

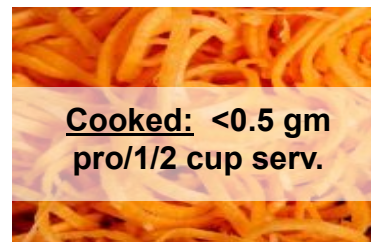
Pasta Mix & Match: Maximizing Meals

Lower Protein -----> Higher Protein

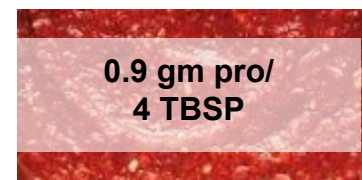
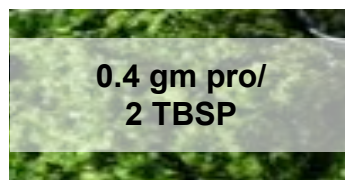
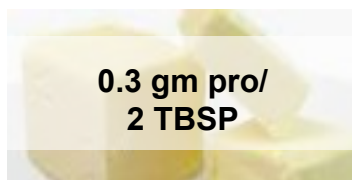
PICK YOUR PASTA: Cellophane (Glass) Noodles, Gluten-Free (GF) Pasta, Traditional Pasta
Follow directions on how to prepare on package.



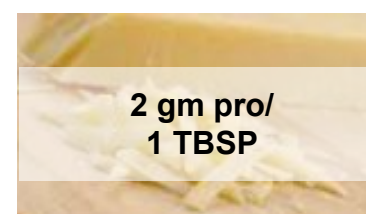
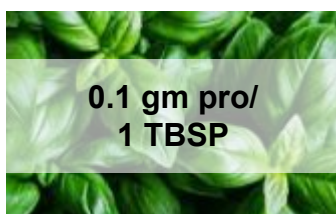
PICK YOUR MIX IN: Black Olives, Zucchini Spirals*, Carrot Spirals*, Green Peas*
*Follow directions on how to prepare on package.



PICK YOUR SAUCE: Shallot Parsley Butter, Arugula Pesto, Tomato (Marinara) Sauce
Prepared at 2020 Metabolic eCamp.



TOP YOUR DISH: Fresh Basil, Low-Protein Cheese (i.e. Daiya brand), Parmesan Cheese



Calculations based on analysis done in Metabolic Pro 6/8/2020. Values and ingredients are subject to change so always check the product label.



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