

4 Week Responder

 NUTRIVERSAL product

# Apple Cinnamon Oatmeal

100% Natural whole grain rolled oats.

INGREDIENTS:

eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: Dairy** UTRIVERSAL product

## Whey Milk

**INGREDIENTS:** Whey Solids (Concentrated Whey Protein), Corn Syrup Solids, Coconut Oil, Calcium Blend (Calcium Carbonate & Tricalcium Phosphate), Fructose, Sodium Caseinate, Food Starch, Mono & Diglycerides, Salt, Dipotassium Phosphate, Oat Fiber, Soy Lecithin, Silicon Dioxide, Natural Flavors.

Vitamins and Minerals: Chelated Magnesium, Ferric Orthophosphate (Iron), Ascorbic Acid, Vitamin E (Acetate), Niacinamide (Niacin), Calcium Pantothenate (Pantothenic Acid, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamin Mononitrate (B1), Vitamin A (Palmitate), Folic Acid, Biotin, Vitamin D3, Vitamin B12 (Cyanocobalamin).

**INGREDIENTS:**

 eFoodsDirect

800-409-5633

4

Week Responder

 UTRIVERSAL product

**ALLERGEN STATEMENT:**  
**Produced in a facility that**  
processes Peanuts, Tree  
Nuts, Wheat and Soy.

## Apple Granola

**INGREDIENTS:** Whole Rolled Oats, Milled Cane Sugar, Molasses, Cornstarch, Dehydrated Apples (apples [erythorbic acid, citric acid sodium chloride, calcium chloride] as preservatives), Organic Cinnamon Bark, Fruit Juice Concentrate (pear and peach juice), Honey, Natural Flavor, Organic Cardamom Seed, Organic Fennel Seed, Organic Fenugreek Seed, Organic Nutmeg.

INGREDIENTS:

 eFoodsDirect

800-409-5633

4 Week Responder

 NUTRIVERSAL product

## Tropical Fruit Medley

**INGREDIENTS:** Banana Slices, Coconut Oil, Pineapple Dices,  
Mango Dices, Papaya Dices

INGREDIENTS:

eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: Dairy and Soy**

 UTRIVERSAL product

## Tortilla Soup

**INGREDIENTS:** Cheddar Cheese (Milk, Salt, Cheese Cultures, And Enzymes), Whey, Buttermilk, Black Bean, Red Bean, Potato, Onion, Carrots, Green Chile, Garlic, Yellow Sweet Corn, Red Bell Peppers, Salt, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Corn Starch, Sunower Oil, Tapioca Dextrin, Textured Soy Flour, Sugar, Water, Soybean Oil, Hydrolyzed Corn Protein, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate, Disodium Phosphate, Spices And Silicon Dioxide (Anti-Caking Agent).

**INGREDIENTS:**

 eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: Wheat and Soy**

 UTRIVERSAL product

## Pasta Fagoli Soup

**INGREDIENTS: Pasta: Durum Wheat Semolina [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamine Mononitrate, Riboavin, Folic Acid)].**

Soup Mix: Navy Beans, Maltodextrin, Textured Soy Flour, Sugar, Soybean Oil, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Thiamine Hydrochloride, Dextrose, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Onion, Garlic, Corn Starch, Carrot, Sunower Oil, Salt, Tapioca Dextrin, Spices and Silicon Dioxide (Anti-Caking Agent).

**INGREDIENTS:**

 eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: Soy and Wheat**

 UTRIVERSAL product

## Minestrone Soup

### INGREDIENTS:

Pasta: Durum Wheat Semolina [Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamine Mononitrate, Riboavin, Folic Acid)]. Soup Mix: Potatoes, Carrot, Onion, Tomato, Red Bean, Green Bean, Garlic, Red Bell Pepper, Autolyzed Yeast Extract, Salt, Textured Vegetable Protein (Soy Flour, Caramel Color), Soybean Oil, Hydrolyzed Corn-Soy-Wheat Protein, Sugar, And Spices.

INGREDIENTS:

 eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: Wheat  
and Soy**

 **UTRIVERSAL** product

## Italian Chicken Soup

**INGREDIENTS: Pasta: Durum Wheat Semolina [Enriched With Iron Ferrous Sulfate) And B Vitamins (Niacin, Thiamine Mononitrate, Riboavin, Folic Acid)].**

Soup Mix: Onion, Celery, Green Bell Peppers, Tomato, Garlic, Maltodextrin, Autolyzed Yeast Extract, Salt, Texture Soy Flour ,Sugar, Water, Soybean Oil, Hydrolyzed Corn Protein, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Gualylate, Naturla Flavor, Corn Starch, Sunower Oil, Tapioca Dextrin, Spices And Silicon Dioxide (Anti-Caking Agent).

**INGREDIENTS:**

 eFoodsDirect

800-409-5633

4 Week Responder

**ALLERGENS:**  
Contains Dairy,  
Wheat and Soy

 UTRIVERSAL product

## Chicken Dumpling Soup

**INGREDIENTS:** Potatoes, Green Peas, Onions, Carrots, Celery, Textured Soy Flour, Soybean Oil, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Natural Flavoring, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate, Salt, Maltodextrin, Garlic, Corn Starch, Sunower Oil, Tapioca Dextrin, Spices and Silicon Dioxide (Anti-Caking Agent).

**INGREDIENTS:**

eFoodsDirect

800-409-5633

4

Week Responder

 UTRIVERSAL product

## Creamy Potato Soup

**INGREDIENTS:** Potatoes, Onion, Garlic, Celery, Carrots, Parsley, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk Solids, Organic Sugar, Corn Starch, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Sunflower Oil, Organic Lecithin, Tapioca Dextrin, Spices and Turmeric (Color)\*.

INGREDIENTS:

 eFoodsDirect

800-409-5633

4

Week Responder

**Allergen Information:  
Contains Dairy and Soy.**

 **UTRIVERSAL** product

## Potato Cheddar Soup

**INGREDIENTS:** Dehydrated Potatoes, Onions, Celery, Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Corn Starch, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk Solids, Organic Sugar, Whey, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Sunower Oil, Organic Lecithin, Tapioca Dextrin, Salt, Disodium Phosphate, Annatto Extract, Disodium Inosinate & Disodium Guanylate, Turmeric Extract, Garlic and Spices. \*

\*Contains less than 2% Silicon Dioxide as an anti caking agent.

**INGREDIENTS:**

 eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: DAIRY**

 **NUTRIVERSAL** product

## Cheddar Broccoli Soup

**INGREDIENTS:** Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Enzymes), Whey, Maltodextrin, Corn Starch, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk, Organic Sugar, Organic Citrate, Organic, Lecithin, Salt, Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Broccoli, Onion, Garlic, Sunower Oil, Tapioca Dextrin, Disodium Phosphate, Sodium Caseinate, Annatto Extract, Disodium Inosinate & Disodium Guanylate, Turmeric Extract, Spices And Silicon Dioxide (Anti-Caking Agent).

**INGREDIENTS:**

 eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: Wheat and Soy**

 UTRIVERSAL product

## Vegetable Beef Stew

**INGREDIENTS:** Dehydrated Potatoes, Carrots, Green Beans, Green Peas, Onions, Tomato, Parsley, Corn Starch, Autolyzed Yeast Extract, Salt, TVP (Soy Flour, Caramel Color), Soybean Oil, Salt, Hydrolyzed Corn-Soy-Wheat Protein, Garlic And Spices.

**INGREDIENTS:**

eFoodsDirect

800-409-5633



# Mashed Potatoes

**INGREDIENTS: Potatoes**

**INGREDIENTS:**



4 Week Responder

**ALLERGENS: Wheat,  
Dairy and Soy**

 UTRIVERSAL product

## Chicken Alfredo Pasta

**INGREDIENTS: Pasta: Durum Wheat Semolina [Enriched With Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamine Mononitrate, Riboavin, Folic Acid)].** Sauce Mix: Broccoli, Green Peas, Tomato, Red Bell Pepper, Green Chile, Carrot, Onion, Cheddar Cheese (Milk, Salt, Cheese Cultures, Enzymes), Parmesan Cheese (Partially Skim Milk, Cultures), Cream Cheese (Sweet Cream, Non Fat Dry Milk, Cheese Cultures), Soybean Oil, Whey, Cultured Buttermilk Solids, Textured Soy Flour, Sugar, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Thiamine Hydrochloride, Dextrose, Natural Flavoring, Corn Syrup Solids, Corn Starch, Sodium Caseinate, Mono & Diglycerides, Sodium Citrate, Dipotassium Phosphate, Disodium Phosphate, Disodium Inosinate, Disodium Guanylate, Spices and Sodium Silico Aluminate (Anti-Caking Agent).

INGREDIENTS:

 eFoodsDirect

800-409-5633

4

Week Responder

**Allergen Information:**  
Contains Soy, Dairy.

 UTRIVERSAL product

## Cheesy Chicken Rice Casserole

DIRECTIONS: Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Sugar, Organic Skim Milk Solids, Whey, Maltodextrin, Textured Soy Flour, Soybean Oil, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Sunflower Oil, Salt, Sodium Citrate, Organic Lecithin, Natural Flavor, Thiamine Hydrochloride, Garlic, Dextrose, Tapioca Dextrin, Disodium Phosphate, Annatto Extract, Disodium Inosinate, Disodium Guanylate, Spices and Turmeric Extract.\*

\*Contains less than 2% Silicon Dioxide as an anti-caking agent.

INGREDIENTS:

 eFoodsDirect

800-409-5633

4 Week Responder

**Allergen Information:  
Wheat, Dairy, and Soy.**

 UTRIVERSAL product

## Chili w/ Dumplings

**INGREDIENTS:** Tomato, Textured Vegetable Protein (Soy Flour, Caramel Color), Soybean Oil, Hydrolyzed Corn-Soy-Wheat Protein, Autolyzed Yeast, Sugar And Spices.

**INGREDIENTS:**

eFoodsDirect

800-409-5633

4

Week Responder

**ALLERGENS: DAIRY  
AND SOY** UTRIVERSAL product

## Au Gratin Potatoes

**INGREDIENTS:** Potatoes, Cheddar Cheese (pasteurized milk, cheese cultures, enzymes), Whey, Maltodextrin, Disodium Phosphate, Sodium Casinate, Annatto Extract, Disodium Inosinate & Disodium Guanylate, Salt Maltodextrin, Autolyzed Yeast Extract, Natural Flavor, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk Solids, Organic Sugar, Sodium Citrate, Organic Lecithin, Textured Vegetable Protein (soy flour, caramal color), Soybean Oil Hydrolyzed Corn-Soy-Wheat Protein, Onion, Garlic, Corn Starch, Sunflower Oil, Tapioca Dextrin, Turmeric Extract and Silicon Dioxide (anti-caking agent).

**INGREDIENTS:**

 eFoodsDirect

800-409-5633

4 Week Responder

**ALLERGENS: CONTAINS  
DAIRY AND WHEAT**

 UTRIVERSAL product

## White Cheddar Sauce Pasta

**INGREDIENTS: Pasta: Durum Wheat Semolina [Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboavin, Folic Acid)].**  
Dry Seasoning Mix: Cheddar Cheese (Milk, Salt, Cheese Cultures And Enzymes), Whey, Buttermilk, Disodium Phosphate, Organic Palm Oil, Organic Brown Rice Syrup Solids, Organic Skim Milk Solids, Organic Sugar, Sodium Citrate, Organic Lecithin, Corn Starch, Onion, Spices And Silicon Dioxide (Anti-Caking Agent).

**INGREDIENTS:**

 eFoodsDirect

800-409-5633