

Shrimp Stir-Fry Noodles, 12 oz

Ingredients: ASC-Certified Shrimp (Shrimp, Salt, Stabilizers: Sodium Tripolyphosphate, Sodium Hexametaphosphate), Egg Noodles (Wheat Flour, Water, Salt, Egg Yolk Powder), Teriyaki Sauce (Sugar, Soy Sauce 30% [Water, Salt, Soybeans, Wheat Flour], Water, Rice Vinegar [Water, Rice, Sugar, Salt], Tomato Paste, Rice Wine [Water, Rice, Wheat], Corn Starch, Ginger, Onion, Garlic), Bell Peppers, Carrots, Button Mushrooms, Broad Beans, Olive Oil, Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol, Sugar), Scallions, Red Chili, Reduced Sodium Salt (Sodium Chloride, Potassium Chloride, Magnesium Sulfate, L-Lysine, Silica, Potassium Iodide), Sesame Seeds, Lime Juice, Garlic, Coriander, Black Pepper, Red Chili Flakes

Contains: Wheat, Eggs, Soy, Sesame, Shellfish (Shrimp)

Nutrition Facts	
1 serving per container	
Serving size	1 tray (340g)
Amount Per Serving	
Calories	530
<small>% Daily Value*</small>	
Total Fat 21g	27%
Saturated Fat 1.9g	10%
<i>Trans</i> Fat 0g	
Cholesterol 100mg	33%
Sodium 2210mg	96%
Total Carbohydrate 68g	25%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 15g Added Sugars	30%
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.8mg	10%
Potassium 517mg	10%
<small>*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.</small>	

Salmon with Quinoa and Vegetables, 12 oz

Ingredients: ASC-Certified Skinless Salmon, Quinoa, Green Beans, Carrots, Bell Peppers, Olive Oil, Asparagus, Butter (Cream), Lemon Juice, Parsley, Garlic, Reduced Sodium Salt (Sodium Chloride, Potassium Chloride, Magnesium Sulfate, L-Lysine, Silica, Potassium Iodide), Basil, Tarragon, Lemon Zest, Black Pepper

Contains: Fish (Salmon), Milk

Nutrition Facts	
1 serving per container	
Serving size	1 tray (340g)
Amount Per Serving	
Calories	610
% Daily Value*	
Total Fat 41g	53%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 570mg	25%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 33g	66%
Vitamin D 15mcg	80%
Calcium 52mg	4%
Iron 2.88mg	15%
Potassium 1128mg	25%

*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.

Cod Fillet with Cauliflower and Green Sauce, 12 oz

Ingredients: Cauliflower, MSC-Certified Icelandic Cod, Carrots, Milk, Olive Oil, Butter (Cream), Garlic, Reduced Sodium Salt (Sodium Chloride, Potassium Chloride, Magnesium Sulfate, L-Lysine, Silica, Potassium Iodide), Parsley, Basil, Lemon Juice, Tarragon, Black Pepper

Contains: Fish (Cod), Milk

Nutrition Facts	
1 serving per container	
Serving size	1 tray (340g)
Amount Per Serving	
Calories	390
<small>% Daily Value*</small>	
Total Fat 27g	35%
Saturated Fat 8.6g	43%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 490mg	21%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Vitamin D 1.4mcg	8%
Calcium 117mg	8%
Iron 1.44mg	8%
Potassium 1410mg	30%
<small>*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.</small>	