From the Kitchen of
Cooking Light*
Magazine™

Heat & Eat
Ready in About
2 minutes
Keep Refrigerated
Fully Cooked

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-827

Lemon Pepper Chicken

Zesty Lemon Pepper Seasoned Chicken Breast with Roasted Squash & Brown Rice

290 CALORIES | 23g CARBS | 44g PROTEIN | 3g FAT | 400mg SODIUM

*COOKING LIGHT IS A FOOD AND RECIPE MAGAZINE FOCUSED ON LIVING A HEALTHY LIFESTYLE. THIS PRODUCT IS DEVELOPED UNDER LICENSE FROM COOKING LIGHT MAGAZINE; COOKING LIGHT IS NOT INTENDED AS A NUTRITIONAL CLAIM.

NET WT 10.5 OZ (298 g)

Use or Freeze By:
01/21/2017 24577 44.2

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INGREDIENTS: CHICKEN BREAST, ZUCCHINI SQUASH, SUMMER SQUASH, BROWN RICE, LEMON PEPPER SEASONING (BLACK PEPPER, SALT, SUGAR, LEMON PEEL, CITRIC ACID, LEMON JUICE SOLIDS, CORN SYRUP SOLIDS, NATURAL FLAVOR, ONION, GARLIC, OIL OF LEMON, TURMERIC EXTRACT AND LESS THAN 2% TRICALCIUM PHOSPHATE (ADDED TO PREVENT CAKING).

MANUFACTURED BY:
PERFECT FIT MEALS, HOUSTON, TX 77014
PERFECTFITMEALS.COM

Perfect Fit Meals LLC is responsible for this product.
For questions or comments,
contact: sales@perfectfitmeals.com
or visit: perfectfitmeals.com/contact

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INSTRUCTIONS REMAIN FLAT WHEN OPEN

1:30-2 minutes
COOKING TIME

Tear perforations on side panels and remove label front.
Place tray in the microwave.
Heat on high for 1:30 -2 minutes.
You may hear popping as a steam dome forms.
Once dome deflates, remove film from tray.

CAUTION: CONTAINER AND CONTENTS WILL BE HOT!
Heating instructions are approximate. They will vary due to cooking, model and temperature calibration of your microwave. Times and settings based on an 1100 watt microwave.

Product Integrity maintained via High Pressure Pasteurization (HPP).
See perfectfitmeals.com/hpp for details. @PFM Meals.

Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 290 Calories from Fat 25

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 400mg	17%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 44g	78%
Vitamin A 4% • Vitamin C 20%	
Calcium 4% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet.

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