

Transforming Enteral Nutrition

Whole Story Meals is real fruits and vegetables picked at their peak of ripeness and cold-processed to preserve their nutrients. Our meals contain zero added sugar or artificial ingredients. Enjoy all the benefits of real food in a convenient powder, ready to be rehydrated with the liquid of your choice.



Kale, Quinoa and Berries

Vegan Meal

Cold processed sunflower seeds, Raspberries, Cold processed golden flaxseed, Coconut oil, Sweet potato, Rice protein, Blueberries, Organic quinoa, Zucchini, Kale, Ancient sea salt, Dextrin (a fiber)



Chicken, Peas and Carrots

With Real Chicken Broth

Chicken broth & fat, Oats, Peas, Sweet potato, Carrot, Strawberry, Coconut oil, Cooked chicken, Ancient sea salt, Onion, Turmeric, Black pepper, Dextrin (a fiber)



Restore

Renal Support

Millet, Coconut oil, Cold processed golden flaxseed, Cold processed sunflower seeds, Cranberries, Acai, Mangoes, Red bell peppers, Organic quinoa, Oats, Beets, Dextrin (a fiber)



Restore Fusion

Nutritional Shake

Millet, Coconut oil, Cold processed golden flaxseed, Cold processed sunflower seeds, Cranberries, Acai, Mangoes, Natural French vanilla flavor, Red bell peppers, Organic quinoa, Oats, Beets, Natural berry flavor, Monk fruit extract, Dextrin (a fiber)

Overview

- 100% real food
- No added sugar or preservatives
- Free of top 9 allergens and gluten
- Covered by insurance under HCPCS B4149
- Appropriate for children and adults
- Each bag contains 2000 calories
- 1 scoop of powder = 100 calories
- Can be enjoyed by mouth or tube
- Suitable for syringe or pump feeding
- Mix with liquid of choice
- Customize calorie density as needed

For more information and to request samples, visit [wholestorymeals.com](https://www.wholestorymeals.com)



Nutrient Information

Per 4 Scoops of Whole Story Meals

	Kale, Quinoa and Berries	Chicken, Peas and Carrots	Restore	Restore Fusion	Average*
Calories	400	400	400	400	400
Fat (g)	20	17	22	22	20
Carbohydrate (g)	41	39	46	47	42
Fiber (g)	12	7	8	8	9
Sugars (g)	13	13	9	7	12
Protein (g)	17	16	8	8	14
Sodium (mg)	315	490	18	19	274
Potassium (mg)	756	968	382	390	602
Phosphorus (mg)	540	180	208	222	309

*Average of Kale, Quinoa and Berries; Chicken, Peas and Carrots; and Restore.

Quick Tips

- ➔ **Mixes best in a shaker bottle with wire whisk**
Add Whole Story Meals and liquid of choice to shaker bottle, shake, and enjoy!
- ➔ **Mix only what you need for each meal**
For best results, do not store your blend in the refrigerator
- ➔ **Add a multivitamin/mineral supplement if using as sole-source**
Check with your doctor or dietitian for appropriate supplementation

wholestorymeals.com
307-222-0567

