



PLANT-BASED GOODNESS



CONVENIENT & DELICIOUS



MICROWAVEABLE IN 60 SECONDS



GLUTEN FREE



TRENDY FLAVORS



NO GUILT SNACKING



VEGAN & NON-GMO



60 SECONDS TO HEAT

BUSY DAYS



ON-THE-GO



AS A SIDE



ADVENTURES





PLANT-BASED GOODNESS

LO MEIN



Nutrition Facts	
1 serving per container Serving size 1 pouch (285g) 1 Cup	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1340mg	58%
Total Carbohydrate 24g	9%
Dietary Fiber 9g	32%
Total Sugars 11g	
Includes 6g Added Sugars	12%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 1.4mg	8%
Potassium 440mg	10%

*The % Daily Value 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.

INGREDIENTS: KONJAC NOODLES (KONJAC FLOUR, HYDROXYPROPYL DISTARCH-PHOSPHATE, CALCIUM HYDROXIDE), CABBAGE, BELL PEPPERS, TEXTURED SOY PROTEIN, BAMBOO SHOOTS, CARROTS, SOY SAUCE (WATER, SOYBEANS, RICE, SALT), WATER CHESTNUTS, MUSHROOMS, SOYBEAN OIL, SUGAR, SPRING ONIONS, SPICES, SESAME OIL, NATURAL FLAVOR, WATER, SALT, XANTHAN GUM. **CONTAINS SOY & SESAME.**



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JAMAICAN JERK BOWL



Nutrition Facts	
1 serving per container Serving size 1 pouch (285g) 1 1/4 Cup	
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 10g	12%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 940mg	41%
Total Carbohydrate 59g	22%
Dietary Fiber 11g	38%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 13g	25%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.0mg	12%
Potassium 540mg	11%

*The % Daily Value 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.

INGREDIENTS: BROWN RICE, WATER, JACKFRUIT, TEXTURED SOY PROTEIN, BELL PEPPER, SOYBEAN OIL, ONION, BLACK BEANS, PINTO BEANS, SALT, SPRING ONION, SOY SAUCE, NATURAL FLAVOR, SUGAR, GARLIC, SPICES, CORN STARCH, YEAST EXTRACT, CHILI POWDER 'ONION FLAVOR, XANTHAN GUM, GARLIC FLAVOR. **CONTAINS SOY.**



8 45561 00655 5

SOUTHWEST BOWL -WITH CHIPOTLE PEPPERS-



Nutrition Facts	
1 serving per container Serving size 1 pouch (285g) 1 1/4 Cup	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1080mg	47%
Total Carbohydrate 45g	16%
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0.0mcg	0%
Calcium 90mg	6%
Iron 3.0mg	20%
Potassium 720mg	15%

*The % Daily Value 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.

INGREDIENTS: WATER, TEXTURED SOY PROTEIN, BROWN RICE, TOMATO, BLACK BEAN, CHIPOTLE PASTE (CHIPOTLE PEPPER PUREE [CHIPOTLE PEPPER, WATER], WATER, TOMATO PASTE, VINEGAR, SALT, SPICES, SMOKE FLAVOR), BELL PEPPER, SWEET CORN, ONION, SALT, LEMON JUICE, SPICES, GARLIC POWDER, CHILI, YEAST EXTRACT. **CONTAINS SOY.**



8 45561 00134 5

SWEET POTATO HARVEST BOWL



Nutrition Facts	
1 serving per container Serving size 1 pouch (285g) 1 1/4 Cup	
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 10g	12%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 940mg	41%
Total Carbohydrate 59g	22%
Dietary Fiber 11g	38%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 13g	25%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.0mg	12%
Potassium 540mg	11%

*The % Daily Value 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.

INGREDIENTS: SWEET POTATO, QUINOA, PINTO BEAN, GREEN PEAS, SHALLOTS, WATER, SUNFLOWER OIL, SOYBEAN OIL, VINEGAR, SALT, SUGAR, RICE FLOUR, LEMON JUICE, CINNAMON, BLACK PEPPER, THYME, ONION FLAVOR, XANTHAN GUM, MUSTARD, TURMERIC.



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GREEK BOWL



Nutrition Facts	
1 serving per container Serving size 1 pouch (285g) 1 Cup	
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1110mg	48%
Total Carbohydrate 61g	22%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 7g Added Sugars	14%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2.5mg	15%
Potassium 440mg	10%

*The % Daily Value 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.

INGREDIENTS: WATER, BROWN RICE, TEXTURED SOY PROTEIN, CHICKPEAS, CARROTS, ONION, BELL PEPPER, EXTRA VIRGIN OLIVE OIL, SUGAR, CAPERS (WATER, ACETIC ACID, SALT, CALCIUM CHLORIDE), BLACK OLIVES, LEMON JUICE, SUNDRIED TOMATO, SALT, LEMON ZEST, SUNFLOWER OIL, WHITE PEPPER, OREGANO, PARSLEY, NATURAL LEMON FLAVOR. **CONTAINS SOY.**



8 45561 00594 7

HAWAIIAN BOWL



Nutrition Facts	
1 serving per container Serving size 1 pouch (285g) 1 Cup	
Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 780mg	34%
Total Carbohydrate 64g	23%
Dietary Fiber 7g	25%
Total Sugars 15g	
Includes 7g Added Sugars	14%
Protein 13g	26%
Vitamin D 0.0mcg	0%
Calcium 70mg	6%
Iron 1.9mg	10%
Potassium 600mg	15%

*The % Daily Value 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.

INGREDIENTS: WATER, BROWN RICE, PINEAPPLE, TEXTURED SOY PROTEIN, RED PEPPER, PEAS, ONION, SOYBEAN OIL, SUGAR, GINGER, SOY SAUCE (SOYBEAN, RICE), ONION FLAVOR (MALTODEXTRIN, SALT, VEGETABLE OIL, MAGNESIUM CARBONATE), YEAST EXTRACT, SALT, BLACK PEPPER, SMOKE FLAVOR (MALTODEXTRIN, SALT, NATURAL FLAVOR, CELLULOSE POWDER), GARLIC FLAVOR (MALTODEXTRIN, SALT, VEGETABLE OIL, MAGNESIUM CARBONATE), PAPRIKA OLEORESIN. **CONTAINS SOY**



8 45561 00568 8

60 SECONDS TO HEAT



TACO FILLING



Nutrition Facts	
5 servings per container	
Serving size 2oz (55g)	
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0.4mcg	2%
Calcium 40mg	4%
Iron 1.0mg	6%
Potassium 210mg	4%

INGREDIENTS: TEXTURED SOY PROTEIN, WATER, SOYBEAN OIL, TACO SEASONING (SPICES, ONION POWDER, GARLIC POWDER, DEXTROSE, SEA SALT, PAPRIKA, GREEN BELL PEPPER, RICE STARCH, HICKORY FLAVOR [MALTODEXTRIN, HICKORY SMOKE FLAVOR, CITRIC ACID]), BEEF FLAVOR (MALTODEXTRIN, YEAST EXTRACT, SALT, SOY SAUCE POWDER [SOY SAUCE, MALTODEXTRIN], SPICES, SILICON DIOXIDE), GARLIC FLAVOR (MALTODEXTRIN, SALT, VEGETABLE OIL, MAGNESIUM CARBONATE), SUGAR, CORN STARCH, CUMIN, VEGETABLE SHORTENING BLEND (MALTODEXTRIN, VEGETABLE SHORTENING, NATURAL FLAVORS, DEXTROSE), RICE STARCH, POTASSIUM CHLORIDE.
CONTAINS SOY.



HEARTY SPAGHETTI



Nutrition Facts	
1 serving per container	
Serving size 1 pouch (285g) 1 Cup	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 840mg	37%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	29%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 1.9mg	10%
Potassium 730mg	15%

INGREDIENTS: KONJAC NOODLES (WATER, KONJAC FLOUR, HYDROXYPROPYL DISTARCH-PHOSPHATE, CALCIUM HYDROXIDE), TEXTURED SOY PROTEIN, TOMATO, WATER, TOMATO PASTE, ONION, CARROT, OLIVE OIL, SUGAR, SALT, YEAST EXTRACT, CELERY, WHITE PEPPER POWDER, PARSLEY, XANTHAN GUM.
CONTAINS SOY.



PAD THAI



Nutrition Facts	
1 serving per container	
Serving size 1 pouch (285g) 1 1/4 Cup	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1210mg	52%
Total Carbohydrate 36g	13%
Dietary Fiber 9g	32%
Total Sugars 15g	
Includes 9g Added Sugars	17%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.9mg	10%
Potassium 740mg	15%

INGREDIENTS: KONJAC NOODLES (WATER, KONJAC FLOUR, HYDROXYPROPYL DISTARCH-PHOSPHATE, CALCIUM HYDROXIDE), TEXTURED SOY PROTEIN, RED PEPPER, TOMATO, CORN, SUNFLOWER OIL, WATER, CHESTNUT, TOMATO PASTE, CARROT, PEANUT, SUGAR, WATER, TAMARIND PASTE, SALT, VINEGAR, ONION, YEAST EXTRACT, CHILI POWDER, GARLIC FLAVOR (MALTODEXTRIN, SALT, VEGETABLE OIL, MAGNESIUM CARBONATE).
CONTAINS SOY.





PLANT-BASED GOODNESS

**MAKING A DIFFERENCE
STARTS WITH MAKING A CHANGE.**

**LOMA LINDA MAKES CHOOSING PLANT-BASED CONVENIENT &
DELICIOUS! SUSTAINABLY SOURCED, NON-GMO PLANT-PROTEINS
MAKE OUR MEALS GOOD FOR BOTH YOU & THE PLANET!
TOGETHER WE CAN CHANGE THE WORLD; ONE DISH AT A TIME.**

