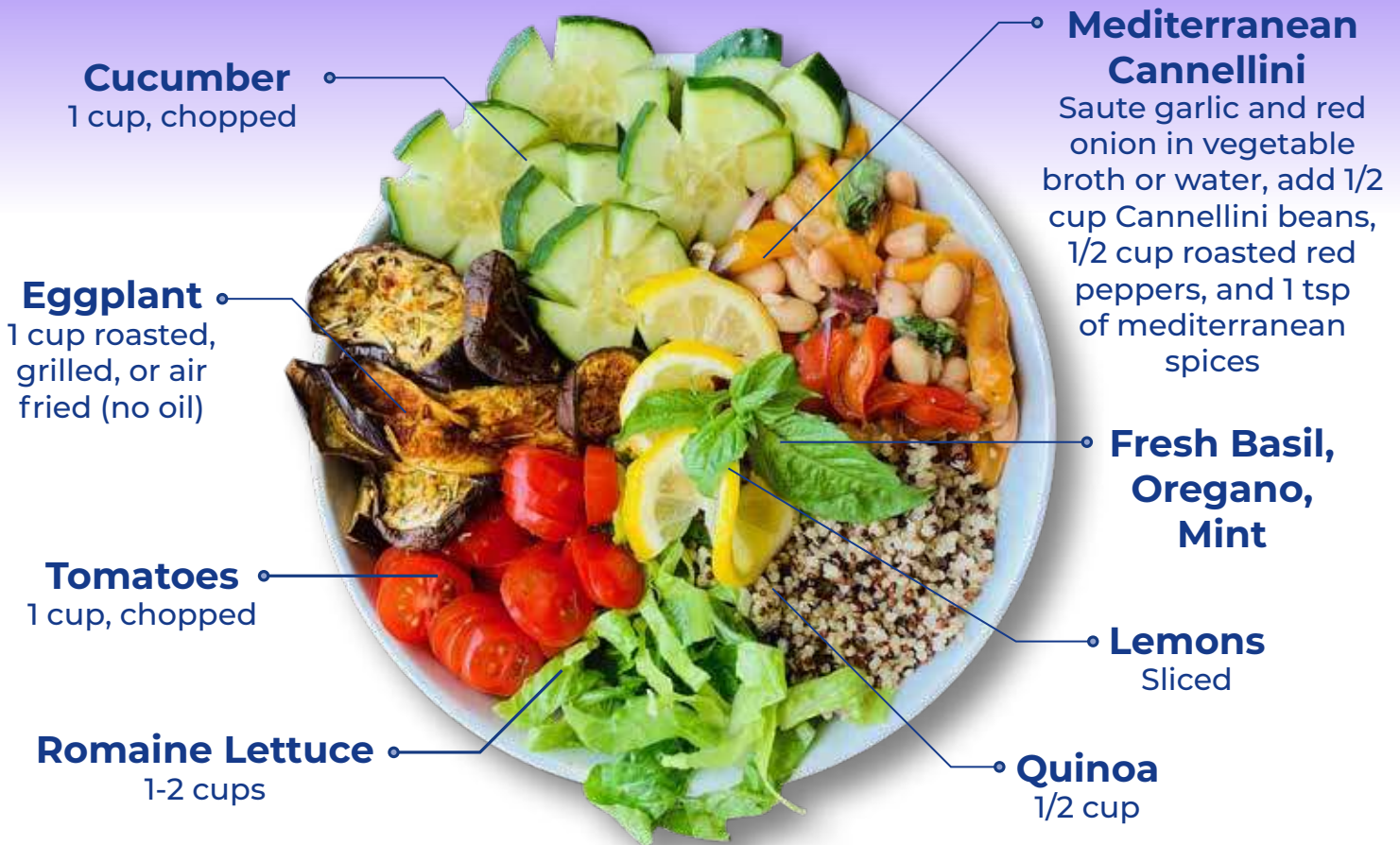


Mediterranean Car-Bowl-Hydrate

The easy way to prepare a delicious carbohydrate-rich meal using simple ingredients to help you save time!

Enjoy the flavors of the Mediterranean as you prepare a nutritious bowl for your next meal



For added flavor, add:

Mediterranean spice mix
Fresh herbs: Basil, mint
Dried herbs: Oregano
Sliced Lemons

324

Calories

4g

Fat

62g

Carbohydrate

15g

Protein

16g

Fiber

Excellent source of Vitamins A, C, K, Copper, Zinc, Magnesium, Manganese, Phosphorous, Folate, B vitamins