

Whole cuts made from animal-free, nutrient-rich mycelium. Delicious and perfectly tender. Life is full of compromise; this is one instance you don't have to.









Nutrient Powerhouse Star ingredient: mycelium. Complete protein, high fiber, B vitamins, zero cholesterol.



Your blank canvas Simply season to your liking then saute, grill, air fry or whatever your heart desires.



Good Energy Lower greenhouse gas emissions, water and land use than leading animal and plant-based proteins. Enjoy good food while you do good things for the planet.



Classic Cutlets	Crispy Cutlets	Classic Steaks
Nutrition Facts	Nutrition Facts	Nutrition Facts
2 servings per container	2 servings per container	2 servings per container
Serving size One Cutlet (105g)	Serving size One Cutlet (125g)	Serving size One Cutlet (120g)
Amount per serving 100	Amount per serving Calories 230	Amount per serving Calories 110
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 1g1%Saturated Fat 0g0%	Total Fat 9g 12% Saturated Fat 1g 5%	Total Fat 1g 1% Saturated Fat 0g 0%
Trans Fat 0g	Trans Fat 0g	Trans Fat 0g
Cholesterol 0mg 0% Sodium 190mg 8%	Cholesterol 0mg 0% Sodium 560mg 24%	Cholesterol 0mg 0% Sodium 200mg 9%
Total Carbohydrate 8g 3%	Total Carbohydrate 20g 7%	Total Carbohydrate 11g 4%
Dietary Fiber 7g 25% Total Sugars 0g	Dietary Fiber 8g 29% Total Sugars 1g	Dietary Fiber 9g 32% Total Sugars 0g
Includes 0g Added Sugars 0%	Includes 1g Added Sugars 2%	Includes 0g Added Sugars 0%
, , , , , , , , , , , , , , , , , , ,	Protein 17g 34%	<u> </u>
Vitamin D 0mcg 0% Calcium 10mg 0%	Vitamin D 0mcg 0% Calcium 30mg 2%	Vitamin D 0mcg 0% Calcium 10mg 0%
Iron 1.2mg 6%	Iron 1.5mg 8% Potassium 300mg 6%	Iron 1mg 6% Potassium 350mg 8%
Potassium 290mg 6% Riboflavin 1.02mg 80%	Potassium 300mg 6% Riboflavin 1.03mg 80%	Riboflavin 1.08mg 80%
Niacin 6.2mg 40%	Niacin 6.2mg 40% Folate 395mcg D 100%	Niacin 6.6mg 40%
Folate 395mcg DFE 100% Pantothenic Acid 2.4mg 50%	Folate 395mcg D 100% Pantothenic Acid 2.4mg 50%	Folate 300mcg DFE 80% Pantothenic Acid 3mg 60%
Magnesium 25mg 6%	Magnesium 25mg 6% Zinc 4.3mg 40%	Magnesium 25mg 6%
Zinc 4.3mg 40% Copper 0.22mg 25%	Zinc 4.3mg 40% Copper 0.22mg 25%	Zinc 4.2mg 40% Copper 0.13mg 15%
Choline 80mg 15%	Choline 80mg 15%	Choline 90mg 15%
*The % Daily Value 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.	*The % Daily Value 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.	*The % Daily Value 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: Mycelium (N. crassa), Salt.	Ingredients: Mycelium (N. crassa), Rice Flour, Yellow Corn Flour, Canola Oil, Salt, Less Than 2% Of: Dried Garlio, Dried Onion, Paprika, Spice, Paprika Extract, Vinegar, Natural Flavors, Potato Protein, Leavening (Baking Soda, Disodium Diphosphate, Calcium Phosphate), Xanthan Gum.	Ingredients: Mycelium (N. orassa), Less Than 2% Of: Fiber, Salt, Fruit Juice For Color, Vegetable Juice for Co Natural Flavor, Lycopene for Color.
Case Dims: 11.13" x 6.5" x 8.38" Item Dims: 7.5" x 5.94" x 1.18" 8 units per Case	Shelf Life: Contents and Case Weight: (Gr 16 months frozen Classic Cutlet: 488 lbs / 37 lbs, Ur 16 days refrigerated (unopened) Crispy Cutlet: 538 lbs / 44 bs, Ur Classic Steak: 523 lbs / 425 lbs, Ur Southwestern Style: 538 lbs / 425 lbs, Ur	nit weight 7.4 oz Pallet Dims: 48" x it weight 8.8 oz Cases / Pallet: 125 Init weight 8.5 oz Ti/Hi: 25/5
8 10074 94016 4	B 10094 94014 C	8 10094 ¹¹ 94015 ¹¹ 7
Classic Cutlet	Classic Steak	Original
Nutrition Facts	Nutrition Facts	Nutrition Facts
4 servings per container Serving size One Cutlet (105g)	4 servings per container Serving size One Steak (120g)	4 servings per container Serving size One Patty (60g)
Amount per serving Per serving	Perserving	Amount per serving Per serving
Calories 100	Calories 110	Calories 60
Total Fat 1g 1%	% Daily Value* Total Fat 1g 1%	Total Fat 1g 1%
Saturated Fat 0g 0%	Saturated Fat 0g 0%	Saturated Fat 0g 0%
Trans Fat 0g Cholesterol 0mg 0%	Trans Fat 0g Cholesterol 0mg 0%	Trans Fat 0g Cholesterol 0mg 0%
Sodium 190mg 8% Total Carbohydrate 8g 3%		Sodium 130mg 6% Total Carbohydrate 5g 2%
Dietary Fiber 7g 25%		Dietary Fiber 4g 14%
Total Sugars 1g Includes Added Sugars 0g 0%	Includes Added Sugars 0g 0%	Total Sugars 1g Includes Added Sugars 1g 2%
Protein 15g 30%		Protein 8g 16%
Vitamin D 0mcg 0% Calcium 10mg 0%		Vitamin D 0mcg 0% Calcium 0mg 0%
Iron 1.2mg 6%	Iron 1mg 6%	Iron .5mg 2%
Potassium 290mg 6% Riboflavin 1.02mg 80%	Riboflavin 1.08mg 80%	Potassium 220mg 4% Riboflavin .59mg 45%
Niacin 6.2mg 40% Folate 395mcg DFE 100%	Niacin 6.6mg 40%	Niacin 3.5mg 20% Folate 225mcg DFE 60%
Pantothenic Acid 2.4mg 50%	Pantothenic Acid 3mg 60%	Pantothenic Acid 1.4mg 25%
Magnesium 25mg6%Zinc 4.3mg40%	Zinc 4.2mg 40%	Magnesium 15mg 4% Zinc 2.5mg 25%
Copper 0.22mg 25%	Copper 0.13mg 15%	Copper 0.13mg 15%
Choline 80mg 15% The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000	Choline 90mg 15% *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000	Choline 40mg 8% "The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000
The % Daily value tells you now much a nutrient in		

Ingredients: Mycelium (N. orassa), Less Than 2% Of: Yeast Extract, Salt, Natural Flavors, Lycopene for Color

Case Dims: 9.8125" x 7.4375" x 8.625" Item Dims: 6.9" x 2.1" x 4.5" 8 units per case

Shelf Life: 15 months fro 15 days refrig

Case and Unit Weight: (Gross/Net) Original: 5.27 lbs / 4.23 lbs, Unit weight 240 oz Maple: 5.27 lbs / 4.23 lbs, Unit weight 240 oz

Pallet Dims: 48" x 40" x 51.25" Cases / Pallet: 120 Ti/Hi: 24/5

Pallet Weight: Original: 660 lbs Maple: 660 lbs

*The % Daily Value 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: Mycelium (N. crassa), Less Than 2% Of: Maple Syrup, Yeast Extract, Salt, Natural Flavor, Fruit Juice for Color, Vegetable Juice for Color.

Zinc 2.5mg Copper 0.13mg

Choline 40mg





No soy, wheat, gluten, milk, tree nut, or sesame ingredients. Free from artificial colors and artificial flavors. Avoid if sensitive to fungi, such as mushrooms, molds, or yeasts. Find recipes on meati.com | Contact us at sales@meati.com



25%

15%

8%

Sugar, Spices, Salt, Oat Fiber, Extractives of Juice for Color, Vegetable Juice for Color, N Lycopene for Color.	
Pallet Weight: Classic Cutlet: 650 lbs Crispy Cutlet: 738 lbs Classic Steak: 719 lbs Southwestern Style: 738 lbs	
8 ¹¹⁰⁰⁹⁴ 94018 ⁸ 8	
Maple	
Nutrition Facts	;)
4 servings per container Serving size One Patty	(60g)
Calories	60
Calories % Daily	60 Value*
Calories % Daily Total Fat 1g	60 Value* 1%
Calories <u> % Daily</u> Total Fat 1g Saturated Fat 0g	60 Value*
Calories <u>** Daily</u> Total Fat 1g Saturated Fat 0g Trans Fat 0g	60 Value* 1% 0%
Calories <u>** Daily</u> Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg	60 Value* 1% 0%
Calories <u>* Daily</u> <u>Total Fat 1g</u> Saturated Fat 0g <u>Trans Fat 0g</u> <u>Cholesterol 0mg</u> Sodium 190mg	60 Value* 1% 0% 0% 8%
Calories <u>* Dativ</u> <u>Saturated Fat 0g</u> <u>Trans Fat 0g</u> <u>Cholesterol 0mg</u> <u>Sodium 190mg</u> <u>Total Carbohydrate 5g</u>	60 Value* 1% 0% 0% 8% 2%
Calories <u>** Daily</u> Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g	60 Value* 1% 0% 0% 8%
Calories % Daily Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g	60 Value* 1% 0% 0% 8% 2%
Calories <u>** Daily</u> <u>Total Fat 1g</u> Saturated Fat 0g <u>Trans Fat 0g</u> <u>Cholesterol 0mg</u> <u>Sodium 190mg</u> <u>Total Carbohydrate 5g</u> <u>Dietary Fiber 4g</u>	60 <u>Value*</u> 1% 0% 8% 2% 14%
% Daily % Daily Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g	60 Value* 1% 0% 8% 2% 14% 2% 14%
% Daily 7otal Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g Vitamin D 0mcg	60 Value* 1% 0% 0% 8% 2% 14%
% Daily % Daily Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g	60 Value* 1% 0% 0% 8% 2% 14% 2% 16% 0%
% Daily Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g Vitamin D 0mcg Calcium 10mg	60 Value 1% 0% 8% 2% 14% 2% 16% 0%
% Daily Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g Vitamin D 0mcg Calcium 10mg Includes Added Sugars 1g	60 value* 1% 0% 0% 8% 2% 14% 2% 16% 0% 0% 4%
Saturated Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g Vitamin D 0mcg Calcium 10mg Iron.7mg Potassium 160mg Riboflavin .59mg Niacin 3.5mg	60 <u>Value</u> * 1% 0% 0% 8% 2% 14% 14% 0% 0% 0% 4% 4%
Staturated Fat 0g Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g Vitamin D 0mcg Calcium 10mg Iron. 7mg Potassium 160mg Riboflavin .59mg Niacin 3.5mg Folate 225mcg DFE	60 Value* 1% 0% 0% 8% 2% 14% 2% 14% 0% 0% 0% 0% 0% 4% 4% 4%
Saturated Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 190mg Total Carbohydrate 5g Dietary Fiber 4g Total Sugars 1g Includes Added Sugars 1g Protein 8g Vitamin D 0mcg Calcium 10mg Iron.7mg Potassium 160mg Riboflavin .59mg Niacin 3.5mg	60 Value* 1% 0% 0% 8% 2% 14% 2% 14% 0% 0% 0% 4% 4% 4% 45% 20%

Ingredients: Mycelium (N. crassa), Salt.

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Case Dims: 13 3/16" x 11 5/16" x 8 5/8" Item Dims: 5.937" x 1.9" x 7.5" 10 units per case Shelf Life: 15 months frozer 15 days refrigera

Case and Unit Weight: (Gross/Net) Steak: 12.3 lbs / 10.6 lbs, Unit net weight 16.9 oz Cutlet: 10.9 lbs / 9.3 lbs, Unit net weight 14 oz



Ingredients: Mycelium (N. crassa), Less Than 2% Of: Oat Fiber, Salt, Fruit Juice For Color, Vegetable Juice for Color, Natural Flavor, Lycopene for Color.

Pallet Dims: 48" x 40" x 51.25" Cases / Pallet: 60 Ti/Hi: 12/5

let Spec: let Dims: 48" x 40" x 46.875" ses / Pallet: 125 Hi: 25/5

ch a nutrient i y diet. 2,000 rition advice ss Than 2% Of: Oat ble Juice for Color,

Total Sugars 1g Includes 1g Added Sugars 2% Protein 15mg 30% Vitamin D 0mcg 0% Calcium 40mg 4% Iron 1.3mg 8% 8% Potassium 390mg 80% 40% Riboflavin 1.08mg Niacin 6.6mg Folate 300mcg DFE Pantothenic Acid 3mg 80% 60% Magnesium 30mg 8% Zinc 4.2mg 40% Copper 0.13mg 15% 15% Choline 90mg *The % Daily Value tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Mycelium, Less Than 2% Of: Cilantro, Dehydrated Garlic, Dehydrated Onion, Paprika, Olive Oil,

Southwestern Style **Nutrition Facts**

2 servings per container Serving size One Cutlet (125g)

Calories

Total Fat 1g Saturated Fat 0g

Cholesterol 0mg

Sodium 440mg Total Carbohydrate 14g Dietary Fiber 9g

Trans Fat 0g

120

1%

0%

0% 19%

5%

32%

% Daily Value