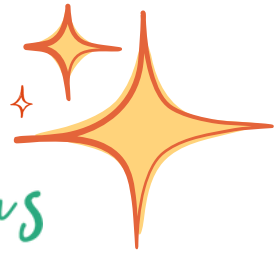


**GLUTEN-FREE**  
**100% REAL FOOD**  
**NO ADDED SUGAR**  
**POWDERED MEAL**  
**DAIRY-FREE**  
**NON-GMO**



# KALE, QUINOA, AND BERRIES *Plus*

Vegan Friendly | Added Vitamins and Minerals | High Protein

Whole Story Meals is a woman-owned, veteran-owned business started by a mother who wanted to feed her daughter well. Our ingredients are ethically and sustainably sourced, free of GMO's and processed to preserve vital nutrients.

## KQB PLUS *benefits*

### OPTIMAL NUTRITION

Formulated to meet 100% DRI for 25 essential nutrients.\*



### RICH IN POLYPHENOLS

Help manage inflammation and reduce oxidative stress.



### PLANT PROTEIN

Powerful plant protein designed to meet adult needs.



## Instructions

Mix 3oz of water per scoop (21g) of powder. Mixes best in a shaker bottle with a wire whisk.

## Quick Tips

- Mix only what you need for each meal.
- For best results, do not store your blend in the refrigerator.

## Caloric Density

1.0 up to 2.0 cal/ml

## Caloric Distribution

16% calories from protein  
 40% calories from carbohydrate  
 44% calories from fat

## KQB PLUS Overview

- Each bag contains 2,000 calories
- 1 scoop of powder = 100 calories
- Can be enjoyed by mouth or tube
- Suitable for syringe or pump feeding
- Customizable calorie density
- For adults
- Complete nutrition

## Ingredients

Cold-processed sunflower seeds, sweet potatoes, cold-processed golden flaxseeds, coconut oil, blueberries, raspberries, brown rice protein, organic quinoa, zucchini, kale, ancient sea salt, dextrin (a fiber).

## Vitamins and Minerals

Calcium citrate, choline bitartrate, zinc gluconate, calcium pantothenate (B5), retinyl palmitate (A), riboflavin (B2), methyl folate, potassium iodide, phytonadione (K), cholecalciferol (D3), biotin, methylcobalamin (B12).

Allergens: coconut (tree nut)

## Billing Information

HCPCS B4149  
 NDC: 50052-0824-05  
 Each Item #: 7223  
 Case (30 EA)  
 Case Item #: 9223

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>4 scoops (85.9g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>400</b>
	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 5.84g	<b>29%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.75g	
Monounsaturated Fat 8.08g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 4mcg	20%
Calcium 260mg	20%
Iron 5mg	30%
Potassium 750mg	15%
Vitamin A	20%
Vitamin C	20%
Vitamin E	50%
Vitamin K	20%
Thiamin	45%
Riboflavin	25%
Niacin	30%
Vitamin B6	35%
Folate	30%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid	25%
Phosphorus	20%
Iodine	20%
Magnesium	30%
Zinc	30%
Selenium	45%
Copper	70%
Manganese	60%
Chromium	90%

\*The % Daily Value (DV) 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.

\*20 scoops (2,000 calories) of Kale, Quinoa and Berries Plus a day meets Institute of Medicine DRI for 25 essential vitamins and minerals for adults age 18 or older.

**Samples Available Upon Request**  
 nutrition@wholestorymeals.com

Whole Story Meals Inc.  
**Updated 4/5/2024**