INGREDIENTS: CHICKEN BREAST, CORN KERNEL MIX (corn, onions, red and green peppers), DICED TOMATOES (crushed tomatoes, tomato juice, less than 2% of calcium chloride, citric acid), TORTILLAS (stone ground white corn, water, contains 2% or less of cellulose and/or guar gum, preservatives (propionic acid, sorbic acid), phosphoric acid, methylparaben, propylparaben) and a trace of food grade lime), TOMATILLOS, GREEN CHILI PEPPERS, SOUR CREAM (grade A cultured cream), KIDNEY BEANS, WATER, CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes, annatto color, may contain one or more of the following: powdered cellulose, potato starch or corn starch added to prevent caking), GREEN ONIONS, CHILI POWDER, CHICKEN BASE (chicken meat and chicken broth (water, chicken broth), salt, chicken fat, sugar, cornstarch, corn oil, 2% or less of flavors, natural extractives of turmeric and annatto), CUMIN SEED, GARLIC POWDER, XANTHAN GUM, CAYENNE PEPPER.

ALLERGENS: CONTAINS MILK.

KEEP REFRIGERATED

HEATING INSTRUCTIONS:

1. Remove paper label. 1:30-2:00 minutes on HIGH for a 1000W microwave. For Frozen, Heat on HIGH for 3:30. Heating times vary on wattage.
2. Carefully peel or cut film from tray.
3. Season to taste.

NOTE: Heating will inflate film with steam and may make a popping noise during steam venting.

Manufactured by:
Perfect Fit Meals, Houston, TX 77014
PERFECTFITMEALS.COM

PERFECT FIT MEALS

SLICED CHICKEN

TEXAS CHICKEN RANCH CASSEROLE

PERFECT FIT MEALS

ALWAYS HEALTHFUL & DELICIOUS NET WT 10.4oz (295g)

TEXAS CHICKEN RANCH CASSEROLE

tender chicken breast simmered in a chili cheese sauce finished with sour cream, then baked with corn tortillas, yellow sweet corn, peppers and onions.

0g trans fat

SIMPLE ingredients

BPA Free

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

HEAT & EAT | 360 calories | 8g fats | 39g carbs | 33g protein | 7g fiber | 300mg sodium

FRESHNESS MAINTAINED WITH HIGH PRESSURE PASTEURIZATION* KEEP REFRIGERATED

HAND CRAFTED • PORTION CONTROLLED • DIETITIAN DESIGNED

ALWAYS HEALTHFUL & DELICIOUS

Our gourmet chefs transform the best ingredients into delicious meals.

Colorful fruits and vegetables

Quality, lean proteins

Healthful cooking oils

Satisfying whole grains

*We use high pressure pasteurization and film protection to keep our meals fresh. See for details

Nutrition Facts

Serving Size: 1 Package

Amount Per Serving

Calories 360 Calories from Fat 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans. Fat 0g	0%
Cholesterol 80mg	26%
Sodium 300mg	13%
Total Carbohydrate 39g	13%
Dietary Fiber 7g	29%
Sugars 9g	
Protein 35g	

Vitamin A 20% • Vitamin C 10%

Calcium 25% • Iron 15%

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

Produced in a facility that also processes dairy, wheat, eggs, soy, and tree nuts.

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KEEP REFRIGERATED

Perfect Fit Meals

Lemon Pepper Chicken

INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE P-45681

(8194) 07010228

Lot Number: 2457472.7

Expiration Date: 04/24/2016

INGREDIENTS: WATER, CHIPOTLE CHICKEN SAUSAGE (CHICKEN, CHIPOTLE Seasoning (Tapioca Starch, Dried Bell Pepper, Salt, Brown Sugar, Chipotle Pepper, Black Pepper, Onion, Crushed Red Pepper, Garlic), water, Less Than 2% of: Vinegar, Celery Powder, Sea Salt, Lactic Acid Starter Culture (Not From Milk), Beef Collagen Casing), BROWN RICE, KIDNEY BEANS, CELERY, ONIONS, GREEN BELL PEPPERS, WHOLE WHEAT FLOUR, GARLIC, CHILI POWDER (100% Chili Peppers), ONION POWDER, GARLIC POWDER, CAJUN SEASONING (salt, black pepper, chili powder (chili pepper, spices, salt, garlic powder), garlic, silicon dioxide (to prevent caking)), PAPRIKA, BLACK PEPPER, CAYENNE PEPPER.

ALLERGENS: CONTAINS WHEAT.

KEEP REFRIGERATED

HEATING INSTRUCTIONS:

1. Remove paper label. 1:30-2:00 minutes on HIGH for a 1000W microwave. For Frozen, Heat on HIGH for 4:00. Heating times vary on wattage.
2. Carefully peel or cut film from tray.
3. Season to taste.

NOTE: Heating will inflate film with steam and may make a popping noise during steam venting.

Manufactured by:
Perfect Fit Meals, Houston, TX 77014
PERFECTFITMEALS.COM

PERFECT FIT MEALS

GROUND POULTRY

CHIPOTLE CHICKEN SAUSAGE

with red beans & brown rice

PERFECT FIT MEALS

ALWAYS HEALTHFUL & DELICIOUS

NET WT 11oz (312g)

CHIPOTLE CHICKEN SAUSAGE *with red beans & brown rice*

red beans slow cooked with onions, celery, bell peppers, and spices in a flavorful broth, served with chicken sausage and brown rice

0g trans fat

SIMPLE INGREDIENTS

BPA Free

INSPECTED BY THE U.S. DEPARTMENT OF AGRICULTURE P-627

HEAT & EAT | 300 calories | 4g fats | 43g carbs | 22g protein | 9g fiber | 540mg sodium

FRESHNESS MAINTAINED WITH HIGH PRESSURE PASTEURIZATION* KEEP REFRIGERATED

HAND CRAFTED • PORTION CONTROLLED • DIETITIAN DESIGNED

ALWAYS HEALTHFUL & DELICIOUS

Our gourmet chefs transform the best ingredients into delicious meals.

Quality, lean proteins

Colorful fruits and vegetables

Satisfying whole grains

Healthful cooking oils

*We use high pressure pasteurization and film protection to keep our meals fresh. See perfectfitmeals.com/hpp for details.

Nutrition Facts

Serving Size: 1 package

Amount Per Serving	
Calories 300	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	0%
Cholesterol 55mg	18%
Sodium 540mg	22%
Total Carbohydrate 43g	14%
Dietary Fiber 9g	35%
Sugars 2g	
Protein 22g	
Vitamin A 30% • Vitamin C 10%	
Calcium 6% • Iron 20%	

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

Produced in a facility that also processes dairy, wheat, eggs, soy, and tree nuts.

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KEEP REFRIGERATED

Perfect Fit Meals

Turkey Enchilada

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-45660

(8194) 07010259

Lot Number: 2457475.7

Expiration Date: 05/02/2016

1793944