



- NON-GMO
- VEGETARIAN/PLANT BASED
- USDA ORGANIC
- BPA FREE PACKAGING



**SEEDS OF CHANGE™**  
QUINOA & BROWN RICE  
W/ GARLIC



**SEEDS OF CHANGE™**  
BROWN JASMINE RICE  
W/ CILANTRO  
& A HINT OF LIME



**SEEDS OF CHANGE™**  
JASMINE RICE



**SEEDS OF CHANGE™**  
SPANISH STYLE RICE  
W/ QUINOA,  
PEPPERS & CORN



**SEEDS OF CHANGE™**  
BROWN BASMATI RICE



**SEEDS OF CHANGE™**  
CHIPOTLE STYLE  
BROWN RICE  
WITH BLACK BEANS



**SEEDS OF CHANGE™**  
QUINOA & BROWN RICE  
W/ SEA SALT



**SEEDS OF CHANGE™**  
QUINOA, BROWN &  
RED RICE W/ FLAXSEED



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# Seeds of Change Protein Bowls Convenience + Health + Taste!



**Seeds of Change**  
Organic Protein Bowl  
GARDEN PESTO  
QUINOA & BROWN RICE,  
CHICKPEAS, MIXED VEGETABLES,  
& BASIL PESTO

**13g** PROTEIN\*  
**12g** FIBER\*

MICROWAVE :90 SEC

PER 1 TRAY  
420 CALORIES  
2.5g SAT FAT (5% DV)  
580mg SODIUM (25% DV)  
4g TOTAL SUGARS

NET WT. 9 OZ (255g)

112g total fat & 580mg sodium per serving  
ENLARGED TO SHOW TEXTURE  
SERVING SUGGESTION

- ✓ INSTANT LUNCH
- ✓ QUICK DINNER
- ✓ PACK FOR THE OFFICE

NO REFRIGERATION NEEDED  
- JUST HEAT AND SERVE!



**Seeds of Change**  
Organic Protein Bowl  
HARVEST HERB  
FOUR WHOLE GRAINS, BEANS,  
SWEET POTATOES & MIXED VEGETABLES,  
WITH A WARM SEASONING BLEND

**14g** PROTEIN\*  
**14g** FIBER\*

MICROWAVE :90 SEC

PER 1 TRAY  
440 CALORIES  
1g SAT FAT (2% DV)  
600mg SODIUM (25% DV)  
4g TOTAL SUGARS

NET WT. 9 OZ (255g)

112g total fat & 580mg sodium per serving  
ENLARGED TO SHOW TEXTURE  
SERVING SUGGESTION

**Real Food with Real Ingredients Made Easy**



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## SEEDS OF CHANGE™ GARDEN PESTO



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## SEEDS OF CHANGE™ FAMILY SIZE QUINOA & BROWN RICE W/ GARLIC



## SEEDS OF CHANGE™ HARVEST HERB

