

INGREDIENTS: CHICKEN BREAST, CORN KERNEL, PEPPER, ONION, RED AND GREEN PEPPERS, DICED TOMATOES (unpasteurized tomatoes, tomato juice, less than 2% of calcium chloride, citric acid), TORTILLAS (stone ground white corn, water, contains 2% or less of cellulose and/or guar gum, preservatives, propionic acid, phosphoric acid, methylparaben, sorbates and a trace of food grade linoleic acid), TOMATILLOS, GREEN CHILI PEPPERS, SOUR CREAM (grade A cultured cream, RUMEX ACID, WATER, CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes, annatto color, may contain one or more of the following: powdered cellulose, potato starch or corn starch added to prevent caking)), GREEN OLIVES, CHILI PEPPER, CHICKEN BASE (chicken meat and chicken bones, water, chicken broth, salt, chicken fat, sugar, dextrose, corn oil, 2% or less of yeast, natural extractives of turmeric and annatto), CUMIN SEED, GARLIC POWDER, KANTHUN GUM, CAYENNE PEPPER.

ALLERGENS: CONTAINS MILK.

KEEP REFRIGERATED

HEATING INSTRUCTIONS:

① Remove paper label, 130-200 minutes on HIGH for a 1000W microwave. For Toaster, Heat on HIGH for 5:30. Heating times vary on wattage.

② Carefully peel or cut film from tray.
③ Section to taste.

NOTE: Heating will inflate film with steam and may make a popping noise during steam venting.

Manufactured by:
Perfect Fit Meals, Houston, TX 77054
PERFECTFITMEALS.COM

PERFECT
FIT
MEALS

SLICED CHICKEN
**TEXAS CHICKEN
RANCH CASSEROLE**



PERFECT
FIT
MEALS



FRESHNESS MAINTAINED WITH HIGH PRESSURE PASTEURIZATION* KEEP REFRIGERATED



**HEAT
& EAT**

360
calories

8g
fat

39g
carb

33g
protein

7g
fiber

300mg
sodium

ALWAYS HEALTHFUL & DELICIOUS NET WT 10.4oz (295g)

TEXAS CHICKEN RANCH CASSEROLE

tender chicken breast simmered in a chili cheese sauce finished with sour cream, then baked with corn tortillas, yellow sweet corn, peppers and onions.

0g
trans fat

SIMPLE
ingredients

BPA
Free

ALWAYS HEALTHFUL & DELICIOUS

Our gourmet chefs transform the best ingredients into delicious meals.

Quality, lean proteins

Colorful fruits and vegetables

Satisfying whole grains

Healthful cooking oils

*We use high pressure pasteurization and film protection to keep our meals fresh.

See www.perfectfitmeals.com for details

Nutrition Facts

Serving Size: 1 Package

Amount Per Serving

Calories 360 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3.5g 18%

Trans Fat 0g 0%

Cholesterol 80mg 28%

Sodium 300mg 13%

Total Carbohydrate 39g 13%

Dietary Fiber 7g 29%

Sugars 9g

Protein 33g

Vitamin A 20% • Vitamin C 10%

Calcium 25% • Iron 15%

*Percent Daily Values are based on a 

Prepared in a facility that also processes dairy, wheat, eggs, soy, and tree nuts.



HAND CRAFTED • PORTION CONTROLLED • DIETITIAN DESIGNED

KEEP REFRIGERATED

Perfect Fit Meals

Lemon Pepper Chicken



(8194) 07010228

Lot Number: 2457493.7

Expiration Date: 05/15/2016

INGREDIENTS: WATER, CHIPOTLE CHICKEN SAUSAGE (CHICKEN, Chipotle Seasoning [Tepalcates, Onion, Dried Red Bell Pepper, Salt, Brown Sugar, Chipotle Powder, Black Pepper, Onion, Crushed Red Pepper, Garlic], water, Less Than 2% of: Vinegar, Celery Powder, Sea Salt, Lactic Acid Starter Culture (Dist. From F&B), Beef Collagen Casings), BROWN RICE, KIDNEY BEANS, CELERY, ONIONS, GREEN BELL PEPPERS, WHOLE WHEAT FLOUR, GARLIC, CHILI POWDER (100% CHILI PEPPERS), ONION POWDER, GARLIC POWDER, CAYENNE SEASONING (salt, black pepper, chili powder (chili pepper, onion, salt, garlic powder), garlic, silicon dioxide (to prevent caking)), PAPRIKA, BLACK PEPPER, CAYENNE PEPPER.

ALLERGENS: CONTAINS WHEAT.

KEEP REFRIGERATED

HEATING INSTRUCTIONS:

1. Remove paper label. 130-230 minutes on HIGH for a 1000W microwave. For Toaster, Heat on HIGH for 4:00. Heating times vary on wattage.

2. Carefully peel or cut film from trap.

3. Seeding to taste.

NOTE: Heating will inflate film with steam and may make a popping noise during steam-venting.

Manufactured by:
Perfect Fit Meals, Houston, TX 77014
PERFECTFITMEALS.COM



GROUND POULTRY
**CHIPOTLE
CHICKEN SAUSAGE**
with red beans & brown rice



PERFECT
FIT
MEALS



FRESHNESS MAINTAINED WITH HIGH PRESSURE PASTEURIZATION* KEEP REFRIGERATED



HEAT
& EAT

300
calories

4g
fats

43g
carbs

22g
protein

9g
fiber

540mg
sodium

ALWAYS HEALTHFUL & DELICIOUS NET WT 11oz (312g)

CHIPOTLE CHICKEN SAUSAGE

with red beans & brown rice

red beans slow cooked with onions, celery, bell peppers, and spices in a flavorful broth, served with chicken sausage and brown rice

0g

trans fat

SIMPLE

ingredients

BPA

Free

ALWAYS HEALTHFUL & DELICIOUS

Our gourmet chefs transform the best ingredients into delicious meals.



Quality, lean proteins



Colorful fruits and vegetables



Satisfying whole grains



Healthful cooking oils

*We use high pressure pasteurization and film protection to keep our meals fresh.
See perfectfitmeals.com/hpp for details.

Nutrition Facts

Serving Size: 1 package

Amount Per Serving

Calories 300 Calories from Fat 35

% Daily Value*

Total Fat 4g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g 0%

Cholesterol 55mg 18%

Sodium 540mg 22%

Total Carbohydrate 43g 14%

Dietary Fiber 9g 35%

Sugars 2g

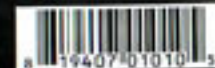
Protein 22g

Vitamin A 30% • Vitamin C 10%

Calcium 6% • Iron 20%

*Percent Daily Values are based on a 

Produced in a facility that also processes dairy, wheat, eggs, soy, and tree nuts.



KEEP REFRIGERATED

Perfect Fit Meals
Turkey Enchilada



(8194) 07010259

Lot Number: 2457489.7

Expiration Date: 05/16/2016