

SPECIALS				
Mini Egg	<b>Nutrition Facts</b>	Peanut	<b>Nutrition Facts</b>	
Pronut	1 servings per container Serving size 1 Donut (79g)	Butter	1 servings per container Serving size 1 Muffin (90g)	
Gluten-Friendly	Amount Per Serving Calories  * Daily Value*  Total Fat 129  Saturated Fat 09  7/rans Fat 09  Sodium 0mg  0%  Total Carbohydrate 199  7%  Dietary Filber 09  Total Sugars 119  Includes 0g Added Sugars  0%  Protein 13g  26%  Not a significant source of cholesterol, vitamin D, calcium, lorn, and potassium  - The % Daily Value (DV) teils you how much a nutrient in a	Chocolate Muffin Gluten-Friendly	Amount Per Serving Calories  **Daily Value*  Total Fat 15g	
*Contains dairy and tree nuts	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	serving of food contributes to a daily dief. 2,000 calories a day is used for general nutrition advice.	
Banana Cream	Nutrition Facts  1 servings per container Serving size 1 Muffin (115g)	Strawberry Chocolate	Nutrition Facts  1 servings per container Serving size 1 Cupcake (75g)	
<b>Muffin</b> Gluten-Friendly	Amount Per Serving Calories  " Daily Value*  Total Fat 17g  Saturated Fat 0g  Sodium 0mg  Total Carbohydrate 23g  Dietary Fiber 0g  Total Sugars 10g  Includes 0g Added Sugars  Protein 21g  Amount Per Serving  Sodium 0mg  90%  Total Carbohydrate 23g  90%  Total Sugars 10g  Includes 0g Added Sugars  90%	Cupcake Gluten-Friendly	Amount Per Serving Calories  **Daily 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%	
*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 food contributes to a daily diet. 2.000 calories a day is used for general nutrition advice.	
Mini Egg Cupcake Gluten-Friendly	Nutrition Facts  1 servings per container Serving size 1 Cupcake (75g) Amount Per Serving Calories 230  **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% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassum	Red Velvet Cupcake Gluten-Friendly	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 16g 6% Dietary Fiber 0g 0% Total Sugars 11g Includes 0g Added Sugars 0% Protein 12g 24%	
*Contains dairy and tree nuts	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.	*Contains dairy and tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium  *The % Daily Value (DV) teils 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 Gluten-Friendly	1 servings per container  Serving size 1 Donut (75g)  Amount Per Serving	Gluten-Friendly	1 servings per container  Serving size 1 Donut (76g)  Amount Per Serving	
*Contains dairy and	Total Fat 7g	*Contains dairy	Calories	
tree nuts	day is used for general nutrition advice.	and tree nuts	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  **Doally 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 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 (74g)  Amount Per Serving  Calories 210  **Daily Value**  Total Fat 7g 9%  Saturated 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 food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Coconut Gluten-Friendly Keto-Friendly  *Contains dairy and tree nuts	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  *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily cliet. 2,000 calories a day is used for general nutrition advice.	Cookies & Cream Gluten-Friendly  *Contains dairy and tree nuts	Nutrition Facts  1 servings per container Serving size 1 Donut (76g)  Amount Per Serving Calories 210  Saliy Value*  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  *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-Friendly	1 servings per container Serving size 1 Donut (74g)	Cardamom	1 servings per container Serving size 1 Donut (72g)
	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 220	Í	Calories 210
	% Daily Value* Total Fat 10g 13%		Total Fat 8g % Daily Value*
	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 8g 3%
	Dietary Fiber 0g 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	<b>.</b>	2.4	
Matcha	Nutrition Facts	Mint	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (72g)	Chocolate	1 servings per container Serving size 1 Donut (75g)
	Amount Per Serving Calories 190	Gluten-Friendly	Amount Per Serving Calories 230
	Calories 190		Calories 23U % Daily Value*
	Total Fat 8g 10% Saturated Fat 0g 0%		Total Fat 12g 15% Saturated Fat 0g 0%
	Trans Fat 0g		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% Protein 10g 20%		Includes 0g Added Sugars 0% Protein 12g 24%
*Contains dairy and	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains dairy	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
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.
Peanut	Nutrition Facts	Peanut	Nutrition Facts
Butter	1 servings per container	<b>Butter Cup</b>	1 servings per container
Gluten-Friendly	Serving size 1 Donut (77g)  Amount Per Serving	Gluten-Friendly	Serving size 1 Donut (80g)  Amount Per Serving
Grater Trienary	Calories 220	Glaten Thenaly	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% Total Sugars 3g		Dietary Fiber 0g 0% Total Sugars 8g
*Contains daim	Includes 0g Added Sugars 0% Protein 13g 26%	*Contains deim	Includes 0g Added Sugars 0% Protein 12g 24%
*Contains dairy, peanuts and tree	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains dairy, peanuts and tree	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
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.	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.



The PRONUT	Nutrition Facts	Pumpkin	<b>Nutrition Facts</b>
Gluten-Friendly	varied (1) servings per container  Serving size 1 Donut (85g)	Spice	1 servings per container Serving size 1 Donut (77g)
	Amount Per Serving Calories 230	Gluten-Friendly	Amount Per Serving Calories 230
	## Total Fat 13g	Keto-Friendly	## Total Fat 16g
	Total Sugars 5g		Sodium 0mg
	Includes 0g Added Sugars 0% Protein 15g 30%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Includes 0g Added Sugars 0% Protein 14g 28%  Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy, peanuts 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	*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.
Red Velvet	Nutrition Facts	Strawberries	<b>Nutrition Facts</b>
Gluten-Friendly	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-Friendly	Amount Per Serving
	% Daily Value*		Calories ZIU  **Dally Value*
	Total Fat 12g 15% Saturated Fat 0g 0%		Total Fat 14g         18%           Saturated Fat 0g         0%
	Trans Fat 0g Sodium 0mg O% Tatal Carbohydrate 14a		Trans Fat 0g   Sodium 0mg   0%     Total Carbohydrate 8g   3%
	Total Carbohydrate 14g		Total Carbohydrate 8g
	Includes 0g Added Sugars 0% Protein 10g 20%		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
*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.	*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.
Ube	<b>Nutrition Facts</b>	Vanilla	<b>Nutrition Facts</b>
Pistachio	1 servings per container Serving size 1 Donut (77g)	Glaze	1 servings per container Serving size 1 Donut (72g)
Gluten-Friendly	Amount Per Serving	Gluten-Friendly	Amount Per Serving
Keto-Friendly	Calories 210		Calories 190 % Daily Value*
	Total Fat 8g 10% Saturated Fat 0g 0%		Total Fat 8g 10% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 4g 1% Dietary Fiber 0g 0%		Total Carbohydrate 15g 5% Dietary Fiber 0g 0%
	Total Sugars 3g Includes 0g Added Sugars 0%		Total Sugars 8g Includes 0g Added Sugars 0%
	Protein 12g 24%  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 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 day is used for general nutrition advice.	*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 day is used for general nutrition advice.
tree nuts	and the garden and the garden	and tree nuts	300000



<b>London Fog</b>	Nutrition Fa	cts
Gluten-Friendly	1 servings per container Serving size 1 Done	ut (75g)
	Amount Per Serving Calories	240
	%	Daily Value*
	Total Fat 11g	14%
	Saturated Fat 0g	0%
	Trans Fat 0g	
	Sodium 0mg	0%
	Total Carbohydrate 15g	5%
	Dietary Fiber 0g	0%
	Total Sugars 7g	
*Contains dairy and	Includes 0g Added Sugars	0%
Contains daily and	Protein 13g	26%
tree nuts	Not a significant source of cholesterol, vitamin D, iron, and potassium	calcium,
	*The % Daily Value (DV) tells you how much a nu serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

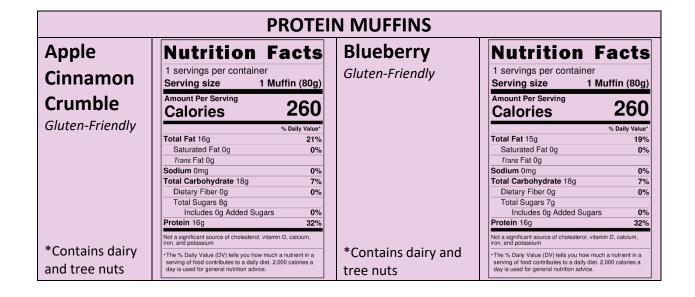
	VEGAN F	PRONUTS	
Blueberry	<b>Nutrition Facts</b>	<b>Carrot Cake</b>	<b>Nutrition Facts</b>
Basil	1 servings per container Serving size 1 Donut (74g)	Gluten-Friendly	1 servings per container Serving size 1 Donut (75g)
Gluten-Friendly	Amount Per Serving Calories 170		Amount Per Serving Calories 210
	% Daily Value*  Total Fat 2.5g 3%  Saturated Fat 0g 0%		"% Daily Value"  Total Fat 8g 10%  Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 26g		Total Carbohydrate 20g 7% Dietary Fiber 0g 0% Total Sugars 6g
***	Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	Includes 0g Added Sugars 0% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains peanuts and tree nuts	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.	and tree nuts	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.
Chocolate	Nutrition Facts	Cinnamon	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (74g)	Sugar	1 servings per container Serving size 1 Donut (72g)
	Amount Per Serving Calories 250	Gluten-Friendly	Amount Per Serving Calories 160
	## Daily Value*  Total Fat 6g		## No Daily Value*    Total Fat 2.5g
	Trans Fat 0g   Sodium 0mg		Trans Fat 0g   0%
	Total Sugars 12g		Total Sugars 13g
*Contains peanuts and tree nuts	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 &	<b>Nutrition Facts</b>	Matcha	Nutrition Facts
Cream Gluten-Friendly	1 servings per container  Serving size 1 Donut (76g)  Amount Per Serving  Calories 220  **Daily Value**  Total Fat 8g 10%  Saturated Fat 0g 0%  Trans Fat 0g  Sodium 0mg 0%	Gluten-Friendly	1 servings per container  Serving size 1 Donut (70g)  Amount Per Serving  Calories 190  **Daily Value**  Total Fat 2.5g 3%  Saturated Fat 0g 0%  Trans Fat 0g  Sodium 0mg 0%
*Contains peanuts and tree nuts	Total Carbohydrate 27g 10% Dietary Fiber 0g 0% Total Sugars 8g 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 food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains peanuts and tree nuts	Total Carbohydrate 31g 11% Dietary Fiber 0g 0% Total Sugars 14g 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 food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Peanut	<b>Nutrition Facts</b>	Peanut	Nutrition Facts
Butter Gluten-Friendly	1 servings per container  Serving size 1 Donut (75g)  Amount Per Serving  Calories 290  **Daily Value**  Total Fat 14g 18%  Saturated Fat 0g 0%  **Trans Fat 0g  Sodium 0mg 0%  Total Carbohydrate 30g 111%  Dietary Fiber 0g 0%  Total Sugars 7g	Butter Cup Gluten-Friendly	1 servings per container  Serving size 1 Donut (75g)  Amount Per Serving  Calories 290  **Daily Value*  Total Fat 14g 18%  Saturated Fat 0g 0%  **Trans Fat 0g  Sodium 0mg 0%  Total Carbohydrate 30g 11%  Dietary Fiber 0g 0%  Total Sugars 7g
*Contains peanuts and tree nuts	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 food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains peanuts and tree nuts	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 food contributes to a daily diet. 2.000 calories a day is used for general nutrition advice.
The PRONUT Gluten-Friendly	Nutrition Facts  1 servings per container Serving size 1 Donut (83g)  Amount Per Serving Calories 230  **Colories**  Total Fat 13g 17% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 18g 7% 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 potassum	Red Velvet Gluten-Friendly	Nutrition Facts  1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 200  **Daily Value**  Total Fat 6g 8% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 19g 7% Dietary Fiber 0g 0% Total Sugars 6g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains peanuts	*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 peanuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a
and tree nuts	day is used for general nutrition advice.	and tree nuts	day is used for general nutrition advice.

KETO BAGELS				
Keto	<b>Nutrition Facts</b>			
Everything	1 servings per container Serving size 1 Bagel (85g)			
Bagel	Amount Per Serving Calories 290			
Keto-Friendly	% Daily Value*			
Gluten-Friendly	Total Fat 22g 28%			
Glaten-Thenaly	Saturated Fat 0g 0%			
	Trans Fat 0g			
	Sodium 0mg 0%			
	Total Carbohydrate 4g 1%			
	Dietary Fiber 0g 0%			
	Total Sugars 0g Includes 0g Added Sugars 0%			
	Includes 0g Added Sugars 0% Protein 24g 48%			
*6	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium			
*Contains tree 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.				







Double Dark Chocolate

Gluten-Friendly

\*Contains dairy and tree nuts

**Nutrition Facts** 1 servings per container Serving size 1 Muffin (80g) Amount Per Serving 270 Calories Total Fat 18g 23% Saturated Fat 0g Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 20g Dietary Fiber 0g Total Sugars 10g Includes 0g Added Sugars 0% Protein 18g 36% 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.

## **PROTEIN BROWNIES**

# Dark Chocolate Brownie

Gluten-Friendly

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 5	Sugars 0%
Protein 13g	26%

Nutrition Facts

\*Contains tree nuts and dairy

Walnut
Brownie
Gluten-Friendly

Gluten-Friendly

\*Contains tree nuts and dairy

Nutrition Facts

1 servings per container

1 Brownie (85g)

Serving size

290 Calories % Daily Value Total Fat 19g 24% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 22g 8% Dietary Fiber 0g 0% Total Sugars 12g Includes 0g Added Sugars 0%

Protein 14g 28%

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.



PROTEIN SMOOTHIES			
Cookies &	Nutrition Facts	Mango	Nutrition Facts
Cream	1 servings per container Serving size 1 Smoothie Amount Per Serving	Gluten-Friendly	1 servings per container Serving size 1 Smoothie Amount Per Serving
Gluten-Friendly	Amount Per Serving		Calories
*Contains dairy	Calcium 719mg 60% Iron 1.746mg 10% Potassium 0mg 0%  -The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily det 2.000 calories a day is used for operant nutrition advice.	*Contains dairy	Calcium 67/mg 50% Iron 0.648mg 4% Potassium Dmg 0%  -The % Daily Value (DV) tells you how much a nutrient in a serving of lood contributes to a daily det 2,000 calories a day is used for general nutrition advice.
The PRONUT	Nutrition Facts	Berry Explosion	Nutrition Facts
*Contains tree nuts and dairy	1 servings per container Serving size 1 Smoothie Amount Per Serving Calories 430  Salurated Fat 3.7g 19% Trans Fat 0g Polyunsaturated Fat 3.4g Cholesterol 45mg 50dium 300mg 13% Total Carbohydrate 41g 15% Dietary Fiber 5g 18% Dietary Fiber 5g 18% Vitamin D 0mcg 0% Calcium 662mg 150% Potalssium 0mg 16% Potalssium 0mg 16% Potalssium 0mg 16% Potalssium 0mg 17% Vitamin D 0mcg 0% Calcium 662mg 15% Potalssium 0mg 0% The % Daily Value (DV) sells you how much a nutrient in a serving of food contributes to a daily det. 2000 calories a day is used to general nutritient in a serving of food contributes to a daily det. 2000 calories a day is used to general nutritient in a serving of food contributes to a daily det. 2000 calories a day is used to general nutritient and office.	*Contains dairy	1 servings per container Serving size 1 Smoothie Amount Per Serving Calories 270  **Daily Value*  Total Fat 4.5g 8% Saturated Fat 1.6g 8% Trans Fat 0g Polyunsaturated Fat 1.2g Cholesterol 45mg 15% Sodium 190mg 8% Total Carbohydrate 31g 11% Dietary Fiber 3g 11% Dietary Fiber 3g 11% Fotal Sugars 25g Includes 0g Added Sugars 0% Vitamin D 0mcg 0% Calcium 697mg 50% Vitamin D 0mcg 0% Calcium 697mg 50% Potassium 0mg 0% -The % Daily Value (IV) tells you how much a nutrient in a serving of lood contributes to a daily det 2000 calories a day is used for general nutrition advice.
Shamrock Gluten-Friendly	Nutrition Facts	Mini Egg Gluten-Friendly	Nutrition Facts  1 servings per container Serving size 1 Smoothie Amount Per Serving Calories 400  **Daily Value*  Total Fat 11g 14% Saturated Fat 3.5g 18% Trans Fat 0g Polyunsaturated Fat 1.2g Cholesterol 50mg 17% Sodium 30mg 14% Total Carbohydrate 46g 17% Dietary Fiber 2g 7% Total Sugars 33g Includes 0g Added Sugars 0% Protein 33g 66% Vitamin D Omcg 0% Calcium 719mg 60% Iron 1.746mg 10% Potassium 0mg 0%
*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 day is used for general nutrition advice.	*Contains dairy	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily det. 2,000 calories a day is used for general nutrition advice.