



HOMESTYLE MEALS



EACH HOMESTYLE MEAL COMES WITH EVERYTHING YOU NEED - FOOD POUCH, HEATING ELEMENT AND UTENSILS. WE HAVE A STATE OF THE ART FLAMELESS HEATING PROCEDURE TO WARM UP THE FOOD.

Omeals Homestyle Meals range from 6 to 8 oz. of ready to consume wholesome food. All Homestyle meals are fully cooked and never freeze dried. Our meals are shelf stable, self-heating and can be eaten anytime anywhere. Our menu offering includes options that are low and no cholesterol, low sodium and is good source of fiber among others.

Our meal pouches are nearly weightless, flexible, waterproof and fit into any sized backpack or reduced space. Each Homestyle Meal comes with everything you need - food pouch, heating element and utensils. We have a state of the art flameless heating procedure to warm up the food that only requires a couple of ounces of liquid to activate.

HOMESTYLE MEALS

NUTRITIONAL INFORMATION	SKU	Unit Size (oz)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
HOMESTYLE MEALS																	
Vegetable Stew with Beef	OMEM4	8	227	170	3	1	0	20	610	21	3	4	14	2	2	2	10
Lentils with Beef	OMEM5	8	227	240	7	1.5	0	15	660	31	5	4	15	2	0	8	15
Southwestern Style Chicken with Rice	OMEC3	8	227	290	7	1	0	30	520	39	4	4	18	0	2	2	10
Chicken Creole with Brown Rice	OMEC4	8	227	230	5	0.5	0	20	410	33	3	6	12	2	4	8	8
Pasta Fagioli	OMEV3	8	227	200	6	1	0	0	470	23	6	6	14	2	2	15	25
Vegetarian Chili	OMEV4	8	227	190	1.5	0	0	0	780	36	7	5	9	2	4	8	15
Brown Rice, Quinoa & Lentils	OMEV5	6	170	280	2.5	0	0	0	500	55	4	1	7	0	0	4	8
Plain Oatmeal	OMEB1	8	227	240	7	3	0	10	220	41	5	19	4	0	0	0	8
Maple Brown Sugar Oatmeal	OMEB2	8	227	230	7	3	0	10	220	40	5	18	4	0	0	0	8

INGREDIENTS

VEGETABLE STEW WITH BEEF: WATER, COOKED BEEF (BEEF, SALT), POTATOES (POTATOES, SODIUM ACID PYROPHOSPHATE), ONIONS, CARROTS, PEAS, CELERY, TOMATO PASTE, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL BEEF FLAVOR TYPE (HYDROLYZED CORN, SOY AND WHEAT PROTEIN, YEAST EXTRACT, MALTODEXTRIN, BEEF EXTRACT, HYDROLYZED CORN GLUTEN, NATURAL FLAVORING), WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONIONS, ANCHOVIES, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), ONION POWDER, GARLIC POWDER, SALT, SPICE, CARAMEL COLOR. **CONTAINS FISH, SOY & WHEAT.**

LENTILS WITH BEEF, VEGETABLES & SAUCE: WATER, LENTILS, CARROTS, COOKED BEEF (BEEF, SALT), ONIONS, CELERY, TOMATO PASTE, OLIVE OIL, MODIFIED CORN STARCH, AND LESS THAN 2% OF BURGUNDY WINE (WINE, SALT), CABBAGE, BEEF STOCK CONCENTRATE (CONCENTRATED BEEF STOCK, SALT), SALT, ONION POWDER, GARLIC POWDER, SPICE.

SOUTHWEST STYLE CHICKEN WITH RICE: WATER, ENRICHED RICE (WHITE RICE, NIACIN, THIAMINE MONONITRATE, FERRIC ORTHOPHOSPHATE, FOLIC ACID), COOKED CHICKEN (CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, MODIFIED RICE STARCH, SALT, SODIUM PHOSPHATE), BLACK BEANS, ONIONS, RED BELL PEPPERS, ROASTED CORN, OLIVE OIL, CONTAINS 2% OR LESS OF: MODIFIED CORNSTARCH, TOMATO POWDER, SALSA CONCENTRATE (SAUTEED VEGETABLES AND HERBS [JALAPEÑO PEPPERS, CILANTRO, ONIONS], SALT, SUGAR, TOMATO PASTE, MALTODEXTRIN, DRIED TOMATOES, CANOLA OIL, CORNSTARCH, SOYBEAN OIL, MONO AND DIGLYCERIDES, SPICE, SOY LECITHIN, NATURAL FLAVORINGS, PAPRIKA EXTRACTS), DEHYDRATED GREEN BELL PEPPERS, DEHYDRATED ONIONS, TORULA YEAST, VINEGAR, SALT, DEHYDRATED ROASTED GARLIC, ONION POWDER, PAPRIKA, MONO AND DIGLYCERIDE.

CHICKEN CREOLE WITH BROWN RICE: TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, BROWN RICE, COOKED CHICKEN, CELERY, GREEN BELL PEPPERS, ONIONS, TOMATO PASTE, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, CANOLA OIL, CHICKEN FLAVOR (YEAST EXTRACT, SALT, SUGAR, CHICKEN POWDER, TOASTED SOY FLOUR, TORULA YEAST, FLAVOR, DISODIUM PHOSPHATE), SEA SALT, SPICES, GARLIC POWDER. **CONTAINS SOY.**

PASTA FAGIOLI: WATER, TOMATOES DICED IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), VEGETARIAN PIZZA CRUMBLE (WATER, SOY PROTEIN CONCENTRATE, CANOLA OIL, SPICES, SALT, AUTOLYZED YEAST EXTRACT, SUGAR, DEHYDRATED GARLIC, CARAMEL COLOR, ONION POWDER, NATURAL FLAVOR, RED BELL PEPPER, CONTAINS: THIAMINE HYDROCHLORIDE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], CYANOCOBALAMINE [VITAMIN B12], CALCIUM PANTHOTHENATE, FERRIC ORTHOPHOSPHATE, ZINC OXIDE), SOY BEANS, PASTA (DURUM SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID] AND EGG WHITES), CARROTS, CRUSHED TOMATO, KIDNEY BEANS, ONION, CONTAINS 2% OR LESS OF THE FOLLOWING: FOOD STARCH, KALE, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), OLIVE OIL, FLAVOR (YEAST EXTRACT, SUGAR, SALT, CORN SYRUP SOLIDS, NATURAL FLAVORS, ONION, WHEAT MALTODEXTRIN, CARROTS, SOY SAUCE [SOYBEANS, WHEAT, SALT], DEXTROSE, GARLIC, SPICE), GARLIC, SUGAR, SPICE, SALT, PAPRIKA OLEORESIN. **CONTAINS SOY, WHEAT, MILK & EGG.**

VEGETARIAN CHILI: WATER, BLACK BEANS, WHITE BEANS, PINTO BEANS, RED BEANS, DICED TOMATOES IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), CORN, ONIONS, RED BELL PEPPERS, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED CORN STARCH, POBLANO PEPPERS, SPICES, TORTILLA CHIPS (STONE GROUND CORN MASA FLOUR, VEGETABLE OIL [CANOLA, AND/OR SAFFLOWER, AND/OR SOYBEAN], SALT), FLAVOR (VEGETABLE PUREES [CARROT, CELERY, ONION], SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CORN STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACT OF CARROT, XANTHAN GUM, SPICE EXTRACTIVES), SUGAR, SALT, JALAPENOS, CORN FLOUR, LIME JUICE CONCENTRATE. **CONTAINS SOY.**

BROWN RICE, QUINOA & LENTILS: WATER, BROWN PARBOILED LONG GRAIN RICE, QUINOA, LENTILS, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED CORN STARCH, CANOLA OIL, SEA SALT, GARLIC POWDER, ONION POWDER, SOY LECITHIN, SPICE, PARSLEY. **CONTAINS SOY.**

PLAIN OATMEAL: WATER, OATS, SUGAR, SWEET CREAM, CONTAINS 2% OR LESS OF GUAR GUM, SOY LECITHIN, SODIUM ASCORBATE, SODIUM CITRATE, NATURAL FLAVOR (MALTODEXTRIN, MODIFIED CORN STARCH, GLYCERYL TRIACETIN, CORN SYRUP, NATURAL FLAVOR, SUGAR), SALT. **CONTAINS MILK & SOY.**

MAPLE BROWN SUGAR OATMEAL: WATER, OATS, SUGAR, SWEET CREAM, CONTAINS 2% OR LESS OF BROWN SUGAR, MAPLE SYRUP, GUAR GUM, SOY LECITHIN, SODIUM ASCORBATE, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR (MODIFIED CORN STARCH, CORN SYRUP, NATURAL AND ARTIFICIAL FLAVOR, DEXTROSE, CARAMEL COLOR, MAPLE SYRUP), SALT. **CONTAINS MILK & SOY.**

PACKAGING & SHIPPING INFORMATION

	SHIPPER QUANTITY	SHIPPER WEIGHT	SHIPPER LENGTH	SHIPPER WIDTH	SHIPPER HEIGHT	PALLET TIE/HIGH	PALLET DIMENSIONS
HOMESTYLE MEAL	24	18 LBS	15.5"	9.5"	8.5"	12 x 5	48 x 40 x 56H

For more information: 855-9-OMEALS (966-3257) or contact@omeals.com

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