

### Rice Porridge and Berries 3.2oz / 90g

**Ingredients:** rice, cream, milk, raspberry (10%), sugar, salt

Nutrition facts	Amount per serving 10.6oz / 300g (after added water)
Calories	450
Total fat	18 g
incl. saturated fats	15 g
Total carbohydrates	62 g
incl. sugars	31 g
Protein	9 g
Salt	0.2 g

### Oatmeal and Apples 3.2oz / 90g

**Ingredients:** apple (10%), milk, oatmeal, butter, sugar, cinnamon, salt

Nutrition facts	Amount per serving 10.6oz / 300g (after added water)
Calories	440
Total fat	13 g
incl. saturated fats	8 g
Total carbohydrates	59 g
incl. sugars	18 g
Protein	15 g
Salt	1.2 g

### Spaghetti Bolognese and Beef 4oz / 115g

**Ingredients:** spaghetti (wheat, water, tumeric), chopped tomatoes, beef (13%), onion, celery, rapeseed oil, spices, garlic, salt

Nutrition facts	Amount per serving 14.8oz / 420g (after added water)
Calories	580
Total fat	25,3 g
incl. saturated fats	8,7 g
Total carbohydrates	62.1 g
incl. sugars	6 g
Protein	23 g
Salt	4.6 g

### Mashed Potatoes and Bacon 3.9oz / 110g

**Ingredients:** smoked bacon (20%), potatoes, carrots, onions, milk, salt

Nutrition facts	Amount per serving 15.9oz / 450g (after added water)
Calories	645
Total fat	39 g
incl. saturated fats	14 g
Total carbohydrates	54 g
incl. sugars	3.5 g
Protein	14 g
Salt	2.2 g

### Meat Soup 3.2oz / 90g

**Ingredients:** pork (20%), pickled cucumber, tomato paste, onion, rapeseed oil, sugar, wheat, salt, spices

Nutrition facts	Amount per serving 17.6oz / 500g (after added water)
Calories	393
Total fat	29 g
incl. saturated fats	6.3 g
Total carbohydrates	13 g
incl. sugars	4.2 g
Protein	17 g
Salt	1.8 g

### Curry Chicken and Rice 3.5oz / 100g

**Ingredients:** rice (40%), chicken fillet (17%), cream, chicken broth, tomato, pepper, spices, salt

Nutrition facts	Amount per serving 14.1oz / 400g (after added water)
Calories	560
Total fat	34.6 g
incl. saturated fats	18 g
Total carbohydrates	41.2 g
incl. sugars	4.4 g
Protein	21.1 g
Salt	3.1 g

### Noodles and Chicken 4.4oz / 125g

**Ingredients:** noodles (45%) (wheat), fried chicken 15%, cream, coconut milk, carrots, mung beans, red pepper, green peas, leek, mushrooms, parsley, salt, spices

Nutrition facts	Amount per serving 15.9oz / 450g (after added water)
Calories	572
Total fat	27 g
incl. saturated fats	18 g
Total carbohydrates	50 g
incl. sugars	6.5 g
Protein	26 g
Salt	2 g

### Rice and Pork 4oz / 115g

**Ingredients:** rice, pork (15%), carrots, onion, tomato sauce, rapeseed oil, sugar, salt, spices

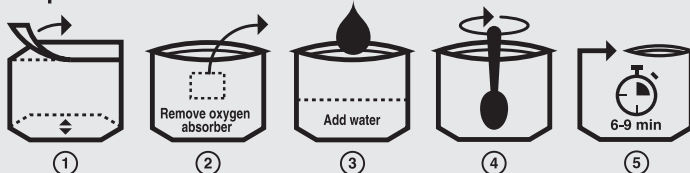
Nutrition facts	Amount per serving 14.8oz / 420g (after added water)
Calories	565
Total fat	22 g
incl. saturated fats	7 g
Total carbohydrates	68 g
incl. sugars	6 g
Protein	21 g
Salt	2.1 g

### Spicy Noodle Soup 2.5oz / 70g

**Ingredients:** chicken fillet (17%), carrot, coconut milk, champignon, noodles (wheat, tumeric), smashed tomatoes, spices, salt

Nutrition facts	Amount per serving 13oz / 370g (after added water)
Calories	404
Total fat	19.4 g
incl. saturated fats	11.7 g
Total carbohydrates	34 g
incl. sugars	8.4 g
Protein	23.3 g
Salt	3.2 g

#### Preparation instructions:



Instruction videos: [tacticalfoodpack.com/instructions](http://tacticalfoodpack.com/instructions)

## TACTICAL FOODPACK®

Tactical Solution OÜ  
Karja 17, Viljandi 71005, ESTONIA  
Produced in EU  
[www.tacticalfoodpack.com](http://www.tacticalfoodpack.com)



4 744698 013015

Best before: 04/2022