



PLUS
+ VITAMINS & MINERALS

KALE, QUINOA AND BERRIES *Plus*

Vegan Friendly | High Protein | Complete Nutrition

Nutrition Facts

5 servings per container

Serving size 4 scoops (85.9g)

Amount Per Serving

Calories **400**

% Daily Value*

Total Fat 20g	26%
Saturated Fat 5.84g	29%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.75g	
Monounsaturated Fat 8.08g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 41g	15%
Dietary Fiber 12g	43%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 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.

WHOLE STORY MEALS

The first and only real food, powdered, enteral meal replacement product. Designed to promote healing, growth and healthy development.

Technical Information

Whole Story Meals, Inc.

Item: Kale, Quinoa and Berries Plus.

Vegan powdered whole food meal formulated for enteral or oral feeding. Whole Story Meals powdered meals are intended to be used once hydrated with the recommended amounts of water, juice, milk or milk alternative. Meets 100% DRI for 25 essential vitamins and minerals in 20 scoops.*

Description

Kale, Quinoa and Berries Plus is a powdered real food, complete meal that is packaged in a resealable zip top pouch. It is consumed only after rehydrating with water, milk or juice, enterally or orally.

Each serving (85.90g) of powder is rehydrated using 12 ounces (360ml) of water and contains 400 calories, 17 grams of protein, 41 grams of carbohydrates and 20 grams of fat.

As with any real food product, variations in caloric and nutrient levels should be expected due to growing conditions. If a specific medical condition requires precise nutrient levels please discuss with your medical team.

Disclaimer: Not intended to be consumed unless hydrated with the appropriate amount of fluid. Not for use by infants under 1 year of age without the advice of a physician. Powder is made of real food and particle sizes may vary. Settling and clumping may occur.

*2000 calories (20 scoops) 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.

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).

Made from 100% Non-GMO ingredients.

Caloric Distribution

16% of calories from protein

40% of calories from carbohydrate

44% of calories from fat

Protein Sources

Sunflower seeds, flaxseeds, brown rice protein.

Carbohydrate Sources

Sweet potatoes, raspberries, blueberries, sunflower seeds, flaxseeds, zucchini.

Fat Sources

Sunflower seeds, coconut oil, flaxseeds.

Fiber Sources

Raspberries, sunflower seeds, flaxseeds.

Allergens and Sensitivities

Seeds, coconut (tree nut).

Gluten free, Soy Free, Dairy Free, Egg Free, Corn Free, Lactose Free.

Manufactured in a facility that processes: Milk, eggs, peanuts, tree nuts, shellfish, and soy.

One serving is considered high in the following FODMAPS: Polyols, Oligosaccharides.

Contraindications

Possible Allergens: seeds, quinoa.

Any drug/nutrient interactions should be evaluated by a physician or pharmacist.

Packaging

BPA Free. Zip top resealable plastic pouch, contains 2,000 calories

Use Instructions

A scoop is provided in each bag and holds approximately $\frac{1}{4}$ cup (21 grams, $\frac{1}{4}$ of a serving). Each scoop provides a 100 calorie portion of powder. For each scoop we recommend a minimum of 3 ounces (90 ml) of water be added and mixed well to produce a mixture that will flow through a pump. Mixes best in a shaker bottle equipped with a wire whisk ball. At the recommended rehydration rate, mixture will provide -1 calorie per ml.

May also bolus feed or consume orally. For bolus or oral feeding, hydrate to the desired texture. Powder may be mixed with other consumable liquids such as milk or juice to increase calories. Powder may also be added to other enteral products to increase calories and add nutrients.

Our powdered meal may be combined with boiling water to quick-cook the ingredients. Cool mixture before consuming. We suggest using this method for anyone with who wishes to consume the meal cooked. Use slightly less water to make a hot-cereal textured meal for oral consumption.

Shelf Life

2 years, unopened. Once opened, consume contents within 60 days.

Warning

Not for Parenteral Use.



Not intended for children under 1 year of age unless under the direction of a physician or a Registered Dietitian. Please check with your health care provider before using Whole Story Meals.



Volume Displacement

15 ml/scoop (0.71 ml/gram)

Calories with Milk or Juice | Kale, Quinoa, & Berries Plus Chart


Scoops	Whole Milk (3.25% fat)								Unsweetened Apple Juice							
	4 oz	Cal/ml	6 oz	Cal/ml	8 oz	Cal/ml	10 oz	Cal/ml	4 oz	Cal/ml	6 oz	Cal/ml	8 oz	Cal/ml	10 oz	Cal/ml
1	175	1.3	212	1.1	249	1.0	287	0.9	156	1.2	184	0.9	212	0.8	240	0.7
2	275	1.8	312	1.5	349	1.3	387	1.2	256	1.7	284	1.4	312	1.2	340	1.0
3			412	1.8	449	1.6	487	1.4			384	1.7	412	1.4	440	1.3
4					549	1.8	587	1.6					512	1.7	540	1.5
5							686	1.8					612	1.9	640	1.7
6							787	2.0							740	1.9


 = will flow through an Infinity pump
 = can push with syringe

 = will flow through an Infinity pump
 = can push through syringe

Calories with Water

Scoops	2oz (60 ml)	Cal /ml	3oz (90 ml)	Cal /ml	4oz (120 ml)	Cal /ml	5oz (150 ml)	Cal /ml	6oz (180 ml)	Cal / ml	7oz (210 ml)	Cal/ ml	8oz (240 ml)	Cal/ ml	9oz (270 ml)	Cal/ ml
1	100	1.3	100	1.0	100	0.7	100	0.6	100	0.5	100	0.4	100	0.4	100	0.3
2			200	1.7	200	1.3	200	1.1	200	1.0	200	0.8	200	0.7	200	0.6
3							300	1.5	300	1.3	300	1.2	300	1.1	300	1.0
4									400	1.7	400	1.5	400	1.3	400	1.2
5											500	1.8	500	1.6	500	1.4
6													600	1.8	600	1.7

 = will flow through Infinity pump

 = can push with syringe

Kale, Quinoa and Berries Plus

Nutrients	1 Scoop (21.5g)	DRI %*	4 Scoops (1Serving/ (85.90g)	DRI %*	20 Scoops (5 servings/ 429.5g)	DRI %*
Calories	100.0		400.0		2000	
Total Fat, g	5.0		20.0		100.0	
Saturated Fat, g	1.5		5.8		29.2	
Trans Fat, g	0.0		0.0		0.0	
Polyunsaturated Fat, g	1.2		4.8		23.8	
Monounsaturated Fat, g	2.0		8.1		40.4	
Cholesterol, mg	0.0		0.0		0.0	
Total Carbohydrate, g	10.3		41.0		205.0	
Dietary Fiber, g	3.0		12.0		60.0	
Total Sugars, g	3.3		13.0		65.0	
Added Sugars, g	0.0		0.0		0.0	
Protein, g	4.3		17.0		85.0	
Sodium, mg	80.0	5.25%	320.0	21%	1600.0	105%
Vitamin D, mcg	1.0	5%	4.0	20%	20.0	100%
Calcium, mg	62.5	5%	250.0	20%	1250.0	100%
Iron, mg	1.3	7.5%	5.0	30%	18	150%
Potassium, mg	187.5	5.5%	750.0	22%	3750.0	110%
Vitamin A, mcg RAE	45.0	5%	180.0	20%	900.0	100%
Vitamin C, mg	4.5	5%	18.0	20%	90.0	100%
Vitamin E, mg	1.9	12.5%	7.5	50%	37.5	250%
Vitamin K, mcg	6.0	5%	24.0	20%	120.0	100%
Thiamin, mg	0.1	11.25%	0.5	45%	2.7	225%
Riboflavin, mg	0.1	6.25%	0.3	25%	1.7	125%
Niacin, mg	1.2	7.5%	4.8	30%	24.0	150%
Vitamin B6, mg	0.2	8.75%	0.6	35%	3.0	175%
Folate, DFE	30.0	7.5%	120.0	30%	600.0	150%
Vitamin B12, mcg	0.1	5%	0.5	20%	2.4	100%
Biotin, mcg	1.5	5%	6.0	20%	30.0	100%
Pantothenic Acid, mg	0.3	6.25%	1.3	25%	6.3	125%
Phosphorus, mg	62.5	5%	250.0	20%	1250.0	100%
Iodine, mcg	7.5	5%	30.0	20%	150.0	100%
Magnesium, mg	31.5	7.5%	126.0	30%	630.0	101%
Zinc, mg	0.8	7.5%	3.3	30%	16.5	150%
Selenium, mcg	6.3	11.25%	25.0	45%	125.0	225%
Copper, mg	0.2	17.5%	0.6	70%	3.2	350%
Manganese, mg	0.3	15%	1.4	60%	6.9	300%
Choline, mg	27.5	5%	110.0	20%	550.0	100%

*DRI based on Institute of Medicine DRI for adults >18 yrs of age

Ordering Information

HCPCS Code: B4149

WSM Meal	Item #	Each UPC	Case UPC	First Databank NDC*	Medispan NDC*	Merative Redbook NDC*
Kale, Quinoa and Berries	7123	860002633503	860002633541	60002-0633-50	60002-63350	60002-63350
Kale, Quinoa and Berries Plus	7223	850052824051	10850052824058	50052-0824-05	50052-82405	50052-82405
Kale, Quinoa and Berries Plus Pediatrics	7323	850052824099	10850052824096	50052-0824-09	50052-82409	50052-82409
Chicken, Peas and Carrots	7124	860002633510	860002633558	60002-0633-51	60002-63351	60002-63351
Chicken, Peas and Carrots Plus	7224	850052824044	10850052824041	50052-0824-04	50052-82404	50052-82404
Chicken, Peas and Carrots Plus Pediatrics	7324	850052824082	10850052824089	50052-0824-08	50052-82408	50052-82408
Restore	7125	860002633527	860003633565	60002-0633-52	60002-63352	60002-63352
Restore Fusion	7126	860002633534	860002633572	60002-0633-53	60002-63353	60002-63353

*Medicare, Medicaid and health insurers may ask you to provide a National Drug Code / NDC number for insurance claims, billing or reimbursement purposes. Because our products are whole foods and do not constitute “drugs”, we have NDC format numbers specific to each database to use when asked for a NDC number for our products.



KALE, QUINOA AND BERRIES *Plus*
VEGAN MEAL

ADDED VITAMINS & MINERALS

Real Food Powdered Meals for
 Enteral Feeding and Meal Replacement

Made with All Natural Fruits, Vegetables, Seeds, and Whole Grains

Complete Nutrition

Healthy On-The-Go Option



Nut-Free



Gluten-Free



Dairy-Free



Soy-Free



Egg-Free

No Artificial
 Ingredients

High
 Protein

Whole
 Foods

No
 Juice

No Added
 Sugars

17g Protein per Serving

2,000 Calories per Bag

Net wt. 429.5g



We're social, join the conversation!

@wholestorymeals | #wholestorymeals | #tubieinthewild



Enjoy the perfectly tailored mix of vitamins and minerals, our Plus meals are your one-stop solution for meeting nutritional requirements for adults. Complete with fresh fruits, vegetables, whole grains, and seeds for a nutrient-rich symphony of powerful antioxidants, phytonutrients, and naturally occurring fiber.

Nutrition Facts	
5 servings per container	
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	% Daily Value*
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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).



SHAKE

with liquid of your choice



BOOST

additional nutrition for enteral meals



STIR

for a pureed meal

Transforming Enteral Nutrition

Directions: Each scoop (21g) of powder contains 100 calories. Choose the number of scoops you need based on the amount of calories you want in your meal. Mix the powder with water or liquid of your choice. We recommend 3 oz of liquid per scoop of powder. A shaker bottle with a wire whisk is best for mixing.

For additional calories, our powder can be mixed with other liquids. It can also be mixed into other forms of enteral meals such as traditional formula or blenderized meals for a calorie and nutrition boost.

For those consuming orally, mix with liquid of choice to reach desired thickness.

Note: Using less than 3 oz of water per scoop will produce a thick formula that can be bolus fed with a syringe but may not flow well through a pump. For best results in a pump, use 3 oz or more of water/liquid per scoop.

Omega 3 from Flax

Nutrient Dense

Complete Nutrition



Formulated by and manufactured for:
Whole Story Meals, Inc.
30 N. Gould St. Ste R
Sheridan, WY 82801
307-222-0567



Processed in a facility that uses milk, eggs, peanuts, tree nuts, shellfish, and soy.
Allergens: contains coconut (tree nut)

Our product is made from real food. Particle size may vary and clumping may occur. Store in a cool dry place. Packaged by weight, not by volume. Use within 60 days of opening. As with any real food product, variations in calorie and nutrient levels should be expected due to growing conditions. If a specific medical condition requires precise nutrient levels, discuss with your medical team.