



**Just eat it.**  
**peoplefood.ca**  
Calgary, Canada

"Hi, how are you? I suffer from celiac disease. I won't feed you what I can't eat. My food is clean; my food is different - your body will want more."  
**"eat our food. feel better"**  
- Brent Boeckx, Owner  
(I'm the one in blue)

# people food

## know meat patty

**Celiac Friendly, Casein Free, Vegan - 4 oz**

**INGREDIENTS:** green lentils, brown rice, yellow split peas, sweet potato, carrots, dried onion, parsley, sunflower seeds, tapioca starch, sesame seeds, celiac friendly-only oats, salt, garlic, ginger, curry, pepper, flax, lemon juice.

**FOR BEST RESULTS:** Cook from frozen in a pan with oil on med-high heat for 5 to 7 minutes per side. Produced in a facility that contains nuts.

**INGRÉDIENTS :** lentilles vertes, riz brun, pois cassés jaunes, patates douces, carottes, oignons séchés, persil, graines de tournesol, amidon de manioc, graines de sésame, flocons d'avoine sans effets néfastes pour la maladie cœliaque, sel, ail, gingembre, cari, poivre, graines de lin, jus de citron.

**POUR DES RÉSULTATS OPTIMAUX :** Cuire lorsque congelé dans une poêle contenant de l'huile à feu moyen-élevé pendant 5 à 7 minutes chaque côté. Fabriqué dans une usine qui fabrique des aliments avec des noix.

"When I say suffer, I mean really suffer. I was tired of being sick from simply eating food. Obviously, I couldn't tolerate gluten, but my body was also rejecting preservatives, chemicals and fillers in processed foods. My choices were limited people. I just wanted to find real food, eat it and not get sick; having it taste good and be good for me, was a pipedream. Welcome to people food, my pipedream."

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#### Nutrition Facts

Per 4 oz patty

Amount	% Daily Value
Calories 165	
Fat 4.7 g	2%
Saturated 0.6 g	0%
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 413 mg	18%
Carbohydrate 26 g	5.2%
Fibre 6 g	24%
Sugars 1.5 g	
Protein 6.7 g	
Vitamin A 42%	Vitamin C 8.7%
Calcium 6%	Iron 13%

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#### Valeur nutritive

par patty 4 oz

Teneur	% valeur quotidienne
Calories 165	
Lipides 4.7 g	2%
saturés 0.6 g	0%
+ trans 0 g	
Cholestérol 0 mg	
Sodium 413 mg	18%
Glucides 26 g	5.2%
Fibres 6 g	24%
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