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Trifecta B0DLLLLD645

Trifecta Keto Meal Box User Manual

Model: B0DLLLLD645

PRODUCT OVERVIEW

The Trifecta Keto Meal Box provides 7 pre-portioned, clean, low-carb, and protein-rich entrees designed to support a ketogenic diet and healthy lifestyle. These meals are crafted with whole food ingredients, including grass-fed meats and sustainably-caught seafood, to offer balanced macros and controlled calorie portions.



Image: The Trifecta Keto Meal Box, showcasing the main packaging and several individual meal containers ready for preparation.

PREPARATION AND COOKING INSTRUCTIONS

Upon receiving your Trifecta Keto Meal Box, please note that the meals are **not pre-cooked**. They are prepared with fresh, raw ingredients and require cooking before consumption. This allows for optimal freshness and flavor when prepared.

General Cooking Guidelines:

- **Microwave:** Remove the meal from its packaging and place it in a microwave-safe dish. Heat on high for 2-4 minutes, or until thoroughly heated. Stir halfway through for even cooking.
- **Oven/Air Fryer:** Transfer the meal contents to an oven-safe or air fryer-safe dish. Cook at 350°F (175°C) for 10-15 minutes, or until the internal temperature reaches 165°F (74°C). Cooking times may vary based on appliance.
- **Stovetop:** For certain meals, contents can be transferred to a pan and heated over medium heat until warmed through.

Always ensure food is cooked to a safe internal temperature before consuming.



Image: An example of a prepared Trifecta meal, featuring cooked shrimp, pasta, and roasted vegetables, ready for consumption.

STORAGE AND DELIVERY INFORMATION

Trifecta meals are delivered fresh and are designed for convenient storage. Upon arrival, promptly refrigerate or freeze your meals to maintain freshness.

- **Refrigeration:** Meals can be stored in the refrigerator for up to 7-10 days from the delivery date.
- **Freezing:** For longer storage, meals can be frozen. Ensure meals are fully thawed in the refrigerator before cooking.

Deliveries are typically scheduled to arrive on Fridays. It generally takes between 5-12 days from the time of order to delivery. Tracking information will be provided via email on Monday or Tuesday of the delivery week.

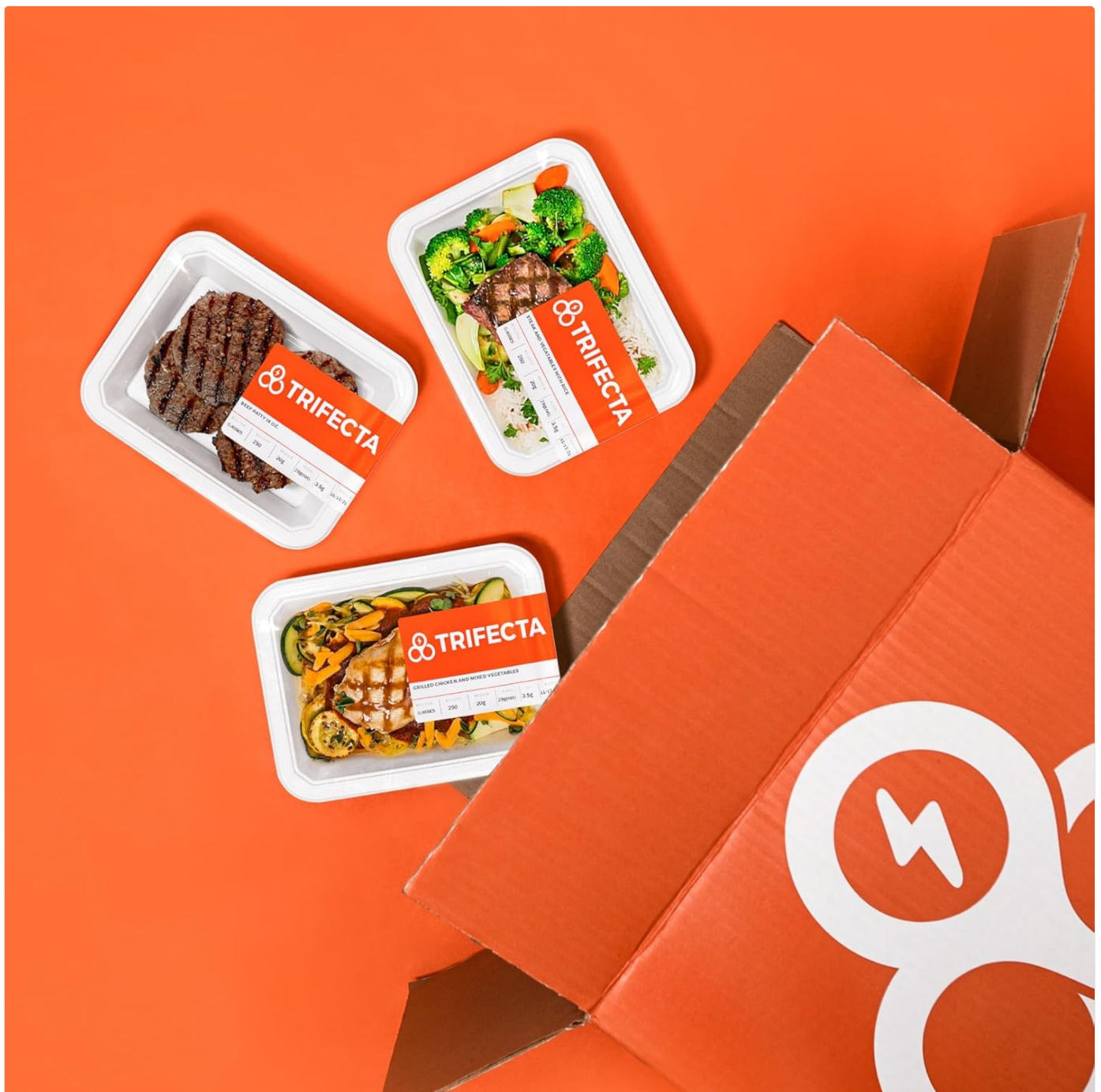


Image: Individual Trifecta meal containers being removed from the delivery box, illustrating the packaging and readiness for storage.

INGREDIENTS AND NUTRITIONAL INFORMATION

Each Trifecta Keto Meal Box contains 7 unique meals from our rotating menu. All meals are crafted with whole food ingredients and are free from GMOs. Below is an example of a nutrition label and ingredient list for one of the meals you might receive.

ROMESCO STEAK WITH VEGETABLES & GUAC

CALORIES
460

PROTEIN
35G

CARBS
18G

NET CARBS
9G

FAT
28G

Enjoy this smokey steak keto meal, made with romesco sauce, fresh vegetables and a side of guacamole.



Nutrition Facts

1 serving per container
Serving size
1 plate

Calories 460
per serving

Amount/serving	% Daily Value*
Total Fat 28g	36%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%

Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 0.9mg 4%
Potassium 620mg 15%

Amount/serving	% Daily Value*
Total Carbohydrate 18g	7%
Dietary Fiber 9g	33%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 35g	69%

* The % Daily Value (DV) 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

Beef (Beef Pectoral, Kosher Salt, Black Pepper)
Vegetable Blend Normandy (Broccoli, Carrots, Cauliflower, Zucchini, Yellow Squash)
Guacamole Cup (Haas Avocado, Tomatillo, Dehydrated Onion, Sea Salt, Jalapeno Pepper, Dehydrated Garlic, Garlic, Dehydrated Cilantro, Dehydrated Jalapeno, Natural Flavor, L-Cysteine [Antioxidant])
Red Bell Pepper
Fire Roasted Red Pepper Pieces (Red Sweet Pepper, Water, Sea Salt, Citric Acid)
Fire Roasted Tomatoes (Fire Roasted Diced Tomatoes, Tomato Juice, Sea Salt, Citric Acid)
Natural Sliced Almonds
Extra Virgin Olive Oil
Rice Wine Vinegar
Fresh Peeled Garlic
Kosher Salt (Salt, Yellow Prussiate Of Soda)
Smokey Paprika (Paprika, Silicon Dioxide)
Cayenne Pepper
Ground Black Pepper

MEAL EXAMPLE:
EACH BOX WILL CONTAIN 7 MEALS FROM OUR KETO MENU

Image: Detailed nutrition facts and ingredient list for a Romesco Steak meal, providing an example of the dietary information available for Trifecta meals.

Dietary Information:

- **Diet Type:** Keto
- **Key Ingredients:** Grass-fed meats, sustainably-caught seafood, and micronutrient-rich whole foods.
- **Quality:** Made with organic ingredients, free from antibiotics and hormones.

Important Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

PRODUCT SPECIFICATIONS

Attribute	Detail
Item Weight	8 Pounds
Manufacturer	Trifecta Nutrition
ASIN	B0DLLLLD645
Country of Origin	USA
Units	7 Count
Brand	Trifecta
Number of Items	7
Flavor	Savory entrees, including protein and vegetables.
Item Form	Entree

TROUBLESHOOTING AND SUPPORT

Common Concerns:

- **Meals not fresh upon arrival:** While rare, if your meals do not arrive in optimal condition (e.g., warm, damaged packaging), please contact customer support immediately.
- **Delivery issues:** If you experience delays or issues with your delivery, refer to your tracking information first. If the problem persists, contact customer support.
- **Meal variety:** The Keto Meal Box includes a rotating selection of 7 unique entrees. Specific meal types cannot be guaranteed for each box.

Customer Support:

For any questions, concerns, or support regarding your Trifecta Keto Meal Box, please contact Trifecta Nutrition, Inc. directly. You can typically find their contact information on their official website or through the seller information on the platform where you purchased the product.

Seller: [Trifecta Nutrition, Inc.](#)

