GUIDE to your
THICK & EASY®
PUREED MEAL KITS

- Egg & Sausage
  BREAKFAST
- Beef & Turkey
  LUNCH/DINNER
- Chicken & Pork
  LUNCH/DINNER
About Thick & Easy® Shaped Purees

After difficult health events, proper nutrition is very important for recovery and a return to normalcy. We’ve worked very hard to create pureed foods that go beyond meeting the consistency needs of those challenged by dysphagia. We work diligently with chefs who understand swallowing issues, and are passionate about ensuring a great taste. We hope our meals provide some unexpected enjoyment to those experiencing life changes.

A Message from Our Team

We at Hormel Health Labs are passionate about providing nourishment to people when they need it most. We know that food is more than a necessity — it is a central part of our daily lives. Food provides enjoyment, comfort, and brings us together with those we care about. Our mission is to help you get the nutrition you need through products that are tasty, convenient and familiar.

Swallowing difficulties create a lot of challenges, but we believe they should not prevent anyone from enjoying food that is nutritious and enjoyable. We strive every day to make your eating experience better and help you get back to normal. We truly hope this meal kit helps you do just that, and we welcome your thoughts on how we can be even more helpful.

Sincerely,

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More information available at HormelHealthLabs.com/meal-kits
**PROTEIN NUTRITION FACTS & INGREDIENTS**

**ROAST PORK**  
Serving Size 1 Piece (85g)  
Calories 110  
Calories from fat 50  
Total fat 3g/6%  
Sat fat 0.5g/3%  
Trans fat 0g  
Cholesterol 10mg/3%  
Sodium 350mg/15%  
Potassium 150mg  
Total carbohydrates 11g/6%  
Dietary fiber 0g/0%  
Sugars 1g  
Protein 16g  
Vitamin A 0%  
Vitamin C 0%  
Calcium 4%  
Iron 2%  
**Ingredients:** Pork, Water, Milk, Modified Food Starch (Potato, Modified Wheat Starch), Salt, Water, Nonfat Dry Milk, Artificial Flavors, Paprika, Dextrose, Lactic Acid, Modified Food Starch, Yeast Extract, Sodium Phosphate, Artificial Smoke Flavor, Sodium Phosphate, Cornstarch, Natural Flavorings, Citric Acid, Maltodextrin, Vitamin D3, Calcium, Pantothenic Acid, Sodium Nitrates, Soy, Preservatives (202, 300, 316), Yeast, Artificial Flavors, Sodium Nitrite. 

**ROAST BEEF**  
Serving Size 1 Piece (85g)  
Calories 120  
Calories from fat 20  
Total fat 3g/5%  
Sat fat 1g/6%  
Trans fat 0g  
Cholesterol 10mg/0%  
Sodium 360mg/16%  
Potassium 180mg  
Total carbohydrates 27g/17%  
Dietary fiber 3g/12%  
Sugars 2g  
Protein 19g  
Vitamin A 0%  
Vitamin C 0%  
Calcium 4%  
Iron 2%  
**Ingredients:** Beef, Water, Milk, Modified Food Starch (Potato, Modified Wheat Starch), Salt, Guar Gum, Artificial Flavors, Paprika, Dextrose, Lactic Acid, Modified Food Starch, Yeast Extract, Sodium Phosphate, Artificial Smoke Flavor, Sodium Phosphate, Cornstarch, Natural Flavorings, Citric Acid, Maltodextrin, Vitamin D3, Calcium, Pantothenic Acid, Sodium Nitrates, Soy, Preservatives (202, 300, 316), Yeast, Artificial Flavors, Sodium Nitrite. 

**ROAST TURKEY**  
Serving Size 1 Piece (85g)  
Calories 110  
Calories from fat 20  
Total fat 3g/4%  
Sat fat 0.5g/3%  
Trans fat 0g  
Cholesterol 60mg/20%  
Sodium 350mg/15%  
Potassium 150mg  
Total carbohydrates 11g/6%  
Dietary fiber 0g/0%  
Sugars 1g  
Protein 18g  
Vitamin A 0%  
Vitamin C 0%  
Calcium 4%  
Iron 2%  
**Ingredients:** Turkey, Water, Modified Food Starch (Potato, Modified Wheat Starch), Salt, Guar Gum, Artificial Flavors, Paprika, Dextrose, Lactic Acid, Modified Food Starch, Yeast Extract, Sodium Phosphate, Artificial Smoke Flavor, Sodium Phosphate, Cornstarch, Natural Flavorings, Citric Acid, Maltodextrin, Vitamin D3, Calcium, Pantothenic Acid, Sodium Nitrates, Soy, Preservatives (202, 300, 316), Yeast, Artificial Flavors, Sodium Nitrite. 

**SAUSAGES**  
Serving Size 1 Piece (71g)  
Calories 160  
Calories from fat 70  
Total fat 8g/12%  
Sat fat 2g/3%  
Trans fat 0g  
Cholesterol 150mg/50%  
Sodium 1150mg/48%  
Potassium 240mg  
Total carbohydrates 14g/9%  
Dietary fiber 2g/8%  
Sugars 3g  
Protein 16g  
Vitamin A 0%  
Vitamin C 0%  
Calcium 4%  
Iron 2%  
**Ingredients:** Beef, Pork, Ham, Salt, Sodium Phosphate, Sodium Nitrate, Water, Modified Food Starch (Potato, Modified Wheat Starch), Paprika, Sodium Nitrite, Sodium Nitrate, Carbon Monoxide, Lemon Extract, Spices, Natural Flavor, Artificial Flavors, Yeast Extract, Dextrose, and Natural Smoke Flavor. 

**OMELETS**  
Serving Size 1 Piece (71g)  
Calories 110  
Calories from fat 20  
Total fat 2g/3%  
Sat fat 0g/0%  
Trans fat 0g  
Cholesterol 55mg/18%  
Sodium 240mg/10%  
Potassium 80mg  
Total carbohydrates 5g/2%  
Dietary fiber 0g/0%  
Sugars 0g  
Protein 7g  
Vitamin A 0%  
Vitamin C 0%  
Calcium 4%  
Iron 2%  
**Ingredients:** Water, Egg, Milk, Modified Food Starch (Potato, Modified Wheat Starch), Cheddar Cheese Powder, Salt, Artificial Flavors, Paprika, Dextrose, Lactic Acid, Modified Food Starch, Yeast Extract, Sodium Phosphate, Artificial Smoke Flavor, Sodium Phosphate, Cornstarch, Natural Flavorings, Citric Acid, Maltodextrin, Vitamin D3, Calcium, Pantothenic Acid, Soy, Preservatives (202, 300, 316), Yeast, Artificial Flavors, Sodium Nitrite.
FRUIT NUTRITION FACTS & INGREDIENTS

PINEAPPLE RINGS

Serving Size 1 Piece (70g)
Calories 80
Calories from fat 5
Total fat 0g/0%
Saturated fat 0g/0%
Trans fat 0g
Cholesterol 0mg/0%
Sodium 15mg/1%
Potassium 110mg/2%
Total carbohydrates 19g/6%
Dietary fiber 1g/4%
Sugar 13g
Protein 0g
Vitamin A 0%
Vitamin C 35%
Calcium 0%
Iron 0%
Calories from fat 5

MIXED BERRY

PEACHES

Serving Size 1 Piece (70g)
Calories 90
Calories from fat 5
Total fat 0g/0%
Saturated fat 0g/0%
Trans fat 0g
Cholesterol 0mg/0%
Sodium 0mg/0%
Potassium 0mg/0%
Total carbohydrates 20g/7%
Dietary fiber 0g/0%
Sugar 0g
Protein 0g
Vitamin A 0%
Vitamin C 10%
Calcium 0%
Iron 0%

GREEN BEANS

Serving Size 1 Piece (85g)
Calories 130
Calories from fat 70
Total fat 8g/12%
Saturated fat 1g/5%
Trans fat 0g
Cholesterol 0mg/0%
Sodium 270mg/11%
Potassium 160mg/6%
Total carbohydrates 22g/7%
Dietary fiber 1g/4%
Sugar 7g
Protein 9g
Vitamin A 210%
Vitamin C 15%
Calcium 15%
Iron 15%

SWEET CORN

Serving Size 1 Piece (85g)
Calories 110
Calories from fat 70
Total fat 8g/12%
Saturated fat 1g/5%
Trans fat 0g
Cholesterol 0mg/0%
Sodium 270mg/11%
Potassium 160mg/6%
Total carbohydrates 15g/5%
Dietary fiber 2g/8%
Sugar 4g
Protein 5g
Vitamin A 210%
Vitamin C 4%
Calcium 4%
Iron 2%

CARROTS

Serving Size 1 Piece (85g)
Calories 130
Calories from fat 70
Total fat 8g/12%
Saturated fat 1g/5%
Trans fat 0g
Cholesterol 0mg/0%
Sodium 270mg/11%
Potassium 160mg/6%
Total carbohydrates 22g/7%
Dietary fiber 1g/4%
Sugar 7g
Protein 9g
Vitamin A 210%
Vitamin C 15%
Calcium 15%
Iron 15%

ENJOY A GLASS OF ONE OF OUR THIRST-QUENCHING BEVERAGES with any meal!

Search “Thick & Easy thickened beverages” to find online retailers.

DESSERT NUTRITION FACTS & INGREDIENTS

MAGIC CUP – VANILLA

Serving Size 1 Unit
Calories 290
Calories from fat 100
Total fat 6g/11%
Saturated fat 1g/5%
Trans fat 0g
Cholesterol 0mg/0%
Sodium 300mg/13%
Potassium 160mg/6%
Total carbohydrates 22g/7%
Dietary fiber 1g/4%
Sugar 7g
Protein 5g
Vitamin A 15%
Vitamin C 15%
Calcium 15%
Iron 15%

MAGIC CUP – WILD BERRY

Serving Size 1 Unit
Calories 290
Calories from fat 100
Total fat 6g/11%
Saturated fat 1g/5%
Trans fat 0g
Cholesterol 0mg/0%
Sodium 300mg/13%
Potassium 160mg/6%
Total carbohydrates 22g/7%
Dietary fiber 1g/4%
Sugar 7g
Protein 5g
Vitamin A 15%
Vitamin C 15%
Calcium 15%
Iron 15%

— 8 REFRESHING FLAVORS! —
**STOVE TOP STEAMING** (with steamer basket)

For all products excluding fruit & magic cup

| Silicone Steamer Baskets available on Amazon.com |

Place 1 quart of water in a large 4-6 quart saucepan.
Place silicone steamer basket in pan.

Place desired shaped meats, vegetables, bread, eggs, French toast, pancakes or waffles (maximum of 3 items) in the silicone steamer basket.

Cover pan and bring water to a BOIL.
Reduce heat to LOW and STEAM (covered) for approximately 30 minutes or until all products reach a minimum internal temperature of 165°F.**

**NOTE** – Periodically check pan with water to make sure it does not run dry.
Add additional water, if necessary.

Remove steamer basket from the pan. CAREFUL! HOT STEAM!

Let product stand for 5 minutes. Unmold products and serve.

**Stove tops will vary.** Cooking times given are approximate.
For best results, check the internal temperature of the product with a digital instant read thermometer.

**PREPARATION INSTRUCTIONS**

**STOVE TOP STEAMING** (with steamer basket)

For all products excluding fruit & magic cup

| Silicone Steamer Baskets available on Amazon.com |

Place 1 quart of water in a large 4-6 quart saucepan.
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**NOTE** – Periodically check pan with water to make sure it does not run dry.
Add additional water, if necessary.

Remove steamer basket from the pan. CAREFUL! HOT STEAM!

Let product stand for 5 minutes. Unmold products and serve.

**Stove tops will vary.** Cooking times given are approximate.
For best results, check the internal temperature of the product with a digital instant read thermometer.

Always use a digital thermometer to test for doneness in the thickest portion of the product.

**MICROWAVE 185°** (from frozen state)

For waffles, pancakes, omelets, & sausages

| PLACE individual tray in microwave FILM SIDE UP. |
| DO NOT PUNCTURE FILM.** |
| COOK on 50% POWER for 1½ minutes. DO NOT OVERCOOK. |
| LET STAND for 2 minutes. |
| IMPORTANT – Product must reach an internal temperature of 185°F. |
| REMOVE film from tray; loosen product from the edges, invert onto a serving tray and gently tap until the product releases from the tray. |
| **COOKING TIP** – Before cooking, tap the mold until the product releases to avoid sticking to the mold during cooking. |

Always use a digital thermometer to test for doneness in the thickest portion of the product. Instructions based on 1200 watt microwave.
All microwave ovens will vary, heating times given are approximate and may need to be adjusted based on the previous cooking experiences with your individual microwave.
**PREPARATION INSTRUCTIONS**

**MICROWAVE 165° (from frozen state)**
For all vegetables, roast pork, chicken breast, roast beef, & roast turkey

PLACE individual tray in microwave FILM SIDE UP.

DO NOT PUNCTURE FILM.**

COOK on 50% POWER for 2 minutes. DO NOT OVERCOOK.

LET STAND for 2 minutes.

IMPORTANT – Product must reach an internal temperature of 165°F.

REMOVE film from tray; loosen product from the edges, invert onto a serving tray and gently tap until the product releases from the tray.

**COOKING TIP** – Before cooking, tap the mold until the product releases to avoid sticking to the mold during cooking.

**THAWING** (from frozen state)
For all fruit products & Magic Cup

Thaw under refrigeration, film side up, for approximately 6 hours.

Separate film from tray in one smooth motion.

Place product on surface with flat side facing up, tilt at a 90° angle, and rap edge sharply on flat surface.

Press back of mold for release.

Serve at 40°F or lower. Cover and refrigerate any unused portions.

Use within 3 days.

NOTE – Product will release from a frozen state. Thaw prior to serving.

**SIMPLE RECIPE SUGGESTIONS**

Hot Turkey Sandwich
Bread + Turkey + Gravy

Eggs Benedict
Omelet + Hollandaise Sauce

Biscuits & Gravy
Bread + Sausage Links + Smooth Country Gravy

Strawberry Waffles & Whip Cream
Waffles + Strawberry Syrup + Whipping Cream
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HormelHealthLabs.com/meal-kits
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