

## HOLIDAY **GUIDE**

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## FREQUENTLY ASKED QUESTIONS

## Meal Simple **Holiday Meals**

### Do I need an account with Curbside/Delivery to order a meal?

Yes, register for an account.

### When are meals available for Curbside pickup or Delivery?

Meals are available for Curbside pickup November 25 – November 28. Last Curbside pickup is at 11 a.m. on November 28. Meals are available for delivery November 25 – November 28. Last delivery is 10 a.m. on November 28.

### When can I order my meal?

Orders can be placed up to 7 days in advance of your time slot for Curbside pickup or Delivery. Meals can be ordered starting on November 18 for November 25. The last possible day to order a meal is November 27 at 9:00 p.m.

### Are meals SNAP eligible?

Yes!

### Are the meals heated when I pick them up?

No. Meals are refrigerated and will need to be heated at home before enjoying.

### Where can I find Nutritional Information?

Nutritional Information can be found later in this document on:

- Turkey Dinner for 8: Page 6
- Turkey Dinner for 4: Page 8
- Ham Dinner for 4: Page 10

### When can I order a meal for the Christmas holiday?

Meals will not be available for Christmas this year. Meal Simple proteins and holiday sides to serve 4 will be available in-store and through Curbside and Delivery.

## FREQUENTLY ASKED QUESTIONS

## Meal Simple **Pre-Seasoned Turkeys**

### How can I pre-order a Meal Simple Turkey?

Visit the meat market service case to pre-order a turkey. At the time of preorder pick up date, time, and contact phone number are required. If you need to modify your time slot, please notify your store. If time slot is missed, If 24 hours has passes and the turkey has not been picked up, your pre-ordered turkey may no longer be available.

### How many people does the Meal Simple turkey feed?

All turkeys are 10-14 pounds, so you can expect that it will easily feed 8-10 people.

### How do I estimate cook time for my Meal Simple turkey?

Use the weight listed on your turkey's label and multiply that by 15 to get the total number of minutes it'll need to cook in the oven.

### Where can I find Nutritional Information?

Nutritional Information can be found later in this document on Page 11.

### Meal Simple Pre-Seasoned Turkey Pro-Tips:

**Rest Your Bird** – When the turkey is done cooking, remove from oven and tent with foil. Allow to rest at least 10 minutes before serving.

It's All Gravy – While the turkey is resting, prep the gravy with the pan drippings. Remember, we put seasoned butter under the skin – these pan drippings are the BEST base for a gravy your guests will be sure to remember. Oven Full of Sides, No Problem – This Turkey does GREAT in pellet smokers. Same heating instructions apply. Keep the turkey in the pan and just put in the pellet smoker.

# OVEN ROASTED TURKEY

MEAL FOR 8

### PREP: 15 MINS | TOTAL: 3 - 3.5 HRS

## QUICK GUIDE

### PANTRY ROUND UP: SHALLOW PAN | FOIL | HOT POT HOLDERS

### HERE WE GO!

Please read all instructions prior to cooking.













## 1. OVEN ROASTED TURKEY



Remove meat from oven and let rest while you heat your Holiday Sides & Turkey Gravy.

**2. HOLIDAY SIDES** Remove Film from sides and heat for 35-40 minutes.



### **3. TURKEY GRAVY**

While your Holiday Sides are heating in the oven, turn your top stove burner to Medium High heat and heat the Turkey Gravy in a medium sauce pan for approximately 10 mins, stirring frequently.

### 4. SERVE & ENJOY!

Happy Holidays from our family to yours!

OVEN ROASTEI	
Nutrition	Facts
Varied servings per	box
Serving size	3 oz (85g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol 60mg	20%
Sodium 350mg	15%
Total Carbohydrate	3g <b>1%</b>
Dietary Fiber Og	0%
Total Sugars 1g	
Includes 1g Added	Sugars 2%
Protein 23g	
Vit. D Omcg 0% • Cal	cium Omg O%
Iron 1mg 6% • Pota	as. Omg 0%
*The % Daily Value tells you how a serving of food contributes to calories a day is used for gener	a daily diet. 2,000
INGREDIENTS: TURKEY	

**INGREDIENTS:** TURKEY, WATER, CONTAINS LESS THAN 2% OF: SEA SALT, CANE SUGAR.

\*MINIMALLY PROCESSED, NO ARTIFICIAL INGREDIENTS

TURKEY GRAVY	
Nutrition Fact about 7 servings per tray Serving size 1/4 cup (67)	_
Amount per serving 60	)
% Daily Valu           Total Fat 4.5g         6           Saturated Fat 2.5g         13           Trans Fat 0g         13	%
Cholesterol 15mg5Sodium 330mg14	%
Dietary Fiber Og O Total Sugars Og	%
Protein 1g Vit. D Omcg 0% • Calcium 10mg 0 Iron Omg 0% • Potas, 20mg 0%	1%
*The % Daily Value tells you how much a nutrien a serving of food contributes to a daily diet. 2,00 calories a day is used for general nutrition advice	t in 0

**INGREDIENTS:** WATER, PASTEURIZED HEAVY CREAM, UNSALTED BUTTER (CREAM [MILK], NATURAL FLAVOR), CORN STARCH, TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN. FOLIC ACID), NATURAL FLAVOR, SALT, SPICES THYME EXTRACT (CANOLA OIL NATURAL FLAVOR [INCLUDING SPICE EXTRACTIVES]), ROASTED GARLIC FLAVOR (CANOLA OIL, SUNFLOWER OIL, NATURAL FLAVOR), ROSEMARY EXTRACT (NATURAL FLAVOR [WITH SPICE EXTRACTIVES], CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES). CONTAINS: MILK, WHEAT

Nutrition	Facts
about 5 servings pe	r tray
Serving size 2/3	
Amount per serving	
Calories	<b>180</b>
	% Daily Value*
Total Fat 11g	<sup>% Daily Value</sup>
Saturated Fat 7g	35%
Trans Fat Og	
Cholesterol 30mg	10%
Sodium 550mg	24%
Total Carbohydrate	
Dietary Fiber 1g	4%
Total Sugars 3g	0.001
Includes Og Added	Sugars <b>0%</b>
Protein 5g	
Vit. D 0.2mcg 2% • Calo	cium 50mg 4%
Iron 1.4mg 8% • Pota	as. 580mg 10%
*The % Daily Value tells you how a serving of food contributes to	a daily diet. 2,000
calories a day is used for genera	
INGREDIENTS: MASHED (YUKON GOLD POTATOE	
MILK, BUTTER [SWEET C	REAM, SALT],
SALT, NATURAL FLAVOR PREPARATION [SALT, N	
{ANTIMICROBIAL}]), NA	
CONTAINS: MILK	
CORNBREAD ST	UEEING
Nutrition	Facts
about 6 servings per	tray
Serving size 2/3 (	
Amount per serving	
	<b>220</b>
Valui ICJ	

YUKON GOLD

MASHED POTATOES

Amount per serving Calories	<b>220</b>
	% Daily Value*
<b>Total Fat</b> 13g	17%
Saturated Fat 4.5g	23%
Trans Fat Og	
Cholesterol 20mg	7%
Sodium 380mg	17%
Total Carbohydrate 2	22g <b>8%</b>
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added	Sugars 2%
Protein 4g	
Vit. D 0.1mcg 0% • Calo	cium 20mg 2%
Iron 1mg 6% • Pota	as. 100mg 2%
*The % Daily Value tells you how a serving of food contributes to a calories a day is used for genera	a daily diet. 2,000

**INGREDIENTS: WATER, CORNB** STUFFING (ENRICHED FLOUR FLOUR, MALTED BARLEY FLOU REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CANOLA AND/OR SUNFLOWER OIL, CORN GRITS, SUGAR, YEAST, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, SALT, YELLOW CORN FLOUR, SOYBEAN OIL, TURMERIC, PAPRIKA, NATURAL FLAVOR, ROSEMARY EXTRACTIVES [TO PRESERVE FRESHNESS], ASCORBIC ACID [TO PRESERVE FRESHNESS]), ONIONS, CELERY, UNSALTED I (PASTEURIZED CREA FLAVORINGS), CANO FLAVOR (TURKEY BR SALT, NATURAL FLAVOR, ONION POWDER), PARSLEY, CORN STARCH, SAGE, SALT, THYME, ROSEMARY, CHAMPIGNON MUSHROOM EXTRACT POWDER (CORN STARCH, MUSHROOM EXTRACT, SALT).

100g)	Serving size 2/3 cup (110g)	
20	Amount per serving 150	
Value*	% Daily Value*	
6	Total Fat 11g 14%	
	Saturated Fat 6g 30%	
	Trans Fat Og	
	Cholesterol 25mg 8%	
	<b>Sodium</b> 300mg <b>13%</b>	
	Total Carbohydrate 11g 4%	
	Dietary Fiber 2g 7%	
	Total Sugars 2g	
	Includes Og Added Sugars 0%	
	Protein 3g	
	Vit. D 0.2mcg 2% • Calcium 70mg 6%	
	Iron 0.8mg 4% • Potas. 210mg 4%	
	*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.	
L CIN.	INGREDIENTS: MUSHROOM SAUCE (MUSHROOMS, CREAM [WHOLE MILK], V ONIONS, UNSALTED BUTTER [PASTEUR];	,

UTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES {MICROBIAL}], CORN STARCH, GARLIC PUREE [GARLIC, CITRIC ACID, ASCORBIC ACID {TO MAINTAIN COLOR}], SALT, SPICE), GREEN BEANS, CRISPY ONIONS (ONIONS, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUNFLOWER, SAFFLOWER AND/OR CANOLA ALT).

CRANBERRY SAUCE

Nutrition Facts about 6 servings per tray

1/4 cup (76g)

% Daily Value<sup>;</sup>

0%

0%

0%

0%

12%

7%

Serving size

Total Fat Og

ount per serving Calories

Saturated Fat 0g

Total Carbohydrate 32g

Includes 26g Added Sugars 52%

Potas. 40mg 0%

Vit. D Omcg 0% • Calcium Omg 0%

"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: CRANBERRIES, SUGAR,** 

WATER, CONCENTRATED ORANGE

**GREEN BEAN CASSEROLE** 

Nutrition Facts

about 5 servings per tray

Dietary Fiber 2g

Total Sugars 29g

Trans Fat Og Cholesterol Omg

Sodium Omg

Protein 0q

Iron 0mg 0%

JUICE

TAINS: MILK, WHEAT



SWEET POTATO CASS	EROLE
Nutrition Fa	acts
about 3 servings per tra	
Serving size 1 cup	(226g
Amount per serving Calories	520
	aily Value <sup>,</sup>
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 105mg	35%
Sodium 230mg	10%
Total Carbohydrate 77g	28%
Dietary Fiber 4g	14%
Total Sugars 51g	
Includes 42g Added Sug	ars <b>84</b> 9
Protein 6g	
Vit. D 0.5mcg 2% • Calcium 8	0mg 6%
Iron 2.1mg 10% • Potas. 420	
*The % Daily Value tells you how much a serving of food contributes to a daily calories a day is used for general nutrit	diet. 2.000
INGREDIENTS: SWEET POTATO CASSEROLE (SWEET POTATOE	S, SUGAR

WHOLE EGGS, UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ORANGE PEEL [ORANGE PEEL WATER, CITRIC ACID], VANILLA EXTRACT IVANILLA EXTRACT. ETHYL ALCOHOL. WATER, BROWN SUGAR], BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SALT, SPICES), SUGAR CRUMBLE (LIGHT BROWN SUGAR, DRY ROASTED PECANS, UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE RIBOFLAVIN, FOLIC ACID], UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], SUGAR).

(CONTAINS: EGG, MILK, WHEAT, PECANS)

BUTTER	OIL, SA
AM, NATURAL	(CON
DLA O <b>I</b> L, TURKEY	(0011
ROTH, TURKEY FAT,	

## **OVEN ROASTED TURKEY BREAST**

MEAL FOR 4

## PREP: 15 MINS | TOTAL: 1.5 HRS

## QUICK GUIDE

### PANTRY ROUND UP: SHALLOW PAN | FOIL | HOT POT HOLDERS

### HERE WE GO!

Please read all instructions prior to cooking.













### 1. OVEN ROASTED TURKEY BREAST



Remove meat from oven and let rest while you heat your Holiday Sides & Turkey Gravy.

**2. HOLIDAY SIDES** Remove Film from sides and heat for 35-40 minutes.



### **3. TURKEY GRAVY**

While your Holiday Sides are heating in the oven, turn your top stove burner to Medium High heat and heat the Turkey Gravy in a medium sauce pan for approximately 10 mins, stirring frequently.

#### 4. SERVE & ENJOY!

Happy Holidays from our family to yours!

BONE-IN TURKEY BREA	21
<b>Nutrition</b> Fac	ets
Varied servings per box	
Serving size 3 oz (	85g)
Amount per serving	
Calories 11	0
% Daily \	/alue*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat Og	
Cholesterol 50mg	17%
Sodium 350mg	15%
Total Carbohydrate 2g	1%
Dietary Fiber Og	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 23g	
Vit. D 0mcg 0% • Calcium 10m Iron 1mg 6% • Potas, 190m	<u> </u>
*The % Daily Value tells you how much a nu a serving of food contributes to a daily diet. J calories a day is used for general nutrition a	2,000

**INGREDIENTS: TURKEY, WATER.** CONTAINS LESS THAN 2% OF: SEA SALT, CANE SUGAR.

\*MINIMALLY PROCESSED, NO ARTIFICIAL INGREDIENTS

TURKEY GRAVY	
<b>Nutrition Fac</b>	ts
about 7 servings per tray	
Serving size 1/4 cup (6	i7g)
Amount per serving <b>Galories 6</b>	0
% Daily V	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat Og	
Cholesterol 15mg	5%
Sodium 330mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber Og	0%
Total Sugars 0g	
Includes Og Added Sugars	0%
Protein 1g	
Vit. D Omcg 0% • Calcium 10mg Iron Omg 0% • Potas. 20mg 0	·
*The % Daily Value tells you how much a nutr a serving of food contributes to a daily diet. 2 calories a day is used for general nutrition ad	,000

INGREDIENTS: WATER, PASTEURIZED HEAVY CREAM, UNSALTED BUTTER (CREAM [MILK], NATURAL FLAVOR), CORN STARCH, TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATU SPICES, THYME EX NATURAL FLAVOR EXTRACTIVES]), R FLAVOR (CANOLA NATURAL FLAVOR EXTRACT (NATUR) SPICE EXTRACTIVES], CANOLA OIL MEDIUM CHAIN TRIGLYCERIDES). CONTAINS: MILK, WHEAT

YUKON GO MASHED POT	
Nutrition	Facts
about 5 servings pe	
Serving size 2/3	
Sciving Size Z/S	cup (1409)
Amount per serving	100
Calories	IOU
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat Og	
Cholesterol 30mg	10%
Sodium 550mg	24%
Total Carbohydrate	<u> </u>
Dietary Fiber 1g	4%
Total Sugars 3g	<u> </u>
Includes Og Added	Sugars 0%
Protein 5g	
Vit. D 0.2mcg 2% • Calo	cium 50mg 4%
	as. 580mg 10%
*The % Daily Value tells you how a serving of food contributes to calories a day is used for genera	a daily diet. 2,000
INGREDIENTS: MASHED (YUKON GOLD POTATOE MILK, BUTTER [SWEET C SALT, NATURAL FLAVOR PREPARATION [SALT, NI: (ANTIMICROBIAL}]), NA	ES, WHOLE CREAM, SALT], R, NISIN SIN

CONTAINS: MILK

CORNBREAD STUFFING

Nutrition Facts

Serving size 2/3 cup (100g)

% Daily Value<sup>;</sup>

17%

23%

7%

17%

8%

4%

2%

about 6 servings per tray

nount per serving

Saturated Fat 4.5g

Total Carbohydrate 22g

Includes 1g Added Sugars

Vit. D 0.1mcg 0% • Calcium 20mg 2%

\*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, CORNBREAD** 

REDUCED IRON, THIAMINE

STUFFING (ENRICHED FLOUR [WHEAT

FLOUR, MALTED BARLEY FLOUR, NIACIN,

MONONITRATE, RIBOFLAVIN, FOLIC ACID],

CANOLA AND/OR SUNFLOWER OIL, CORN

GRITS, SUGAR, YEAST, CONTAINS 2% OR

LESS OF: WHEAT GLUTEN, SALT, YELLOW

CORN FLOUR, SOYBEAN OIL, TURMERIC,

NATURAL FLAVOR, ROSEMARY

• Potas. 100mg 2%

Calories

Total Fat 13g

Trans Fat Og

Sodium 380mg

Protein 4g

Iron 1mg 6%

Cholesterol 20mg

Dietary Fiber 1g

Total Sugars 3g

Total Fat Og	% Daily Val
Saturated Fat C	)g
Trans Fat Og Cholesterol Omo	1
Sodium Omg	J
Total Carbohydi	
Dietary Fiber 2	
Total Sugars 29	
	Added Sugars 5
Protein Og	
Vit. D Omcg 0% •	Calcium Omg
Iron Omg 0% •	Potas, 40mg (
a serving of food contribi calories a day is used for <b>NGREDIENTS:</b> CR. VATER, CONCENT	r general nutrition advi ANBERRIES, SU
IUICE.	
IUICE.	
	CASSEROLE

CRANBERRY SAUCE

PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH,

MONOCALCIUM PHOSPHATE], SALT,

UNBLEACHED ENRICHED ELOUR [WHEAT

FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON. THIAMINE MONONITRATE.

(CONTAINS: EGG, MILK, WHEAT, PECANS)

RIBOFLAVIN, FOLIC ACID], UNSALTED

BUTTER [PASTEUR ZED CREAM.

NATURAL FLAVORINGS], SUGAR)

SPICES), SUGAR CRUMBLE (LIGHT BROWN SUGAR, DRY ROASTED PECANS.

<b>Nutrition Fa</b>	icts
about 5 servings per tray	
Serving size 2/3 cup	(110g)
Amount per serving	FU
<u>Calories</u> 1	JU
% Da	ily Value*
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat Og	
Cholesterol 25mg	8%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes Og Added Suga	ırs <b>0%</b>
Protein 3g	
Vit. D 0.2mcg 2% • Calcium 7	70mg 6%
Iron 0.8mg 4% • Potas. 21	0mg 4%
*The % Daily Value tells you how much a serving of food contributes to a daily of calories a day is used for general nutritie	liet. 2,000

#### **INGREDIENTS: MUSHROOM SAUCE**

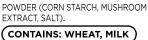
(MUSHROOMS, CREAM [WHOLE MILK], WATER, ONIONS, UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES {MICROBIAL}], CORN STARCH, GARLIC PUREE [GARLIC, CITRIC ACID, ASCORBIC ACID {TO MAINTAIN COLOR}], SALT, SPICE), GREEN BEANS, CRISPY ONIONS (ONIONS, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL. SALT).

CONTAINS: MILK, WHEAT



SWEET POTATO CASS	EROLE
<b>Nutrition F</b>	acts
about 3 servings per tra	av I
	o (226g)
Amount per serving	
Calories	5 <b>20</b>
%	Daily Value*
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 105mg	35%
Sodium 230mg	10%
Total Carbohydrate 77g	<b>28</b> %
Dietary Fiber 4g	14%
Total Sugars 51g	
Includes 42g Added Su	gars <b>84%</b>
Protein 6g	
Vit. D 0.5mcg 2% • Calcium 8	30ma 6%
Iron 2.1mg 10% • Potas. 42	<u> </u>
*The % Daily Value tells you how muc a serving of food contributes to a daily calories a day is used for general nutr	y diet. 2,000
INGREDIENTS: SWEET POTATO CASSEROLE (SWEET POTATO	
WHOLE EGGS, UNSALTED BUT	
[PASTEURIZED CREAM, NATUR	RAL
FLAVORINGS], UNBLEACHED I	
FLOUR [WHEAT FLOUR, MALT	
FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, F	
MONONITRATE, RIBOFLAVIN, F ACID], ORANGE PEEL [ORANG	FOL <b>I</b> C ie peel,
MONONITRATE, RIBOFLAVIN, F ACID], ORANGE PEEL [ORANG WATER, CITRIC ACID], VANILL/	FOLIC NE PEEL, A EXTRACT
MONONITRATE, RIBOFLAVIN, F ACID], ORANGE PEEL [ORANG	FOL <b>I</b> C BE PEEL, A EXTRACT LCOHOL,

URAL FLAVOR, SALT,	PAPRIKA, NATURAL FLAVOR, ROSEMARY
(TRACT (CANOLA OIL,	EXTRACTIVES [TO PRESERVE
R [INCLUDING SPICE	FRESHNESS], ASCORBIC ACID [TO
OASTED GARLIC	PRESERVE FRESHNESS]), ONIONS,
OIL, SUNFLOWER OIL,	CELERY, UNSALTED BUTTER
R), ROSEMARY	(PASTEURIZED CREAM, NATURAL
AL FLAVOR [WITH	FLAVORINGS), CANOLA OIL, TURKEY
ES], CANOLA OIL,	FLAVOR (TURKEY BROTH, TURKEY FAT,



SALT, NATURAL FLAVOR, ONION

SAGE, SALT, THYME, ROSEMARY,

POWDER), PARSLEY, CORN STARCH,

CHAMPIGNON MUSHROOM EXTRACT

## HONEY CURED SPIRAL SLICED HAM

MEAL FOR

## PREP: 15 MINS | TOTAL: 1.5 - 1.75 HRS

## QUICK GUIDE

### PANTRY ROUND UP: SHALLOW PAN | FOIL | HOT POT HOLDERS

## HERE WE GO!

Please read all instructions prior to cooking.



COOK SPIRAL HAM FOR

**1.25 HOURS** 

COOK SIDES • FOR • 35-40 MINS

SERVE & enjoy!



### 1. HONEY CURED SPIRAL SLICED HAM



Remove meat from oven and let rest while you heat your Holiday Sides & Turkey Gravy.

### 2. HAM GLAZE (OPTIONAL)

Open the dry & liquid glaze packets, pour contents into a microwave safe bowl. Stir to mix and then microwave on full power for 2 minutes then spoon and brush onto Ham.

#### 3. HOLIDAY SIDES

Remove Film from sides and heat for 35-40 minutes.





### 4. TURKEY GRAVY

While your Holiday Sides are heating in the oven, turn your top stove burner to Medium High heat and heat the Turkey Gravy in a medium sauce pan for approximately 10 mins, stirring frequently.

### 5. SERVE & ENJOY!

Happy Holidays from our family to yours!

#### FULLY COOKED SPIRAL SLICED

IONEY CURED HAM WITH	GLAZ
<b>Nutrition Fac</b>	cts
Varied servings per box	
Serving size 3 oz	(84g)
Amount per serving	
Calories 1	<b>50</b>
% Daily	Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 650mg	<b>28%</b>
Total Carbohydrate 10g	4%
Dietary Fiber Og	0%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 13g	
Vit. D 0mcg 0% • Calcium 20mg Iron 0.7mg 4% • Potas. 330mg	
*The % Daily Value tells you how much a ni	utrient in

a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice. **CURED WITH:** WATER, HONEY, VINEGAR, SUGAR, SALT, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE, DRY GLAZE (SUGAR, BROWN SUGAR, SPICES, SWEETENER [REFINERS SUGAR, HONEY]), WET GLAZE (CORN SYRUP, WATER, MOLASSES, POTASSIUM SORBATE [PRESERVATIVE], SODIUM BENZOATE [PRESERVATIVE]).

TURKEY GRAVY	
<b>Nutrition Fac</b>	ts
about 7 servings per tray Serving size 1/4 cup (6	7g)
Amount per serving <b>6</b>	0
% Daily Va	
Total Fat 4.5g	<b>6%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 330mg 1	4%
Total Carbohydrate 4g	1%
Dietary Fiber Og	0%
Total Sugars Og	
Includes Og Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% • Calcium 10mg	0%
Iron 0mg 0% • Potas. 20mg 0	)%
*The % Daily Value tells you how much a nutri a serving of food contributes to a daily diet. 2, calories a day is used for general nutrition adv	000

INGREDIENTS: WATER, PASTEURIZED HEAVY CREAM, UNSALTED BUTTER (CREAM [MILK], NATURAL FLAVOR), CORN STARCH, TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVOR, SALT, SPICES, THYME EXTRACT (CANOLA OIL, NATURAL FLAVOR [INCLUDING SPICE EXTRACTIVES]), ROASTED GARLIC FLAVOR (CANOLA OIL, SUNFLOWER OIL, NATURAL FLAVOR), ROSEMARY EXTRACT (NATURAL FLAVOR [WITH SPICE EXTRACTIVES], CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES).

(CONTAINS: MILK, WHEAT)

YUKON GOLD

MASHED PC	JIAIOES
Nutritior	n Facts
about 5 servings p Serving size 2/	
Amount per serving	190
<b>Calories</b>	100
	% Daily Value*
<b>Total Fat</b> 11g	14%
Saturated Fat 7g	35%
Trans Fat Og	
Cholesterol 30mg	10%
<b>Sodium</b> 550mg	24%
Total Carbohydrat	<b>e</b> 20g 7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes Og Adde	ed Sugars <b>0%</b>
Protein 5g	
/it. D 0.2mcg 2% • C	alojum 50ma 4%
•	· ·
ő	otas. 580mg 10%
'The % Daily Value tells you a serving of food contributes	how much a nutrient ir
calories a day is used for gei	
IGREDIENTS: MASHE (UKON GOLD POTAT ILK, BUTTER [SWEE <sup>-</sup> ALT, NATURAL FLAV( REPARATION [SALT.	OES, WHOLE [ CREAM, SALT], DR, NISIN

{ANTIMICROBIAL}]), NATURAL FLAVOR.

(CONTAINS: MILK)

Nutrition Fa	cts
about 6 servings per tray	
Serving size 2/3 cup (	100g)
Amount per serving	
Calories 2	20
	v Value*
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat Og	
Cholesterol 20mg	7%
Sodium 380mg	17%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 4g	
Vit. D 0.1mcg 0% • Calcium 20	ma 2%
Iron 1mg 6% • Potas, 100	-
*The % Daily Value tells you how much a r	5
a serving of food contributes to a daily die	t. 2,000
calories a day is used for general nutrition	advice.

CANOLA AND/OR SUNFLOWER OIL, CORN GRITS, SUGAR, YEAST, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, SALT, YELLOW CORN FLOUR, SOYBEAN OIL, TURMERIC, PAPRIKA, NATURAL FLAVOR, ROSEMARY EXTRACTIVES [TO PRESERVE FRESHNESS], ASCORBIC ACID [TO PRESERVE FRESHNESS]), ONIONS, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORINGS), CANOLA OIL, TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, NATURAL FLAVOR, ONION POWDER), PARSLEY, CORN STARCH, SAGE, SALT, THYME, ROSEMARY, CHAMPIGNON MUSHROOM EXTRACT POWDER (CORN STARCH, MUSHROOM EXTRACT, SALT).

(CONTAINS: WHEAT, MILK)
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CRANBERRY SAUCE	
<b>Nutrition Fac</b>	ets
about 6 servings per tray	76~)
Serving size 1/4 cup (	70g)
Amount per serving12Calories12	20
% Daily \	
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 26g Added Sugars	52%
Protein Og	
Vit D Omen 00/ a Calaium Om	a. 00/
Vit. D Omcg 0% • Calcium Om	·
Iron 0mg 0% • Potas. 40mg	g U%
*The % Daily Value tells you how much a nu a serving of food contributes to a daily diet. calories a day is used for general nutrition a	2,000

**INGREDIENTS:** CRANBERRIES, SUGAR, WATER, CONCENTRATED ORANGE JUICE.

GREEN BEAN CASSEROLE
<b>Nutrition Facts</b>
about 5 servings per tray
Serving size 2/3 cup (110g)
Amount per serving
<u>Calories 15U</u>
% Daily Value*
<b>Total Fat</b> 11g 14%
Saturated Fat 6g 30%
Trans Fat Og
Cholesterol 25mg 8%
<b>Sodium</b> 300mg 13%
Total Carbohydrate 11g 4%
Dietary Fiber 2g 7%
Total Sugars 2g
Includes Og Added Sugars 0%
Protein 3g
Vit D. 0. Omen. 20( . a. Calaium 70
Vit. D 0.2mcg 2% • Calcium 70mg 6%
Iron 0.8mg 4% • Potas. 210mg 4%
*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: MUSHROOM SAUCE

(MUSHROOMS, CREAM [WHOLE MILK], WATER, ONIONS, UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES {MICROBIAL}], CORN STARCH, GARLIC PUREE [GARLIC, CITRIC ACID, ASCORBIC ACID {TO MAINTAIN COLOR}], SALT, SPICE), GREEN BEANS, CRISPY ONIONS (ONIONS, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUNFLOWER, SAFFLOWER AND/OR CANOLA OLL, SALT).

CONTAINS: MILK, WHEAT



### SWEET POTATO CASSEROLE

<b>Nutrition</b> Fac	ts
about 3 servings per tray	
Serving size 1 cup (2)	26g)
Amount per serving	
Calories <b>5</b> 2	<u>'U</u>
% Daily \	/alue*
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 105mg	35%
Sodium 230mg	10%
Total Carbohydrate 77g	28%
Dietary Fiber 4g	14%
Total Sugars 51g	
Includes 42g Added Sugars	84%
Protein 6g	
Vit. D 0.5mcg 2% • Calcium 80mg	6%
Iron 2.1mg 10% • Potas. 420mg	
*The % Daily Value tells you how much a nu a serving of food contributes to a daily diet, a calories a day is used for general nutrition ad	2,000
INGREDIENTS: SWEET POTATO	
CASSEROLE (SWEET POTATOES, SU WHOLE EGGS, UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], UNBLEACHED ENRIC FLOUR [WHEAT FLOUR, MALTED B/ ELOUR JUACIN IRON, THIAMINE	HED

FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ORANGE PEEL [ORANGE PEEL WATER, CITRIC ACID], VANILLA EXTRACT [VANILLA EXTRACT, ETHYL ALCOHOL, WATER, BROWN SUGAR], BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SALT, SPICES), SUGAR CRUMBLE (LIGHT BROWN SUGAR, DRY ROASTED PECANS, UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], SUGAR).

(CONTAINS: EGG, MILK, WHEAT, PECANS)

## FRESH PRE-SEASONED TURKEY

- Cooking Instructions & Nutritional Information -





- Heat Oven to 325F.
- Remove sleeve and lid from package.
- Place roaster tray in oven and bake 13-15 min per lb or until internal temperature reaches 165F.
- Use care when removing the turkey from the oven.
- Let rest 10 minutes prior to serving. Use pan gravy if desired.

Nutritio	
Serving Size 4 oz (11	07
Servings Per Contair	ner Varies
Amount Per Serving	
Calories 190	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	5
Cholesterol 70mg	23%
Sodium 135mg	6%
Potassium 300mg	9%
Total Carbohydrate Og	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A	2%
Vitamin C	4%
Calcium	2%
Iron	10%
* Percent Daily Values are base Your daily value may be higher o calorie needs.	

Nutrition Facts Serving Size 4 oz (112g) Servings Per Container Varies	
Amount Per Serving Calories 200	Calories from Fat 90
Calories 200	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	6101.55
Cholesterol 70mg	23%
Sodium 450mg	19%
Potassium 300mg	9%
Total Carbohydrate <1	g 0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	10%