

Healthy  
Choice®

## POWER BOWLS

### Chicken Feta & Farro

Healthy  
Choice®

## POWER BOWLS

### Chicken Feta & Farro

Pulled All Natural\* Chicken Breast with Chickpeas and Vegetables served on top of Farro with a Garlic Oregano Sauce topped with Feta Cheese

MADE WITH ALL NATURAL\* CHICKEN  
RAISED WITHOUT ANTIBIOTICS

NET WT 9.5 OZ (269g)

  
SPICE LEVEL

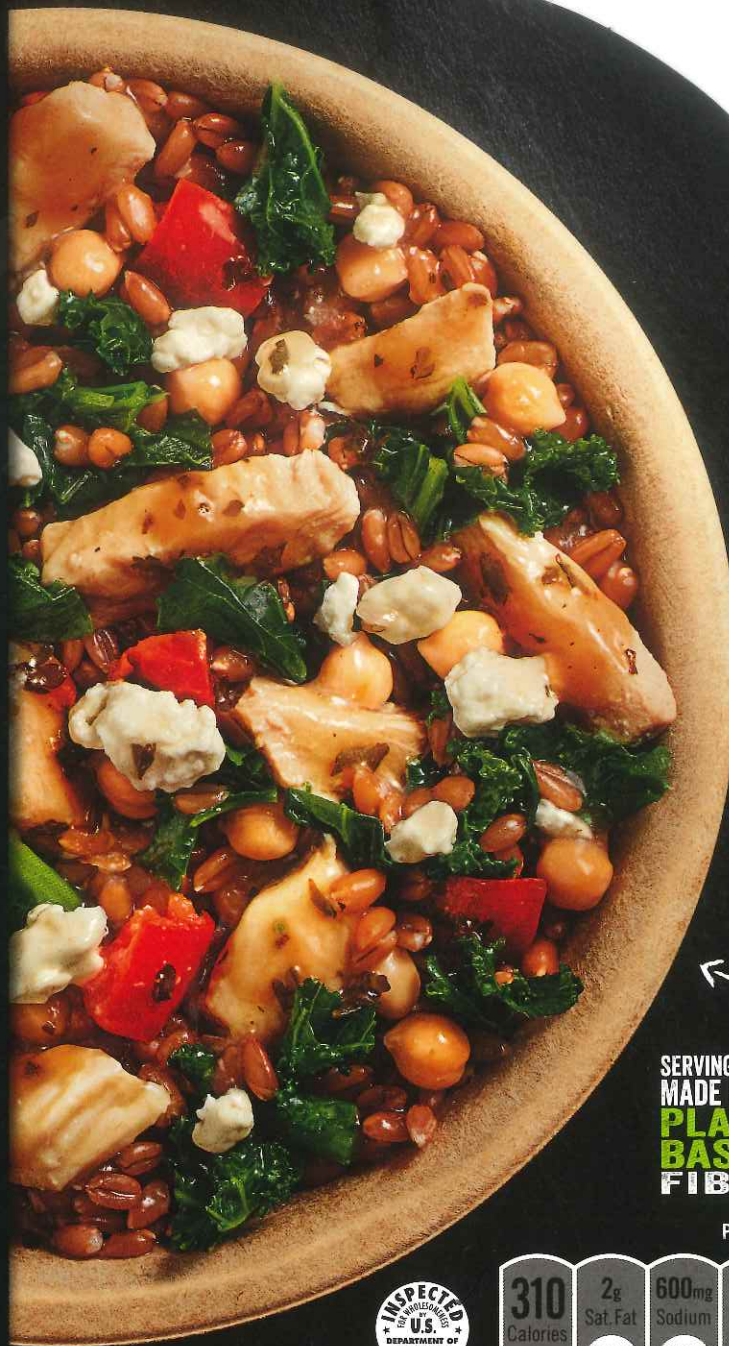
KEEP FROZEN; MUST BE COOKED THOROUGHLY

\*NO ARTIFICIAL INGREDIENTS. MINIMALLY PROCESSED.

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## POWER BOWLS

### Chicken Feta & Farro



SERVING BOWL  
MADE FROM  
**PLANT-BASED  
FIBER**

PER MEAL



**310**  
Calories

**2g**  
Sat. Fat  
10% DV

**600mg**  
Sodium  
26% DV

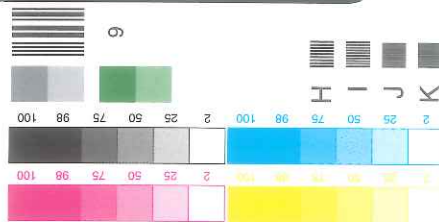
**2g**  
Total  
Sugars

INGREDIENTS: COOKED FARRO (WATER, FARRO [WHEAT]), SEASONED COOKED CHICKEN (CHICKEN BREAST, WATER, OLIVE OIL, BROWN SUGAR, SEA SALT, NATURAL FLAVORINGS), WATER, COOKED CHICKPEAS, TOMATOES, CHARD, KALE, FETA CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES), SPINACH, CONTAINS 2% OR LESS OF: CHARDONNAY WINE, ONIONS, OLIVE OIL, CORN STARCH, DISTILLED VINEGAR, SERRANO PEPPER PUREE, GARLIC PUREE, CHICKEN FLAVOR (CHICKEN BROTH, SALT, CHICKEN FAT), GARLIC, NATURAL FLAVORINGS, SALT, LEMON JUICE CONCENTRATE, CANOLA OIL, BUTTER (CREAM, SALT), OREGANO, SUGAR. CONTAINS: MILK, WHEAT.

  
**CONAGRA  
BRANDS**  
P.O. BOX 3534  
CHICAGO, IL 60654







## Nutrition Facts

1 serving per container  
Serving size 1 Meal (269g)

Amount per serving  
**Calories 310**

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 600mg	<b>26%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes less than 1g Added Sugars	<b>2%</b>
<b>Protein</b> 23g	<b>36%</b>
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1.7mg	10%
Potassium 310mg	6%
Vitamin A	8%
Vitamin C	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



Questions or comments, visit us at [www.healthychoice.com](http://www.healthychoice.com) or call Mon.-Fri., 1-800-323-9980 (except national holidays). Please have entire package available when you call so we may gather information off the label.

Weight Watchers® SmartPoints® Value: 8\*\*

\*\*The SmartPoints® value for this product was calculated by Conagra Brands, and is provided for informational purposes only. This is not an endorsement, sponsorship or approval of this product or its manufacturer by Weight Watchers International, Inc., the owner of the Weight Watchers® and SmartPoints® registered trademarks.

## EACH INGREDIENT MATTERS

Our culinary approach insists that every ingredient matters. A combination of simple ingredients such as whole grains, mixed greens, vegetables, and Pulled All Natural\* Chicken Breast. Served in a variety of bold flavors.



**23g**  
PROTEIN

**6g**  
FIBER

Made with  
all natural\*  
**CHICKEN**  
RAISED  
WITHOUT  
ANTIBIOTICS

### FOR FOOD SAFETY AND QUALITY:

- Keep frozen. Do not thaw.
- Microwave directions developed with 1100-watt microwave ovens.
- Appliances vary. Adjust cooking times as needed.
- Food must be cooked thoroughly to 165°F. Read and follow these cooking directions.



### MICROWAVE

- 1 MICROWAVE on HIGH 4 to 5 minutes. No need to vent film.
  - 2 Let stand 1 minute in microwave. HANDLE CAREFULLY; IT'S HOT!
  - 3 CHECK that food is cooked thoroughly. Stir and enjoy!
- Do not use if film seal is broken. COOK ONLY ONE AT A TIME. Do not cook in conventional or toaster ovens.



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## POWER BOWLS BOLS ÉNERGIE

Chicken Feta & Farro

Poulet feta et épeautre

Healthy  
Choice®

## POWER BOWLS

### Chicken Feta & Farro

Pulled Chicken Breast with Chickpeas and Vegetables  
served on top of Farro with a Garlic Oregano Sauce  
topped with Feta Cheese

## BOLS ÉNERGIE

### Poulet feta et épeautre

Poitrine de poulet éfilochée avec pois chiches et légumes  
servie sur de l'épeautre avec une sauce à l'ail et à l'origan,  
garnie de fromage feta

PRODUCT OF U.S.A. | PRODUIT DES É.-U.A.

CHICKEN RAISED WITHOUT  
THE USE OF ANTIBIOTICS

VIANDE PROVENANT DE POULETS  
ÉLEVÉS SANS ANTIBIOTIQUES

NO ARTIFICIAL COLOURS, FLAVOURS  
OR PRESERVATIVES

SANS COLORANTS OU ARÔMES ARTIFICIELS,  
NI AGENTS DE CONSERVATION



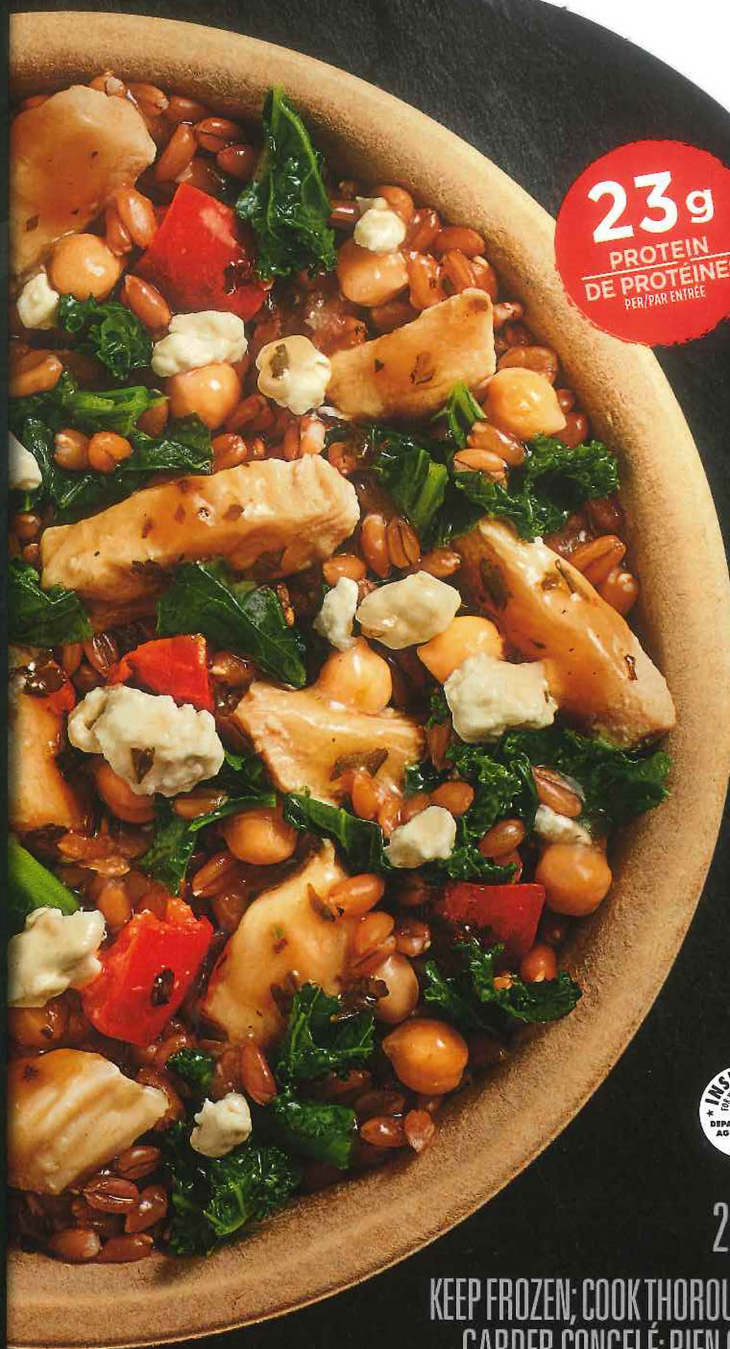
SPICE LEVEL  
INDICE DE PIQUANT

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## POWER BOWLS BOLS ÉNERGIE

Chicken  
Feta & Farro

Poulet  
feta et épeautre



23g  
PROTEIN  
DE PROTÉINES  
PER/PAR ENTRÉE

269 g

KEEP FROZEN; COOK THOROUGHLY  
GARDER CONGELÉ; BIEN CUIRE

### EACH INGREDIENT MATTERS

### CHAQUE INGRÉDIENT COMPTE

23g

PROTEIN  
per entrée

DE PROTÉINES  
par entrée

6g

FIBRE  
per entrée

DE FIBRES  
par entrée

Source of  
IRON AND  
VITAMIN A

Source de  
FER ET DE  
VITAMINE A

CHICKEN  
RAISED  
WITHOUT  
THE USE OF  
ANTIBIOTICS

VIANDE  
PROVENANT DE  
POULETS  
ÉLEVÉS SANS  
ANTIBIOTIQUES

Discard Seal  
& Rinse Tray  
Jetez l'opercule,  
rincez le plateau



PAPER  
PAPIER  
BOX  
BOÎTE



COATED PAPER  
PAPIER COUCHÉ  
TRAY  
PLATEAU

\*Not recycled in all  
communities.  
Vérifiez localement.  
Pas recyclé dans  
toutes communes



QUESTIONS OR COMMENTS?  
DES QUESTIONS OU DES  
COMMENTAIRES?  
1-800-461-4556

how2recycle.info

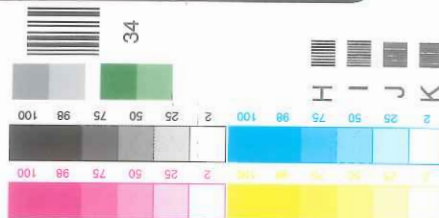
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## EACH INGREDIENT MATTERS

Our culinary approach insists that every ingredient matters. A combination of simple ingredients such as whole grains, mixed greens, vegetables, and chicken raised without the use of antibiotics. Served in a variety of bold flavours.

## CHAQUE INGRÉDIENT COMPTE

Notre approche culinaire veut que chaque ingrédient compte. Une combinaison d'ingrédients simples comme les grains entiers, les légumes-feuilles, les légumes et la viande provenant de poulets élevés sans antibiotiques. Servi dans une variété de saveurs audacieuses.

### Nutrition Facts Valeur nutritive

Per entrée (269 g) / Par entrée (269 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 310	
<b>Fat / Lipides</b> 9 g	<b>14 %</b>
Saturated / saturés 2 g + Trans / trans 0 g	<b>10 %</b>
<b>Cholesterol / Cholestérol</b> 50 mg	
<b>Sodium / Sodium</b> 720 mg	<b>30 %</b>
<b>Potassium / Potassium</b> 300 mg	<b>9 %</b>
<b>Carbohydrate / Glucides</b> 34 g	<b>11 %</b>
Fibre / Fibres 6 g	<b>24 %</b>
Sugars / Sucres 2 g	
<b>Protein / Protéines</b> 23 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	8 %
Iron / Fer	10 %



PREPARED FOR / PRÉPARÉ POUR :  
CONAGRA FOODS CANADA INC. /  
ALIMENTS CONAGRA CANADA INC.,  
MISSISSAUGA, ONTARIO L4W 5K7  
www.healthychoicecanada.ca

#### INGREDIENTS:

COOKED FARRO (WATER, FARRO), GARLIC OREGANO SAUCE (WATER, CHARDONNAY WINE, ONIONS, OLIVE OIL, CORN STARCH, VINEGAR, SERRANO PEPPER PUREE, GARLIC PUREE, CHICKEN FLAVOUR (CHICKEN BROTH, SALT, CHICKEN FAT), GARLIC, PARSLEY, SALT, CONCENTRATED LEMON JUICE, CANOLA OIL, BUTTER, OREGANO, SPICES, SUGAR), VEGETABLE BLEND (COOKED ORGANIC CHICKPEAS, TOMATOES, CHARD, KALE, SPINACH), SEASONED COOKED CHICKEN PIECES (CHICKEN BREAST, WATER, OLIVE OIL, BROWN SUGAR, SEA SALT, NATURAL FLAVOUR), FETA CHEESE.

CONTAINS: WHEAT, FARRO, MILK.

#### MICROWAVE OVEN

Do not use if film seal is broken. Cook only one at a time. Do not cook in conventional or toaster ovens.

1) Microwave on HIGH 4 to 5 minutes.

No need to vent film.

2) Let stand 1 minute in microwave.

HANDLE CAREFULLY; IT'S HOT!

3) Check that food is cooked thoroughly.

Stir and enjoy!



#### AU MICRO-ONDES

Ne pas utiliser si la pellicule est altérée. Cuire un contenant à la fois. Ne pas cuire dans un four ordinaire ni dans un four grille-pain.

1) Chauffer à intensité ÉLEVÉE de 4 à 5 minutes.

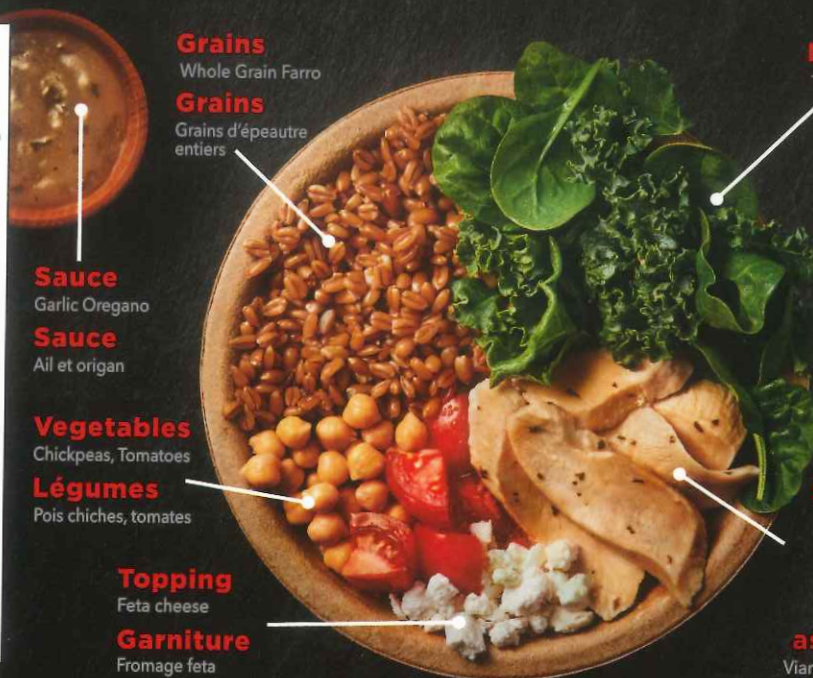
Nul besoin de laisser la vapeur s'échapper.

2) Laisser reposer 1 minute dans le micro-ondes.

MANIPULER AVEC SOIN; C'EST CHAUD!

3) Vérifier que les aliments sont bien cuits.

Mélanger et savourer!



SERVING BOWL MADE FROM **PLANT-BASED FIBRE**  
BOL DE SERVICE CONFECTIONNÉ À PARTIR DE FIBRES **À BASE DE VÉGÉTAUX**

#### INGRÉDIENTS :

ÉPEAUTRE CUIT (EAU, ÉPEAUTRE), SAUCE À L'AIL ET À L'ORIGAN (EAU, CHARDONNAY, OIGNONS, HUILE D'OLIVE, AMIDON DE MAÏS, VINAIGRE, PURÉE DE POIVRONS SERRANO, PURÉE D'AIL, ARÔME DE POULET (BOUILLON DE POULET, SEL, GRAS DE POULET), AIL, PERSIL, SEL, JUS DE CITRON CONCENTRÉ, HUILE DE CANOLA, BEURRE, ORIGAN, ÉPICES, SUCRE), MÉLANGE DE LÉGUMES (POIS CHICHES BIOLOGIQUES CUIITS, TOMATES, BETTES À CARDES, CHOU FRISÉ, ÉPINARDS), MORCEAUX DE POULET CUIITS ASSAISONNÉS (POITRINE DE POULET, EAU, HUILE D'OLIVE, CASSONADE, SEL DE MER, ARÔME NATUREL), FROMAGE FETA.

CONTIENT : BLÉ, ÉPEAUTRE, LAIT.

#### FOR FOOD SAFETY AND QUALITY

Keep frozen. Do not thaw. Microwave directions developed with 1100 watt microwave ovens.

Appliances vary. Adjust cooking times as needed. Food must be cooked thoroughly to 74°C (165°F). Read and follow these cooking directions.

#### POUR ASSURER LA SALUBRITÉ ET LA QUALITÉ DES ALIMENTS

Garder congelé. Ne pas décongeler. Le temps de cuisson au micro-ondes a été déterminé en fonction d'un four d'une puissance de 1100 watts.

Le temps de cuisson peut varier selon l'appareil. Ajuster le temps de cuisson au besoin. Les aliments doivent être bien cuits; la température doit atteindre 74°C (165°F). Lire et respecter le mode de cuisson.

74°C

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Poulet feta et épeautre

POWER BOWLS  
BOLS ÉNERGIE

