



wholesome + tasty
PlantPure entrees use whole plant-based ingredients that are flash frozen to preserve freshness. Our chefs use no added oil and only modest amounts of salt and sugar, allowing the delicious flavors of the meals to shine.

roots of change
We believe eating a whole-food, plant-based diet is one of the most powerful ways you can contribute to a healthier you and a healthier world.

Our ground-breaking documentary, *PlantPure Nation*, demonstrates how 10 days on a plant-based diet can lead to major health improvements. It also explains the connections of this diet to our environment and other important issues affecting our world. (Available on Netflix, Amazon, iTunes, and our website.)

join the movement
We're committed to helping millions of people bring the message of plant-based nutrition to family and friends in communities around the world. We also offer companion cookbooks – a must-have for inspiring healthful eating in your home! (Available on our website and Amazon.)

Learn more at
plantpurenation.com
Visit us on Facebook, Twitter
Instagram & YouTube

Nutrition Facts	
Serving Size 1/2 meal tray (227g)	
Servings Per Container 2	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 9g	
Vitamin A	15%
Vitamin C	10%
Calcium	4%
Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: cooked pasta (durum whole wheat semolina), water, carrots, chick peas, broccoli, green beans, coconut milk (coconut extract, water), red bell peppers, onions, roasted peanuts, soy sauce (water, wheat, soybeans, salt, alcohol, vinegar, lactic acid), tomato paste, red curry paste (dried red chili, garlic, lemongrass, shallots, salt, galangal, kaffir lime peel, spices), sesame seeds, corn starch, sea salt.

Contains: wheat, coconut (tree nuts), peanuts, soy. May contain other tree nuts.

Manufactured for PlantPure, Inc.
101 East Clay Street
Mebane, NC 27302
704-271-9906

Product of Canada

Eco-friendly
Box: Made from 100% recycled fibers;
100% compostable
Tray: BPA-free; Made from 90% or greater renewable and sustainable materials







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Melbane, NC 27302
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plantpure
Thai Drunken Veggies

A creamy red curry sauce with broccoli, chickpeas, carrots, green beans and red peppers over whole grain pasta



SERVING SUGGESTION

Net Wt. 16oz (454g)

KEEP FROZEN UNTIL READY TO USE.

Cooking Instructions

Microwave oven: 1200 watts: Remove tray from carton. Pierce film. Microwave on HIGH for 5 minutes. Using a sharp knife, cut through film. Microwave on HIGH for 1 more minute. Remove from microwave and stir before serving. Enjoy!
 Heating times may vary depending on age and power of microwave.
 Caution: Exercise caution when handling heated product. Tray may be very hot and soft. Product may be very hot. Cook thoroughly to an internal temperature of 165° F. Not recommended for toaster ovens.



KEEP FROZEN
COOK THOROUGHLY



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SERVING SUGGESTION

Thai Drunken Veggies

Net Wt. 16oz (454g)

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