

|   | SPE  | CIALS   |   |
|---|--|---|---|
| S'mores Pronut Gluten-Free  *Contains dairy and tree nuts       | Nutrition Facts  1 servings per container  Serving size 1 Donut (77g)  Amount Per Serving Calories 270  **Calories 15%  Saturated Fat 0g 0%  Trans Fat 0g  Sodium 0mg 0%  Total Carbohydrate 25g 9%  Dietary Fiber 0g 0%  Total Sugars 12g  Includes 0g Added Sugars 0%  Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *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.                       | Carrot Cake Muffin Gluten-Free  *Contains dairy and tree nuts                     | Nutrition Facts  1 servings per container Serving size 1 Muffin (85g) Amount Per Serving Calories 270  **Calories 26% Saturated Fat 0g 26% Saturated Fat 0g 9% Trans Fat 0g Sodium 0mg 9% Total Carbohydrate 19g 7% Dietary Fiber 0g 9% Total Sugars 8g Includes 0g Added Sugars 9% Protein 17g 34% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium **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. |
| Peach Crumble Muffin Gluten-Free  *Contains dairy and tree nuts | Nutrition Facts  1 servings per container Serving size 1 Muffin (80g) Amount Per Serving Calories 260  **Daily Value*  Total Fat 16g 21% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 18g 7% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0% Protein 16g 32%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (0V) 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.              | Peanut Butter Cup Brownies Gluten-Free  *Contains dairy and tree nuts and peanuts | Nutrition Facts  1 servings per container Serving size 1 Brownie (85g) Amount Per Serving Calories 290  **Daily Value*  Total Fat 18g 23% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 22g 8% Dietary Fiber 0g 0% Total Sugars 14g Includes 0g Added Sugars 0% Protein 13g 26%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium - 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. |
| Pistachio Muffin Gluten-Free  *Contains dairy and tree nuts     | Nutrition Facts  1 servings per container Serving size 1 Muffin (85g)  Amount Per Serving Calories 270  **Calories 26%  Saturated Fat 0g 26%  Saturated Fat 0g 9%  Trans Fat 0g  Sodium 0mg 0%  Total Carbohydrate 19g 7%  Dietary Fiber 0g 9%  Total Sugars 8g  Includes 0g Added Sugars 9%  Protein 17g 34%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  **The %*Daily Value (0V) 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. |   |   |



| CLASSIC PRONUTS                    |  |  |   |
|------------------------------------|--|--|---|
| Blueberry                          | <b>Nutrition Facts</b>   | <b>Carrot Cake</b>   | Nutrition Facts   |
| Basil<br>Gluten-Free               | 1 servings per container Serving size 1 Donut (75g) Amount Per Serving   | Gluten-Free  | 1 servings per container Serving size 1 Donut (76g) Amount Per Serving  |
| Giuten-riee                        | Calories 210  Total Fat 7g 9%  |  | Calories 240  Total Fat 13g 17%   |
|                                    | Saturated Fat 0g   | *Contains dairy  | Saturated Fat 0g  Trans Fat 0g  Sodium 0mg  Total Carbohydrate 13g  Dietary Fiber 0g  Total Sugars 4g  Includes 0g Added Sugars  Protein 12g  24%  Not a significant source of cholesterol, viltamin D, calcium, iron, and potassium  |
| *Contains dairy and tree nuts      | *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.   | and tree nuts  | *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.  |
| *Contains dairy and tree nuts      | Nutrition Facts  1 servings per container Serving size 1 Donut (75g)  Amount Per Serving Calories 220  **Dolly Value*  Total Fat 12g 15% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 15g 5% Dietary Fiber 0g 0% Total Sugars 5g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  -The % Daily Value (DV) tells you how much a nutrient in a serving of lood contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | Cinnamon Sugar Gluten- Free  *Contains dairy and tree nuts | Nutrition Facts  1 servings per container Serving size 1 Donut (74g)  Amount Per Serving Calories 210  **Calories 9%  Salurated Fat 0g Sodium 0mg 0% Total Carbohydrate 16g 6% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0%  Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of lood contributes to a daily diet. 2,000 calories a day is used for general mulrition advice. |
| Coconut Gluten- Free Keto-Friendly | Nutrition Facts  1 servings per container  Serving size 1 Donut (85g)  Amount Per Serving Calories 200  **Daily Value**  Total Fat 12g 15% Saturated Fat 0g 0%  **Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 3g 1% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0%  Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   | Cookies & Cream Gluten- Free  *Contains dairy              | Nutrition Facts  1 servings per container Serving size 1 Donut (76g)  Amount Per Serving Calories 210  **Total Fat 13g 17% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 10g 4% Dietary Fiber 0g 0% Total Sugars 9g Includes 0g Added Sugars 0% Protein 14g 28%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   |
| *Contains dairy and tree nuts      | *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.   | and tree nuts  | *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.  |



| Espresso            | <b>Nutrition Facts</b>   | Mango                         | Nutrition Facts  |
|---------------------|--|-------------------------------|--|
| Gluten- Free        | 1 servings per container Serving size 1 Donut (74g)  | Cardamom                      | 1 servings per container Serving size 1 Donut (72g)  |
|                     | Amount Per Serving   | Gluten- Free                  | Amount Per Serving   |
|                     | Calories 220   |                               | Calories 210   |
|                     | % Daily Value* Total Fat 10g 13%   |                               | % Daily Value* Total Fat 8g 10%  |
|                     | Saturated Fat 0g 0%  Trans Fat 0g  |                               | Saturated Fat 0g 0% Trans Fat 0g   |
|                     | Sodium 0mg 0% Total Carbohydrate 14g 5%  |                               | Sodium 0mg 0%<br>Total Carbohydrate 8g 3%  |
|                     | Dietary Fiber 0g 0% Total Sugars 5g  |                               | Dietary Fiber 0g 0% Total Sugars 3g  |
|                     | Includes 0g Added Sugars 0% Protein 12g 24%  |                               | Includes 0g Added Sugars 0% Protein 12g 24%  |
|                     | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   |                               | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   |
|                     | *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a | *Contains dairy               | *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a |
| *Contains dairy and | day is used for general nutrition advice.  | and tree nuts                 | day is used for general nutrition advice.  |
| tree nuts           |  | and tree nats                 |  |
| Matcha              | <b>Nutrition Facts</b>   | Mint                          | Nutrition Facts  |
| Gluten- Free        | 1 servings per container Serving size 1 Donut (72g)  | Chocolate                     | 1 servings per container Serving size 1 Donut (75g)  |
|                     | Amount Per Serving   | Gluten- Free                  | Amount Per Serving   |
|                     | Calories 190   |                               | Calories 230   |
|                     | % Daily Value* Total Fat 8g 10%  |                               | % Daily Value* Total Fat 12g 15%   |
|                     | Saturated Fat 0g 0%  Trans Fat 0g  |                               | Saturated Fat 0g 0% Trans Fat 0g   |
|                     | Sodium 0mg 0% Total Carbohydrate 14g 5%  |                               | Sodium 0mg 0% Total Carbohydrate 17g 6%  |
|                     | Dietary Fiber 0g 0% Total Sugars 8g  |                               | Dietary Fiber 0g 0% Total Sugars 5g  |
|                     | Includes 0g Added Sugars 0%  |                               | Includes 0g Added Sugars 0%  |
| *Contains dairy and | Not a significant source of cholesterol, vitamin D, calcium,   | *Contains dairs               | Not a significant source of cholesterol, vitamin D, calcium,   |
| tree nuts           | *The % Daily Value (DV) tells you how much a nutrient in a   | *Contains dairy and tree nuts | *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.                  | and tree nuts                 | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.                  |
| Peanut              | Nutrition Facts  | Peanut                        | Nutrition Facts  |
| Butter              | 1 servings per container Serving size 1 Donut (77g)  | <b>Butter Cup</b>             | 1 servings per container   |
| Gluten- Free        | Amount Per Serving   | Gluten- Free                  | Serving size 1 Donut (80g)  Amount Per Serving   |
| Gidten Tree         | Calories 220   | Grateri Tree                  | Calories 290   |
|                     | % Daily Value* Total Fat 16g 21%   |                               | % Daily Value* Total Fat 11g 14%   |
|                     | Saturated Fat 0g 0%  Trans Fat 0g  |                               | Saturated Fat 0g 0% Trans Fat 0g   |
|                     | Sodium 0mg 0% Total Carbohydrate 8g 3%   |                               | Sodium 0mg 0% Total Carbohydrate 15g 5%  |
|                     | Dietary Fiber 0g 0%  |                               | Dietary Fiber 0g 0%  |
|                     | Total Sugars 3g Includes 0g Added Sugars  0%   |                               | Total Sugars 8g Includes 0g Added Sugars 0%  |
| *Contains dairy,    | Protein 13g 26%  Not a significant source of cholesterol, vitamin D, calcium,  | *Contains dairy,              | Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium,  |
| peanuts and tree    | iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a  | peanuts and tree              | iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a  |
| nuts                | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.                  | nuts                          | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.                  |



| The PRONUT          | <b>Nutrition Facts</b>   | Pumpkin                       | Nutrition Facts  |
|---------------------|--|-------------------------------|--|
| Gluten- Free        | varied (1) servings per container  Serving size 1 Donut (85g)  | Spice                         | 1 servings per container Serving size 1 Donut (77g)  |
|                     | Amount Per Serving   | Gluten- Free                  | Amount Per Serving   |
|                     | Calories 230 % Daily Value*  | Keto-Friendly                 | Calories 230   |
|                     | Total Fat 13g 17% Saturated Fat 0g 0%  |                               | Total Fat 16g 21% Saturated Fat 0g 0%  |
|                     | Trans Fat 0g Sodium 0mg 0%   |                               | Trans Fat 0g Sodium 0mg 0%   |
|                     | Total Carbohydrate 18g 7% Dietary Fiber 0g 0%  |                               | Total Carbohydrate 6g 2% Dietary Fiber 0g 0%   |
|                     | Total Sugars 5g Includes 0g Added Sugars 0%  |                               | Total Sugars 2g Includes 0g Added Sugars 0%  |
|                     | Protein 15g 30%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  |                               | Protein 14g 28%  Not a significant source of cholesterol, vitamin D, calcium,  |
| *Contains dairy,    | *The % Daily Value (DV) tells you how much a nutrient in a   | *Contains dairy               | *The % Daily Value (DV) tells you how much a nutrient in a   |
| peanuts and tree    | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.                                      | and tree nuts                 | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.                                      |
| nuts                |  |                               |  |
| Red Velvet          | Nutrition Facts  | Strawberries                  | Nutrition Facts  |
| Gluten- Free        | 1 servings per container Serving size 1 Donut (73g)  | & Cream                       | 1 servings per container Serving size 1 Donut (76g)  |
|                     | Amount Per Serving Calories 210  | Gluten- Free                  | Amount Per Serving Calories 210  |
|                     | % Daily Value*   |                               | Calories 210   |
|                     | Total Fat 12g 15% Saturated Fat 0g 0%  |                               | Total Fat 14g 18% Saturated Fat 0g 0%  |
|                     | Trans Fat 0g Sodium 0mg 0%   |                               | Trans Fat 0g Sodium 0mg 0%   |
|                     | Total Carbohydrate 14g 5% Dietary Fiber 0g 0%  |                               | Total Carbohydrate 8g 3% Dietary Fiber 0g 0%   |
|                     | Total Sugars 3g Includes 0g Added Sugars 0%  |                               | Total Sugars 3g Includes 0g Added Sugars 0%  |
|                     | Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  |                               | Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  |
| *Contains dairy and | *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a                     | *Contains dairy               | *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a                     |
| tree nuts           | day is used for general nutrition advice.  | and tree nuts                 | day is used for general nutrition advice.  |
| Ube                 | <b>Nutrition Facts</b>   | Vanilla                       | Nutrition Facts  |
| Pistachio           | 1 servings per container   | Glaze                         | 1 servings per container   |
| Gluten- Free        | Serving size 1 Donut (77g)  Amount Per Serving   | Gluten- Free                  | Serving size 1 Donut (72g) Amount Per Serving  |
| Keto-Friendly       | Calories 210   |                               | Calories 190   |
|                     | % Daily Value* Total Fat 8g 10%  |                               | % Daily Value* Total Fat 8g 10%  |
|                     | Saturated Fat 0g 0%  Trans Fat 0g  |                               | Saturated Fat 0g 0% Trans Fat 0g   |
|                     | Sodium 0mg 0% Total Carbohydrate 4g 1%   |                               | Sodium 0mg 0% Total Carbohydrate 15g 5%  |
|                     | Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0%  |                               | Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0%  |
|                     | Protein 12g 24%  |                               | Protein 10g 20%  |
|                     | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a |                               | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a |
| *Contains dairy and | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.                                      | *Contains dairy and tree nuts | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.                                      |
| tree nuts           |  | and tree fluts                |  |



| <b>London Fog</b>   | Nutrition Fa  | cts         | Ferrero         | Nutrition Fa  | cts         |
|---------------------|---|-------------|-----------------|---|-------------|
| Gluten- Free        | 1 servings per container Serving size 1 Donu  | t (75g)     | Gluten- Free    | 1 servings per container Serving size Donu  | ıt (75g)    |
|                     | Amount Per Serving Calories   | 240         |                 | Amount Per Serving Calories   | 270         |
|                     | % D   | aily Value* |                 | % D:  | aily Value* |
|                     | Total Fat 11g   | 14%         |                 | Total Fat 16g   | 21%         |
|                     | Saturated Fat 0g  | 0%          |                 | Saturated Fat 0g  | 0%          |
|                     | Trans Fat 0g  |             |                 | Trans Fat 0g  |             |
|                     | Sodium 0mg  | 0%          |                 | Sodium 0mg  | 0%          |
|                     | Total Carbohydrate 15g  | 5%          |                 | Total Carbohydrate 18g  | 7%          |
|                     | Dietary Fiber 0g  | 0%          |                 | Dietary Fiber 0g  | 0%          |
|                     | Total Sugars 7g   |             |                 | Total Sugars 8g   |             |
| *Contains dairy and | Includes 0g Added Sugars  | 0%          | *Contains dairy | Includes 0g Added Sugars  | 0%          |
|                     | Protein 13g   | 26%         | •               | Protein 15g   | 30%         |
| tree nuts           | Not a significant source of cholesterol, vitamin D, c iron, and potassium   | alcium,     | and tree nuts   | Not a significant source of cholesterol, vitamin D, c iron, and potassium   | alcium,     |
|                     | The % Daily Value (DV) tells you how much a nut<br>serving of food contributes to a daily diet. 2,000 cd<br>day is used for general nutrition advice. |             |                 | <ul> <li>The % Daily Value (DV) tells you how much a nut<br/>serving of food contributes to a daily diet. 2,000 cd<br/>day is used for general nutrition advice.</li> </ul> |             |

|                   | VEGAN P  | PRONUTS            |  |
|-------------------|--|--------------------|--|
| Blueberry         | <b>Nutrition Facts</b>   | <b>Carrot Cake</b> | <b>Nutrition Facts</b>   |
| <b>5</b> '1       | 1 servings per container   | Gluten- Free       | 1 servings per container   |
| Basil             | Serving size 1 Donut (74g)   | Glaten-Tree        | Serving size 1 Donut (75g)   |
| Gluten- Free      | Amount Per Serving   |                    | Amount Per Serving   |
| Giuten- Free      | Calories 170   |                    | Calories 210   |
|                   | % Daily Value*   |                    | % Daily Value*   |
|                   | Total Fat 2.5g 3%  |                    | Total Fat 8g 10%   |
|                   | Saturated Fat 0g 0%  |                    | Saturated Fat 0g 0%  |
|                   | Trans Fat 0g   |                    | Trans Fat 0g   |
|                   | Sodium 0mg 0%  |                    | Sodium 0mg 0%  |
|                   | Total Carbohydrate 26g 9%  |                    | Total Carbohydrate 20g 7%  |
|                   | Dietary Fiber 0g 0% Total Sugars 7g  |                    | Dietary Fiber 0g 0% Total Sugars 6g  |
|                   | Includes 0g Added Sugars 0%  |                    | Includes 0g Added Sugars 0%  |
|                   | Protein 10g 20%  |                    | Protein 11g 22%  |
| *Contains peanuts | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   | *Contains peanuts  | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   |
| and tree nuts     | *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. | and tree nuts      | *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. |
| Chocolate         | <b>Nutrition Facts</b>   | Cinnamon           | <b>Nutrition Facts</b>   |
| Chatan Fasa       | 1 servings per container   |                    | 1 servings per container   |
| Gluten- Free      | Serving size 1 Donut (74g)   | Sugar              | Serving size 1 Donut (72g)   |
|                   | Amount Per Serving Calories 250  | Gluten- Free       | Amount Per Serving Calories 160  |
|                   | Calories 250   |                    | Calories 160   |
|                   | % Daily Value*   |                    | % Daily Value*   |
|                   | Total Fat 6g 8%  |                    | Total Fat 2.5g 3%  |
|                   | Saturated Fat 0g 0%  |                    | Saturated Fat 0g 0%  |
|                   | Trans Fat 0g   |                    | Trans Fat 0g   |
|                   | Sodium 0mg 0%  |                    | Sodium 0mg 0%  |
|                   | Total Carbohydrate 26g 9%  |                    | Total Carbohydrate 28g 10%   |
|                   | Dietary Fiber 0g 0%  |                    | Dietary Fiber 0g 0%  |
|                   | Total Sugars 12g Includes 0g Added Sugars 0%   |                    | Total Sugars 13g Includes 0g Added Sugars 0%   |
|                   | Protein 10g 20%  |                    | Protein 10g 20%  |
| *Contains peanuts | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   | *Contains peanuts  | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   |
| and tree nuts     | 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.  | and tree nuts      | *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. |



| Cookies &         | Nutrition Facts   | Matcha            | Nutrition Facts   |
|-------------------|---|-------------------|---|
| Cream             | 1 servings per container Serving size 1 Donut (76g)   | Gluten- Free      | 1 servings per container Serving size 1 Donut (70g)   |
| Gluten- Free      | Amount Per Serving  |                   | Amount Per Serving  |
| Grateri Tree      | Calories 220  |                   | Calories 190  |
|                   | % Daily Value* Total Fat 8g 10%   |                   | % Daily Value* Total Fat 2.5g 3%  |
|                   | Saturated Fat 0g 0% Trans Fat 0g  |                   | Saturated Fat 0g 0% Trans Fat 0g  |
|                   | Sodium 0mg 0%   |                   | Sodium 0mg 0%   |
|                   | Total Carbohydrate 27g 10% Dietary Fiber 0g 0%  |                   | Total Carbohydrate 31g 11% Dietary Fiber 0g 0%  |
|                   | Total Sugars 8g Includes 0g Added Sugars 0%   |                   | Total Sugars 14g Includes 0g Added Sugars 0%  |
| d. =              | Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium       |                   | Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium       |
| *Contains peanuts | iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a                         | *Contains peanuts | iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a                         |
| and tree nuts     | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | and tree nuts     | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |
| Peanut            | Nutrition Facts   | Peanut            | Nutrition Facts   |
| Butter            | 1 servings per container Serving size 1 Donut (75g)   | <b>Butter Cup</b> | 1 servings per container Serving size 1 Donut (75g)   |
| Gluten- Free      | Amount Per Serving  | Gluten- Free      | Amount Per Serving  |
|                   | Calories 290  |                   | Calories 290  |
|                   | % Daily Value Total Fat 14g 18%   |                   | % Daily Value* Total Fat 14g 18%  |
|                   | Saturated Fat 0g 0% Trans Fat 0g  |                   | Saturated Fat 0g 0% Trans Fat 0g  |
|                   | Sodium 0mg 0% Total Carbohydrate 30g 11%  |                   | Sodium 0mg 0% Total Carbohydrate 30g 11%  |
|                   | Dietary Fiber 0g 0%   |                   | Dietary Fiber 0g 0%   |
|                   | Total Sugars 7g Includes 0g Added Sugars 0%   |                   | Total Sugars 7g Includes 0g Added Sugars 0%   |
| *0                | Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium,                           | ***               | Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium,                           |
| *Contains peanuts | *The % Daily Value (DV) tells you how much a nutrient in a  | *Contains peanuts | *The % Daily Value (DV) tells you how much a nutrient in a  |
| and tree nuts     | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | and tree nuts     | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |
| The PRONUT        | Nutrition Facts   | Red Velvet        | Nutrition Facts   |
| Gluten- Free      | 1 servings per container Serving size 1 Donut (83g)   | Gluten- Free      | 1 servings per container Serving size 1 Donut (74g)   |
|                   | Amount Per Serving  |                   | Amount Per Serving  |
|                   | Calories 230  |                   | Calories 200  |
|                   | % Daily Value* Total Fat 13g 17%  |                   | % Daily Value* Total Fat 6g 8%  |
|                   | Saturated Fat 0g 0%  Trans Fat 0g   |                   | Saturated Fat 0g 0%  Trans Fat 0g   |
|                   | Sodium 0mg 0%   |                   | Sodium 0mg 0%   |
|                   | Total Carbohydrate 18g 7% Dietary Fiber 0g 0%   |                   | Total Carbohydrate 19g 7% Dietary Fiber 0g 0%   |
|                   | Total Sugars 5g Includes 0g Added Sugars 0%   |                   | Total Sugars 6g Includes 0g Added Sugars 0%   |
|                   | Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium,                           |                   | Protein 10g 20%  Not a significant source of cholesterol, vitamin D, calcium,                           |
| *Contains peanuts | iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a                         | *Contains peanuts | *The % Daily Value (DV) tells you how much a nutrient in a  |
| and tree nuts     | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | and tree nuts     | serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |
|                   | serving of food contributes to a daily diet. 2,000 calories a   | · ·               | serving of food contributes to a daily diet. 2,000 calories a   |



#### **PROTEIN COOKIES** The PRONUT Nutrition Facts **Cookies & Nutrition Facts** Cookie 1 servings per container 1 servings per container Cream Serving size 1 Cookie (80g) Serving size 1 Cookie (65g) Vegan Amount Per Serving Amount Per Serving Vegan Gluten- Free 260 290 **Calories Calories** Gluten- Free Total Fat 14g 18% Total Fat 13g Saturated Fat 0g Saturated Fat 0g 0% 0% Trans Fat 0g Trans Fat 0g Sodium 0mg Sodium 0mg Total Carbohydrate 19g Total Carbohydrate 30g 11% Dietary Fiber 0g 0% Dietary Fiber 0g 0% Total Sugars 12g Total Sugars 16g Includes 0g Added Sugars 0% Includes 0g Added Sugars 0% Protein 11g 22% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium \*Contains \*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. \*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. \*Contains peanuts peanuts and and tree nuts tree nuts



|   | PROTEIN CUPCAKES   |  |  |  |  |
|---|--|--|--|--|--|
| Red Velvet<br>Gluten- Free                              | Nutrition Facts  1 servings per container  Serving size 1 Cupcake (75g)  Amount Per Serving Calories 230  **Calories**  Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 16g 6% Dietary Fiber 0g 0% Total Sugars 11g Includes 0g Added Sugars 0% Protein 12g 24%  | Peanut Butter<br>Chocolate<br>Gluten- Free | Nutrition Facts  1 servings per container Serving size 1 Cupcake (75g)  Amount Per Serving Calories 230  **Daily Value** Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 17g 6% Dietary Fiber 0g 0% Total Sugars 12g Includes 0g Added Sugars 0% Protein 12g 24% |  |  |
| *Contains dairy and tree nuts                           | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *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.   | *Contains dairy and tree nuts              | Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of lood contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.   |  |  |
| Carrot Cake Gluten- Free  *Contains dairy and tree nuts | Nutrition Facts  1 servings per container  Serving size 1 Cupcake (75g)  Amount Per Serving  Calories 230  **Dally Value*  Total Fat 15g 19%  Saturated Fat 0g 0%  Trans Fat 0g  Sodium 0mg 0%  Total Carbohydrate 16g 6%  Dietary Fiber 0g 0%  Total Sugars 11g  Includes 0g Added Sugars 0%  Protein 12g 24%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *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. |  |  |  |  |



|                               | PROTEI  | N MUFFINS           |  |
|-------------------------------|---|---------------------|--|
| Apple                         | Nutrition Facts   | Blueberry           | Nutrition Facts  |
| Cinnamon                      | 1 servings per container Serving size 1 Muffin (80g)  | Gluten-Free         | 1 servings per container Serving size 1 Muffin (80g)   |
| Crumble                       | Amount Per Serving Calories 260   |                     | Amount Per Serving Calories 260  |
| Gluten-Free                   | % Daily Value* Total Fat 16g 21%  |                     | % Daily Value* Total Fat 15g 19%   |
|                               | Saturated Fat 0g 0% Trans Fat 0g  |                     | Saturated Fat 0g 0% Trans Fat 0g   |
|                               | Sodium 0mg 0% Total Carbohydrate 18g 7%   |                     | Sodium 0mg 0% Total Carbohydrate 18g 7%  |
|                               | Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0%   |                     | Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0%  |
|                               | Protein 16g 32%  Not a significant source of cholesterol, vitamin D, calcium,   | *Contains dairy and | Protein 16g 32%  Not a significant source of cholesterol, vitamin D, calcium,  |
| *Contains dairy and tree nuts | ron, and potassium  -The % Daily Yalue (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.  | tree nuts           | ron, and potassium  *The % Daily Value (DV) tells you how much a nutrient in a serving of food confributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |
| Double                        | <b>Nutrition Facts</b>  |                     |  |
| Dark                          | 1 servings per container Serving size 1 Muffin (80g)  |                     |  |
| Chocolate                     | Amount Per Serving Calories 270   |                     |  |
| Gluten-Free                   | % Daily Value* Total Fat 18g 23%  |                     |  |
|                               | Saturated Fat 0g 0%  Trans Fat 0g   |                     |  |
|                               | Sodium 0mg 0% Total Carbohydrate 20g 7%   |                     |  |
|                               | Dietary Fiber 0g 0% Total Sugars 10g Includes 0g Added Sugars 0%  |                     |  |
| *Contains dairy               | Protein 18g 36%  Not a significant source of cholesterol, vitamin D, calcium.   |                     |  |
| and tree nuts                 | iron, and potassium  *The % Daily Yalue (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. |                     |  |



### PROTEIN BROWNIES **Dark Chocolate** Walnut **Nutrition Facts Nutrition Facts Brownie Brownie** 1 servings per container 1 servings per container 1 Brownie (85g) Serving size 1 Brownie (85g) Serving size Gluten-Free Gluten-Free Amount Per Serving Amount Per Serving 290 290 **Calories Calories** Daily Value\* % Daily Value Total Fat 18g Total Fat 19g 23% 24% Saturated Fat 0g Saturated Fat 0g 0% 0% Trans Fat 0g Trans Fat 0g Sodium 0mg Total Carbohydrate 22g 0% Sodium 0mg Total Carbohydrate 22g 0% 8% 8% Dietary Fiber 0g Dietary Fiber 0g 0% 0% Total Sugars 14g Total Sugars 12g Includes 0g Added Sugars Includes 0g Added Sugars Protein 13g 26% Protein 14g 28% \*Contains tree Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium Not a significant source of cholesterol, vitamin D, calcium, ron, and potassium \*Contains tree nuts nuts and dairy \*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. 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. and dairy **PROTEIN SMOOTHIES** Cookies & **Nutrition Facts** Mango **Nutrition Facts** 1 servings per container 1 servings per container Gluten-Free Cream 1 Smoothie 1 Smoothie Serving size Serving size Gluten-Free 400 240 Calories **Calories** Total Fat 11g Saturated Fat 3.5g Trans Fat 0g Polyunsaturated Fat 0.4g Total Fat 4.5g Saturated Fat 1.5g Trans Fat 0g Polyunsaturated Fat 0.4g 18% 8% Monounsaturated Fat 1.2g Monounsaturated Fat 1.1g Cholesterol 50mg 17% Cholesterol 45mg 15% Sodium 330mg Total Carbohydrate 46g 14% 17% Sodium 310mg Total Carbohydrate 22g 13% 8% Dietary Fiber 1g Total Sugars 17g Includes 0g Added Sugars Dietary Fiber 2g Total Sugars 33g 7% 4% Includes 0g Added Sugars 0% Protein 29g Iron 1.746mg Potassium 0m Iron 0.648mg Potassium 0mg \*Contains dairy \*Contains dairy



| The PRONUT                 | <b>Nutrition Facts</b>  | Berry Explosion | <b>Nutrition Facts</b>  |
|----------------------------|---|-----------------|---|
| Gluten-Free                | 1 servings per container Serving size 1 Smoothie  | Gluten-Free     | 1 servings per container Serving size 1 Smoothie  |
|                            |   |                 |   |
|                            | Amount Per Serving Calories 430   |                 | Amount Per Serving Calories 270   |
|                            | Calories 430  |                 | Calories 270  |
|                            | % Daily Value*  |                 | % Daily Value*  |
|                            | Total Fat 19g 24%   |                 | Total Fat 4.5g 6%   |
|                            | Saturated Fat 3.7g 19%  |                 | Saturated Fat 1.6g 8%  Trans Fat 0q   |
|                            | Trans Fat 0g Polyunsaturated Fat 1.3g   |                 | Polyunsaturated Fat 0.5g  |
|                            | Monounsaturated Fat 3.4g  |                 | Monounsaturated Fat 1.2g  |
|                            | Cholesterol 45mg 15%  |                 | Cholesterol 45mg 15%  |
|                            | Sodium 300mg 13%  |                 | Sodium 190mg 8%   |
|                            | Total Carbohydrate 41g 15%  |                 | Total Carbohydrate 31g 11%  |
|                            | Dietary Fiber 5g 18%  |                 | Dietary Fiber 3g 11%  |
|                            | Total Sugars 24g  |                 | Total Sugars 25g  |
|                            | Includes 0g Added Sugars 0%   |                 | Includes 0g Added Sugars 0%   |
|                            | Protein 33g 66%   |                 | Protein 30g 60%   |
| *Contains tree nuts        | Vitamin D 0mcg 0%   |                 | Vitamin D 0mcg 0%   |
| Contains tree nuts         | Calcium 662mg 50%   |                 | Calcium 697mg 50%   |
| and dairy                  | Iron 0.99mg 6% Potassium 0mg 0%   |                 | Iron 1.062mg  |
| and dan y                  |   |                 |   |
|                            | *The % Daily Value (DV) tells you how much a nutrient in a<br>serving of food contributes to a daily diet, 2,000 calories a | *Contains dairy | *The % Daily Value (DV) tells you how much a nutrient in a<br>serving of food contributes to a daily diet, 2,000 calories a |
|                            | day is used for general nutrition advice.   | Contains dairy  | day is used for general nutrition advice.   |
| Pina Colada<br>Gluten-Free | Nutrition Facts  1 servings per container   |                 |   |
| Giuten-Free                |   |                 |   |
|                            | Serving size 1 Smoothie   |                 |   |
|                            | Amount Per Serving  |                 |   |
|                            | Calories 220  |                 |   |
|                            | % Daily Value*  |                 |   |
|                            | Total Fat 4.5g 6%   |                 |   |
|                            | Saturated Fat 1g 5%   |                 |   |
|                            | Trans Fat 0g  |                 |   |
|                            | Cholesterol 0mg 0%  |                 |   |
|                            | Sodium 0mg 0%   |                 |   |
|                            | Total Carbohydrate 23g 8%   |                 |   |
|                            | Dietary Fiber 3g 11%  |                 |   |
|                            |   |                 |   |
|                            | Total Sugars 7g   |                 |   |
|                            | Includes 1g Added Sugars 2%   |                 |   |
|                            | Protein 28g 56%   |                 |   |
| *Contains dairy            | Not a significant source of vitamin D, calcium, iron, and potassium   |                 |   |
| ,                          | *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.                     |                 |   |
|                            | day to cood for gonoral notifical advices.  |                 |   |