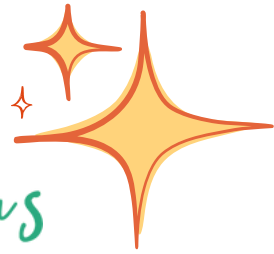


**GLUTEN-FREE**  
**100% REAL FOOD**  
**NO ADDED SUGAR**  
**POWDERED MEAL**  
**DAIRY-FREE**  
**NON-GMO**



# KALE, QUINOA, AND BERRIES *Plus*

Vegan Friendly | Added Vitamins and Minerals | High Protein

Whole Story Meals is a woman-owned, veteran-owned business started by a mother who wanted to feed her daughter well. Our ingredients are ethically and sustainably sourced, free of GMO's and processed to preserve vital nutrients.

## KQB PLUS *benefits*

### OPTIMAL NUTRITION

Formulated to meet 100% DRI for 25 essential nutrients.\*



### RICH IN POLYPHENOLS

Help manage inflammation and reduce oxidative stress.



### PLANT PROTEIN

Powerful plant protein designed to meet adult needs.



## Instructions

Mix 3oz of water per scoop (21g) of powder. Mixes best in a shaker bottle with a wire whisk.

## Quick Tips

- Mix only what you need for each meal.
- For best results, do not store your blend in the refrigerator.

## Caloric Density

1.0 up to 2.0 cal/ml

## Caloric Distribution

16% calories from protein  
 40% calories from carbohydrate  
 44% calories from fat

## KQB PLUS Overview

- Each bag contains 2,000 calories
- 1 scoop of powder = 100 calories
- Can be enjoyed by mouth or tube
- Suitable for syringe or pump feeding
- Customizable calorie density
- For adults
- Complete nutrition

## Ingredients

Cold-processed sunflower seeds, sweet potatoes, cold-processed golden flaxseeds, coconut oil, blueberries, raspberries, brown rice protein, organic quinoa, zucchini, kale, ancient sea salt, dextrin (a fiber).

## Vitamins and Minerals

Calcium citrate, choline bitartrate, zinc gluconate, calcium pantothenate (B5), retinyl palmitate (A), riboflavin (B2), methyl folate, potassium iodide, phytonadione (K), cholecalciferol (D3), biotin, methylcobalamin (B12).

Allergens: coconut (tree nut)

## Billing Information

HCPCS B4149  
 NDC: 50052-0824-05  
 Each Item #: 7223  
 Case (30 EA)  
 Case Item #: 9223

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>4 scoops (85.9g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>400</b>
	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 5.84g	<b>29%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.75g	
Monounsaturated Fat 8.08g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 4mcg	20%
Calcium 260mg	20%
Iron 5mg	30%
Potassium 750mg	15%
Vitamin A	20%
Vitamin C	20%
Vitamin E	50%
Vitamin K	20%
Thiamin	45%
Riboflavin	25%
Niacin	30%
Vitamin B6	35%
Folate	30%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid	25%
Phosphorus	20%
Iodine	20%
Magnesium	30%
Zinc	30%
Selenium	45%
Copper	70%
Manganese	60%
Chromium	90%

\*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.

\*20 scoops (2,000 calories) of Kale, Quinoa and Berries Plus a day meets Institute of Medicine DRI for 25 essential vitamins and minerals for adults age 18 or older.

**Samples Available Upon Request**  
 nutrition@wholestorymeals.com

Whole Story Meals Inc.  
**Updated 4/5/2024**

**GLUTEN-FREE  
100% REAL FOOD  
NO ADDED SUGAR  
POWDERED MEAL  
DAIRY-FREE  
NON-GMO**



# CHICKEN, PEAS AND CARROTS *Plus*

Real Chicken | Added Vitamins and Minerals | High Protein

Whole Story Meals is a woman-owned, veteran-owned business started by a mother who wanted to feed her daughter well. Our ingredients are ethically and sustainably sourced, free of GMO's and processed to preserve vital nutrients.

## CPC PLUS *benefits*

### OPTIMAL NUTRITION

Formulated to meet 100% DRI for 25 essential nutrients.\*

### CONTAINS TURMERIC

Powerful antioxidant and anti-inflammatory superfood.

### IMMUNE SUPPORT

Fortified with essential vitamins A, C, D, E, and Zinc to bolster the immune system.

### Instructions

Mix 2.5oz of water per scoop (22g) of powder. Mixes best in a shaker bottle with a wire whisk.

### Quick Tips

- Mix only what you need for each meal.
- For best results, do not store your blend in the refrigerator.

### Caloric Density

1.1 up to 2.0 cal/ml

### Caloric Distribution

16% calories from protein  
46% calories from carbohydrate  
38% calories from fat

## CPC PLUS Overview

- Each bag contains 2,000 calories
- 1 scoop of powder = 100 calories
- Can be enjoyed by mouth or tube
- Suitable for syringe or pump feeding
- Customizable calorie density
- For adults
- Complete nutrition

## Ingredients

Chicken broth and fat, oats, peas, sweet potatoes, carrots, strawberries, coconut oil, cooked chicken, salt, onion, turmeric, black pepper, dextrin (a fiber)

## Vitamins and Minerals

Calcium citrate, choline bitartrate, retinyl palmitate (A), methyl folate, potassium iodide, phytonadione (K), biotin, cholecalciferol (D3), methylcobalamin (B12).

Allergens: coconut (tree nut)

## Billing Information

HPCPS B4149  
NDC: 50052-0824-04  
Each Item #: 7224  
Case (30 EA)  
Case Item #: 9224

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>4 scoops (90.8g)</b>
<b>Amount Per Serving</b>	<b>400</b>
<b>Calories</b>	
<small>% Daily Value*</small>	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 6.9g	<b>35%</b>
Trans Fat 0g	
Polyunsaturated Fat 3.4g	
Monounsaturated Fat 6.7g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 5mcg	25%
Calcium 260mg	20%
Iron 3.5mg	20%
Potassium 968mg	20%
Vitamin A	20%
Vitamin C	20%
Vitamin E	20%
Vitamin K	20%
Thiamin	25%
Riboflavin	20%
Niacin	25%
Vitamin B6	20%
Folate	25%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid	25%
Phosphorus	20%
Iodine	20%
Magnesium	20%
Zinc	20%
Selenium	40%
Copper	30%
Manganese	50%
Chromium	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>	

\*20 scoops (2,000 calories) of Chicken, Peas and Carrots Plus a day meets Institute of Medicine DRI for 25 essential vitamins and minerals for adults age 18 or older.

**Samples Available Upon Request**

nutrition@wholestorymeals.com

Whole Story Meals Inc.

**Updated 4/5/2024**

**GLUTEN-FREE**  
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**NO ADDED SUGAR**  
**POWDERED MEAL**  
**DAIRY-FREE**  
**NON-GMO**



# PEDIATRICS

# KALE, QUINOA, AND BERRIES *Plus*

**Vegan Friendly | Added Vitamins and Minerals| Antioxidant Rich**

Whole Story Meals is a woman-owned, veteran-owned business started by a mother who wanted to feed her daughter well. Our ingredients are ethically and sustainably sourced, free of GMO's and processed to preserve vital nutrients.



## KQB PLUS PEDS *benefits*

### OPTIMAL NUTRITION

Formulated to meet 100% DRI for 25 essential nutrients\*.



### RICH IN POLYPHENOLS

Help manage inflammation and reduce oxidative stress.



### PLANT PROTEIN

Powerful plant protein designed to meet pediatric needs.



## Instructions

Mix 2.5oz of water per scoop (21g) of powder. Mixes best in a shaker bottle with a wire whisk.

## Quick Tips

- Mix only what you need for each meal.
- For best results do not store your blend in the refrigerator.

## Caloric Density

1.1 up to 2.0 cal/ml

## Caloric Distribution

13% calories from protein  
 42% calories from carbohydrate  
 45% calories from fat

## KQB PLUS PEDIATRICS Overview

- Each bag contains 2,000 calories
- 1 scoop of powder = 100 calories
- Can be enjoyed by mouth or tube
- Suitable for syringe or pump feeding
- Customizable calorie density
- For pediatrics
- Complete nutrition

## Ingredients

Cold-processed sunflower seeds, sweet potatoes, cold-processed golden flaxseeds, coconut oil, organic quinoa, zucchini, blueberries, raspberries, kale, ancient sea salt, dextrin (a fiber).

## Vitamins and Minerals

Choline bitartrate, retinyl palmitate (A), methyl folate, potassium iodide, phytonadione (K), cholecalciferol (D3), biotin, methylcobalamin (B12)

Allergens: coconut (tree nut)

## Billing Information

HCPCS B4149  
 NDC: 50052-0824-09  
 Each Item #: 7323  
 Case (30 EA)  
 Case Item #: 9323

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>4 scoops (85.75g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>400</b>
% Daily Value*	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.9g	
Monounsaturated Fat 8.08g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 1.67mcg	8%
Calcium 267mg	20%
Iron 4mg	20%
Potassium 770mg	15%
Vitamin A	15%
Vitamin C	10%
Vitamin E	50%
Vitamin K	15%
Thiamin	40%
Riboflavin	15%
Niacin	30%
Vitamin B6	35%
Folate	20%
Vitamin B12	15%
Biotin	15%
Pantothenic Acid	20%
Phosphorus	25%
Iodine	20%
Magnesium	35%
Zinc	20%
Selenium	25%
Copper	70%
Manganese	60%
Chromium	70%

\*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.

\*12 scoops (1,200 calories) of Kale, Quinoa and Berries Plus Pediatrics a day meets Institute of Medicine DRI for 25 essential vitamins and minerals for children ages 4-8.

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 nutrition@wholestorymeals.com

**Whole Story Meals Inc.**  
**Updated 4/5/2024**

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100% REAL FOOD  
NO ADDED SUGAR  
POWDERED MEAL  
DAIRY-FREE  
NON-GMO**



# PEDIATRICS

# CHICKEN, PEAS AND CARROTS *Plus*

Real Chicken | Complete Nutrition | Gluten Free



Whole Story Meals is a woman-owned, veteran-owned business started by a mother who wanted to feed her daughter well. Our ingredients are ethically and sustainably sourced, free of GMO's and processed to preserve vital nutrients.

## CPC PLUS PEDS *benefits*

### OPTIMAL NUTRITION

Formulated to meet 100% DRI for 25 essential nutrients.\*

### CONTAINS TURMERIC

Powerful antioxidant and anti-inflammatory superfood.

### IMMUNE SUPPORT

Fortified with essential vitamins A, C, D, E, and Zinc to bolster the immune system.

### Instructions

Mix 2.5oz of water per scoop (22g) of powder. Mixes best in a shaker bottle with a wire whisk.

### Quick Tips

- Mix only what you need for each meal.
- For best results do not store your blend in the refrigerator.

### Caloric Density

1.1 up to 2.0 cal/ml

### Caloric Distribution

13% calories from protein  
47% calories from carbohydrate  
40% calories from fat

## CPC PLUS PEDIATRICS Overview

- Each bag contains 2,000 calories
- 1 scoop of powder = 100 calories
- Can be enjoyed by mouth or tube
- Suitable for syringe or pump feeding
- Customizable calorie density
- For pediatrics
- Complete nutrition

### Ingredients

Oats, chicken broth and fat, sweet potatoes, coconut oil, carrots, peas, strawberries, cooked chicken, ancient sea salt, onion, turmeric, black pepper, dextrin (a fiber).

### Vitamins and Minerals

Calcium citrate, choline bitartrate, tocopheryl acetate (E), retinyl palmitate (A), potassium iodide, methyl folate, phytonadione (K), biotin, methylcobalamin (B12), cholecalciferol (D3).

Allergens: coconut (tree nut)

### Billing Information

HCPCS B4149  
NDC: 50052-0824-08  
Each Item #: 7324  
Case (30 EA)  
Case Item #: 9324

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>4 scoops (89.18g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>400</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 9g	<b>45%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.7g	
Monounsaturated Fat 5.3g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 1.8mcg	8%
Calcium 267mg	20%
Iron 3.5mg	20%
Potassium 800mg	15%
Vitamin A	15%
Vitamin C	20%
Vitamin E	20%
Vitamin K	15%
Thiamin	15%
Riboflavin	15%
Niacin	25%
Vitamin B6	20%
Folate	25%
Vitamin B12	15%
Biotin	15%
Pantothenic Acid	20%
Phosphorus	15%
Iodine	20%
Magnesium	10%
Zinc	20%
Selenium	20%
Copper	20%
Manganese	25%
Chromium	30%

\*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.

\*12 scoops (1,200 calories) of Chicken, Peas and Carrots Plus Pediatrics a day meets Institute of Medicine DRI for 25 essential vitamins and minerals for children ages 4-8.

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