

## Oven Preparation

(approximately 15-20 minutes)

1. Preheat oven to 325 F.

2. Empty one bag of GroundPro into a full size 2 1/2" steam table tray.

3. Add 2 quarts of hot water.

4. Level product in pan and place in oven.

5. Heat until product reaches 172°F and water is fully absorbed.

6. Fluff with spoon or fork and serve.



## SUSTAINABLE SOLUTION

### GROUNDPRO STARTS WITH THE FARMER

#### PREPARE SOIL & PLANT LENTIL SEED

Lentils enrich the soil, reducing the need for fertilizers and can grow in drought and frost environments.

#### WATER

Lentils require little or no irrigation.

#### ENVIRONMENT FRIENDLY

Lentils help remove carbon dioxide from the air.

### INLAND EMPIRE FOODS DOES THE REST

#### DRY CLEAN ELECTRONICALLY

Separate lentils for shape and color and remove small particulates.

#### SOAK

Improves digestibility and eliminates tannins.

#### WATERLESS COOKING

Removes lectins and retains prebiotic fiber.

#### AIR DRY

Reduces weight and increases shelf life.

#### BLEND LENTILS WITH SPICES AND SEASONINGS

Added convenience and flavor.

#### PACKAGE & SHIP

Maintains Product Freshness.

GroundPro is an essential nutrient-dense food that I highly recommend for a healthy diet

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Functional & Integrative Nutrition Specialist

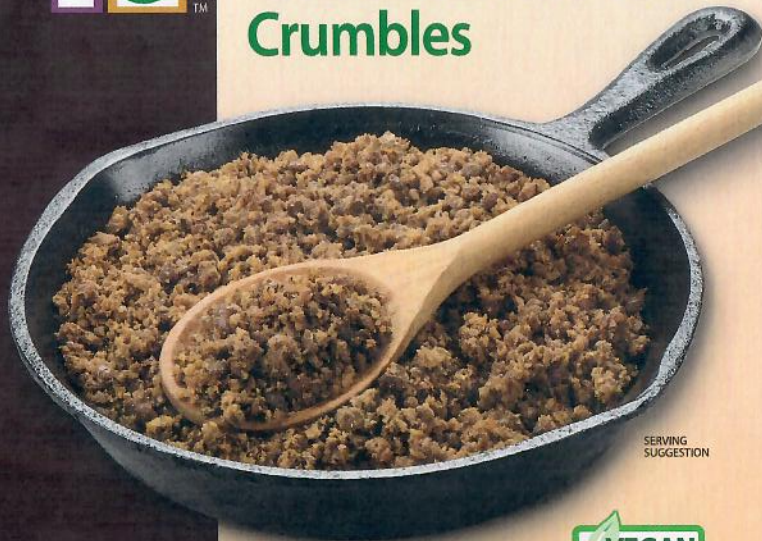
PLANT

PROTEIN



Available at [groundpro.info](http://groundpro.info)

# Meatless GroundProtein™ Crumbles



SERVING  
SUGGESTION



No Artificial  
Flavors

Plant Based  
Protein

MSG NO MSG

GMO Non GMO

Natural Source of Prebiotics

60 Prepared (1/4 cup) Servings  
per Bag

NET WT 2.85 LBS. (45.7 OZ.) 1296g

No Soy

No NUTS

GF Gluten Free



## Nutrition Facts

Serving Size (dry) 21.6g 60 Servings per bag  
Serving Size (prepared) About 1/4 cup (53.14g)

	per serving		per container	
	90	5400		
	% DV*	% DV*		
<b>Calories</b>				
<b>Total Fat</b>	3g	4%	180g	230%
Saturated Fat	0g	0%	16g	80%
Trans Fat	0g	0%	0g	0%
<b>Cholesterol</b>	0mg	0%	10mg	0%
<b>Sodium</b>	160mg	7%	9600mg	420%
<b>Total Carbohydrate</b>	11g	4%	660g	220%
Dietary Fiber	3g	10%	180g	640%
Total Sugars	0g		12g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	5g		300g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	39mg	3%	2340mg	180%
Iron	1mg	6%	80mg	440%
Potassium	170mg	4%	10200mg	220%

\*The % Daily Value 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.

INGREDIENTS: LENTILS, SUNFLOWER OIL, YEAST EXTRACT, GARLIC, ONION, SALT, PAPRIKA, SPICES.

MANUFACTURED BY:  
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Patent Pending



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