION: HANDLE WITH CARE



MADE BY CHEF'S SECRET
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