



CLASSIC PRONUTS			
Blueberry Basil Gluten-Friendly *Contains dairy and	Nutrition Facts           1 servings per container           Serving size         1 Donut (75g)           Amount Per Serving         210           Calories         210           % Daily Value'         % Daily Value'           Total Fat 7g         9%           Saturated Fat 0g         0%           Total Fat 7g         9%           Saturated Fat 0g         0%           Total Carbohydrate 14g         5%           Dietary Fiber 0g         0%           Total Sugars 7g         Includes 0g Added Sugars         0%           Protein 12g         24%           Not a significant source of cholesterol, vitamin D, calcium, iron, and potassum         *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 to general nutrition advice.	Carrot Cake Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts           1 servings per container           Serving size         1 Donut (76g)           Amount Per Serving         2400           % Daily Value*         3 Daily Value*           Total Fat 13g         17%           Saturated Fat 0g         0%           Total Fat 0g         0%           Total Carbohydrate 13g         5%           Dietary Fiber 0g         0%           Total Sugars 4g         Includes 0g Added Sugars         0%           Protein 12g         24%           Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
tree nuts Chocolate Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts         1 servings per container         Serving size       1 Donut (75g)         Amount Per Serving       2200         Calories       2200         % Daily Value*         Total Fat 12g       15%         Saturated Fat 0g       0%         Total Carbohydrate 15g       5%         Dietary Fiber 0g       0%         Total Sugars 5g       Includes 0g Added Sugars         Includes 0g Added Sugars       0%         Protein 12g       24%         Not a significant source of cholesterol, vitamin D, calcium, for, and potassium       -         *The % Daily Value (DV) tells you how much a nutrient in a serving of todo contributes to a daily det 2.000 calories a day is used for general nutrition advice.	Cinnamon Sugar Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts         1 servings per container         Serving size       1 Donut (74g)         Amount Per Serving       210         Calories       290         % Daily Value*         Total Fat 7g       9%         Saturated Fat 0g       0%         Trans Fat 0g       0%         Sodium 0mg       0%         Total Carbohydrate 16g       6%         Dietary Fiber 0g       0%         Total Sugars 7g       Includes 0g Added Sugars         Includes 0g Added Sugars       0%         Protein 10g       20%         Not a significant source of cholesterol, vitamin D, calclum, tron, and potasalum       -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.
<b>Coconut</b> <i>Gluten-Friendly</i> <i>Keto-Friendly</i> *Contains dairy and tree nuts	Nutrition Facts           1 servings per container           Serving size         1 Donut (85g)           Amount Per Serving         2000           * Daily Value*         2000           * Daily Value*         3 Solume*           Total Fat 12g         15%           Saturated Fat 0g         0%           Total Fat 12g         15%           Sodium 0mg         0%           Total Carbohydrate 3g         1%           Dietary Fiber 0g         0%           Total Sugars 3g         1ncludes 0g Added Sugars           Includes 0g Added Sugars         0%           Protein 12g         24%           Not a signifeant source of cholesterol, vitamin D, calcium,           *The % Daily Value (DV) tells you how much a nutrient in a serving of todo contributes to adaily diet 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       210         Calories       210         % Daily Value*         Total Fat 13g       17%         Saturated Fat 0g       0%         Trans Fat 0g       0%         Sodium Omg       0%         Total Carbohydrate 10g       4%         Dietary Fiber 0g       0%         Total Sugars 9g       Includes 0g Added Sugars         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 viet. 2,000 calories a day is used for general nutrition advice.

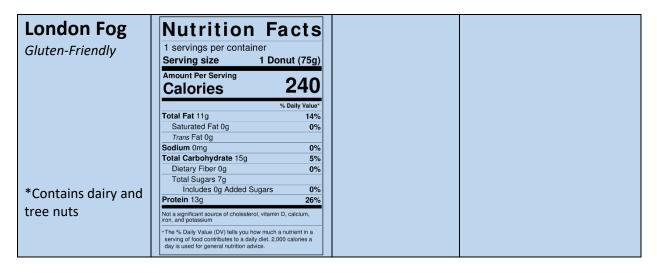


Espresso	Nutrition Facts	Mango	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (74g)	Cardamom	1 servings per container Serving size 1 Donut (72g)
	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 220 % Daily Value*		Calories 210 % Dally Value*
	Total Fat 10g     13%       Saturated Fat 0g     0%		Total Fat 8g     10%       Saturated Fat 0g     0%
	Trans Fat 0g           Sodium 0mg         0%           Total Carbohydrate 14g         5%		Trans Fat 0g           Sodium 0mg         0%           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
*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 tree nuts	
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 100	Gluten-Friendly	Amount Per Serving
	Calories I90 % Daily Value*		Calories 230
	Total Fat 8g         10%           Saturated Fat 0g         0%		Total Fat 12g         15%           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 Sugars 8g         0%		Total Carbohydrate 17g         6%           Dietary Fiber 0g         0%           Total Sugars 5g         0
	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	Butter Cup	1 servings per container
Gluten-Friendly	Serving size         1 Donut (77g)           Amount Per Serving         0000	Gluten-Friendly	Serving size         1 Donut (80g)           Amount Per Serving         0000
,	Calories 220		Calories 290 % Dally Value*
	Total Fat 16g         21%           Saturated Fat 0g         0%		Total Fat 11g 14% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 8g         3%           Dietary Fiber 0g         0%		Total Carbohydrate 15g5%Dietary Fiber 0g0%
	Total Sugars 3g Includes 0g Added Sugars 0%		Total Sugars 8g Includes 0g Added Sugars 0%
*Contains dairy, peanuts and tree	Protein 13g 26% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains dairy, peanuts and tree	Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
nuts	<ul> <li>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.</li> </ul>	nuts	<ul> <li>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.</li> </ul>



The PRONUT   Nutrition Facts   Pumpkin   Nutrit	tion Facts
Gluten-Friendly varied (1) servings per container Serving size 1 Donut (85g) Spice 1 serving size	
Amount Per Serving Clutten - Friendly Amount Per Se	erving
Calories 230 Keto-Friendly Calories	s 230
% Daily Value*	% Daily Value*
Total Fat 13g         17%         Total Fat 16g           Saturated Fat 0g         0%         Saturated Fat	21% t 0g 0%
Trans Fat 0g         Trans Fat 0g           Sodium 0mg         0%	0%
Total Carbohydrate 18g         7%         Total Carbohyd           Dietary Fiber 0g         0%         Dietary Fiber	
Total Sugars 5g Total Sugars	2g
Includes 0g Added Sugars         0%         Includes 0g           Protein 15g         30%         Protein 14g	0g Added Sugars 0% 28%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium iron, and potassium	ce of cholesterol, vitamin D, calcium,
*Contains dairy,	DV) tells you how much a nutrient in a ibutes to a daily diet. 2,000 calories a
peanuts and tree day is used for general nutrition advice.	
nuts	
Red Velvet Nutrition Facts Strawberries Nutrition	tion Facts
Gluten-Friendly 1 servings per container 1 servings per container 2 Serving size 1 Doput (73g)	
Serving size in Donut (75g)	
Amount Per Serving 210 <i>Gluten-Friendly</i>	
% Daily Value*	% Daily Value*
Total Fat 12g     15%       Saturated Fat 0g     0%	18% t 0g 0%
Trans Fat 0g         Trans Fat 0g           Sodium 0mg         0%	0%
Total Carbohydrate 14g 5% Total Carbohydrate 14g 5%	irate 8g 3%
Dietary Fiber 0g         0%           Total Sugars 3g         Total Sugars	
Includes 0g Added Sugars         0%         Includes 0g           Protein 10g         20%         Protein 12g	0g Added Sugars 0%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	ce of cholesterol, vitamin D, calcium,
*Contains dairy and The % Daily Value (DV) tells you how much a nutrient in a *Constrained daimy -The % Daily Value (	DV) tells you how much a nutrient in a ibutes to a daily diet. 2,000 calories a
tree nuts	ral nutrition advice.
	tion Facts
Pistachio         1 servings per container         Glaze         1 servings per container           Serving size         1 Donut (77g)         Glaze         Serving size	
Cluton Friendly	erving
Keto-Friendly Calories 210	s 190
% Daily Value*           Total Fat 8g         10%	% Daily Value* 10%
Saturated Fat 0g 0% Saturated Fa	
Trans Fat 0g     Trans Fat 0g       Sodium 0mg     0%	0%
Total Carbohydrate 4g         1%         Total Carbohyd           Dietary Fiber 0g         0%         Dietary Fiber	
Total Sugars 3g Total Sugars	8g
Includes 0g Added Sugars         0%         Includes 0g           Protein 12g         24%         Protein 10g	0g Added Sugars 0% 20%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, vitamin D, calcium, iron, and potassium Nota significant source of cholesterol, iron, and potassium Nota significant source of cholesterol, iron,	ce of cholesterol, vitamin D, calcium,
CONTAINS CAIRY and serving of food contributes to a daily diet. 2,000 calories a Serving of food contributes to a daily diet. 2,000 calories a	DV) tells you how much a nutrient in a ributes to a daily diet. 2,000 calories a
tree nuts day is used for general nutrition advice.	ramuntion advice.





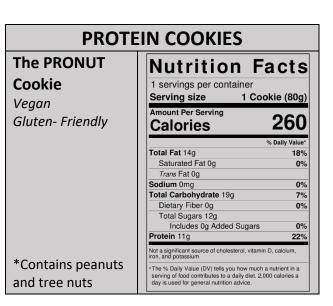
	VEGAN F	PRONUTS	
Blueberry Basil Gluten-Friendly	Nutrition Facts           1 servings per container           Serving size         1 Donut (74g)           Amount Per Serving         170           Calories         170           % Daily Value*         % Daily Value*           Total Fat 2.5g         3%           Saturated Fat 0g         0%           Total Carbohydrate 26g         9%           Dietary Fiber 0g         0%           Total Sugars 7g         Includes 0g Added Sugars           Protein 10g         20%	Carrot Cake Gluten-Friendly	Nutrition Facts           1 servings per container           Serving size         1 Donut (75g)           Amount Per Serving         210           Calories         210           % Daily Value*         % Daily Value*           Total Fat 8g         10%           Saturated Fat 0g         0%           Total Carbohydrate 20g         7%           Dietary Fiber 0g         0%           Total Sugars 6g         Includes 0g Added Sugars         0%           Protein 11g         22%
*Contains peanuts and tree nuts	Protein Tug 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 tood contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains peanuts and tree nuts	Protein Tig 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium - The % Daily Value (DV) tells you how much a rutrient in a serving of food contributes to a daily diel. 2,000 calories a day is used for general nutrition advice.
<b>Chocolate</b> <i>Gluten-Friendly</i>	Nutrition Facts           1 servings per container           Serving size         1 Donut (74g)           Amount Per Serving         250           Calories         250           % Daily Value*           Total Fat 6g         8%           Saturated Fat 0g         0%           Total Carbohydrate 26g         9%           Dietary Fiber 0g         0%           Total Sugars 12g         Includes 0g Added Sugars         0%           Protein 10g         20%	Cinnamon Sugar Gluten-Friendly	Nutrition         Facts           1 servings per container           Serving size         1 Donut (72g)           Amount Per Serving         160           Calories         160           % Daily Value*         % Daily Value*           Total Fat 2.5g         3%           Saturated Fat 0g         0%           Total Carbohydrate 28g         10%           Dietary Fiber 0g         0%           Total Sugars 13g         includes 0g Added Sugars         0%           Protein 10g         20%
*Contains peanuts 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 peanuts 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.



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



KETO BAGELS			
Keto	Nutrition Fact	ts	
Everything	1 servings per container Serving size 1 Bagel (8	35g)	
Bagel	Amount Per Serving 29	<b>90</b>	
Keto-Friendly	% Daily \	/alue*	
Gluten-Friendly	Total Fat 22g	28%	
Glaten-Inenaly	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%	
	Protein 24g	48%	
*•• • • •	Not a significant source of cholesterol, vitamin D, calciur iron, and potassium	m,	
*Contains tree nuts and dairy	*The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. 2,000 calorie day is used for general nutrition advice.		



PROTEIN MUFFINS				
Apple	<b>Nutrition Facts</b>	Blueberry	<b>Nutrition Facts</b>	
Cinnamon	1 servings per container Serving size 1 Muffin (80g)	Gluten-Friendly	1 servings per container Serving size 1 Muffin (80g)	
Crumble	Amount Per Serving Calories 260		Amount Per Serving 260	
Gluten-Friendly	% Daily Value*		% Daily Value*	
	Total Fat 16g 21%		Total Fat 15g 19%	
	Saturated Fat 0g 0%		Saturated Fat 0g 0%	
	Trans Fat 0g		Trans Fat 0g	
	Sodium 0mg 0%		Sodium Omg 0%	
	Total Carbohydrate 18g 7%		Total Carbohydrate 18g 7%	
	Dietary Fiber 0g 0%		Dietary Fiber 0g 0%	
	Total Sugars 8g		Total Sugars 7g	
	Includes 0g Added Sugars 0%		Includes 0g Added Sugars 0%	
	Protein 16g 32%		Protein 16g 32%	
	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	*The % Daily Value (DV) tells you how much a nutrient in a	*Contains dairy and	*The % Daily Value (DV) tells you how much a nutrient in a	
and trac nuts	serving of food contributes to a daily diet. 2,000 calories a		serving of food contributes to a daily diet. 2,000 calories a	
and tree nuts	day is used for general nutrition advice.	tree nuts	day is used for general nutrition advice.	



Double	Nutrition Facts	Strawberry	<b>Nutrition Facts</b>
Dark	1 servings per container Serving size 1 Muffin (80g)	Rhubarb	1 servings per container Serving size 1 Muffin (80g)
Chocolate	Amount Per Serving Calories 270	Gluten-Friendly	Amount Per Serving Calories 260
Gluten-Friendly	% Daily Value*           Total Fat 18g         23%           Saturated Fat 0g         0%		% Daily Value*           Total Fat 15g         19%           Saturated Fat 0g         0%
	Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 20g 7% Diatar Eiber 0 a 200		Trans Fat 0g       Sodium 0mg     0%       Total Carbohydrate 18g     7%       Diaton Fiber 0m     0%
	Dietary Fiber 0g 0% Total Sugars 10g Includes 0g Added Sugars 0% Protein 18g 36%		Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0% Protein 16g 32%
*~	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains dairy and	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.	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.
Pumpkin	<b>Nutrition Facts</b>		
Spice	1 servings per container Serving size 1 Muffin (80g)		
Gluten-Friendly	Amount Per Serving Calories 260		
	% Daily Value*           Total Fat 15g         19%           Saturated Fat 0g         0%		
	Trans Fat 0g           Sodium 0mg         0%           Total Carbohydrate 18g         7%		
	Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0%		
	Protein 16g 32%		
*Contains dairy and tree nuts	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.		

	PROTEIN BROWNIES				
Dark Chocolate Brownie	Nutrition Facts	Walnut Brownie	Nutrition Facts		
Gluten-Friendly	Serving size 1 Brownie (85g) Amount Per Serving Calories 290	Gluten-Friendly	Serving size 1 Brownie (85g) Amount Per Serving Calories 290		
	% Daily Value*           Total Fat 18g         23%           Saturated Fat 0g         0%           Trans Fat 0g         0%           Sodium 0mg         0%		% Daily Value*           Total Fat 19g         24%           Saturated Fat 0g         0%           Trans Fat 0g         0%           Sodium 0mg         0%		
	Total Carbohydrate 22g         8%           Dietary Fiber 0g         0%           Total Sugars 14g         0%           Includes 0g Added Sugars         0%           Protein 13g         26%		Total Carbohydrate 22g         8%           Dietary Fiber 0g         0%           Total Sugars 12g         Includes 0g Added Sugars         0%           Protein 14g         28%		
*Contains tree nuts and dairy	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 tree nuts and dairy	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 diffet. 2.000 calories a day is used for general nutrition advice.		



PROTEIN SMOOTHIES			
Cookies &	<b>Nutrition Facts</b>	Mango	Nutrition Facts
Cream	1 servings per container Serving size 1 Smoothie	Gluten-Friendly	1 servings per container Serving size 1 Smoothie
Gluten-Friendly	Amount Per Serving Calories 400		Amount Per Serving Calories 240
*Contains dairy	% Daily Value*           Total Fat 11g         14%           Saturated Fat 3.5g         18%           Trans Fat 0g         Polyunsaturated Fat 0.4g           Monounsaturated Fat 1.2g         Cholesterol 50mg           Cholesterol 50mg         17%           Sodium 330mg         14%           Total Carbohydrate 46g         17%           Dietary Fiber 2g         7%           Total Garbohydrate 46g         17%           Dietary Fiber 2g         7%           Total Garbohydrate 46g         17%           Dietary Fiber 2g         7%           Total Garbohydrate 3g         66%           Protein 33g         66%           Vitamin D omog         0%           Calcium 719mg         60%           Iron 1.746mg         10%           Potassium Ong         0%	*Contains dairy	% Daily Value"           Total Fat 4.5g         6%           Saturated Fat 1.5g         8%           7rans Fat 0g         6%           Polyunsaturated Fat 0.4g         Monounsaturated Fat 1.1g           Cholesterol 45mg         15%           Sodium 310mg         13%           Total Carbohydrate 22g         8%           Diatary Fiber 1g         4%           Total Sugars 17g         includes 0g Added Sugars           Includes 0g Added Sugars         0%           Protein 29g         58%           Vitamin D 0mg         0%           Calcium 677mg         50%           Iron 0.648mg         4%           Potes Sum 0mg         0%
The PRONUT	day is used for general nutrition advice.	· · · ·	day is used for general nutrition advice.
*Contains tree nuts and dairy	Nutrition Facts         1 servings size       1 Smoothie         Amount Per Serving       430         Calories       430         Staturated Fat 3.7g       19%         Trans Fat 0g       19%         Polyunsaturated Fat 1.3g       19%         Monounsaturated Fat 1.3g       15%         Sodium 300mg       13%         Total Stapsr 24g       18%         Total Sugars 24g       0%         Protein 33g       66%         Vitamin D Omeg       0%         Calcium 662mg       50%         Iron 0.99mg       6%         Vitamin D Omeg       0%         The 5, Dily Vitale you how metal and thent in a dep duit 2000 calories a day lis used for general mutrition advice.	Berry Explosion Gluten-Friendly *Contains dairy	Nutrition Facts         1 servings per container         Serving size       1 Smoothie         Amount Per Serving       2700         Calories       2700         % Daily Value*       % Daily Value*         Total Fat 4.5g       6%         Saturated Fat 1.6g       8%         Trans Fat 0g       15%         Polyunsaturated Fat 1.2g       Cholesterol 45mg         Cholesterol 45mg       15%         Sodium 190mg       8%         Total Carbohydrate 31g       11%         Total Sugars 25g       11%         Iotal Modes 0g Added Sugars       0%         Protein 30g       69%         Vitamin D Omeg       6%         Calcium 697mg       50%         Iron 1.062mg       6%         *The %, Daily Value (7) left yeu hor mech a surficer in a stay is used for general nutrition advice.
Pumpkin Spice	<b>Nutrition Facts</b>	The PROFFEE	Nutrition Facts
Gluten-Friendly *Contains dairy	1 servings size       1 Smoothie         Serving size       1 Smoothie         Amount Per Serving       2900         ** Daily Value*       ** Daily Value*         Total Fat 7g       9%         Saturated Fat 2.2g       11%         Trans Fat 0g       9%         Polyunsaturated Fat 0.8g       Monounsaturated Fat 1.5g         Cholesterol 0mg       0%         Solium 380mg       17%         Total Carbohydrate 39g       14%         Dietary Fiber 5g       18%         Total 2abohydrate 39g       14%         Dietary Fiber 5g       18%         Total 0mg       0%         Vitamin D 0mg       0%         Vitamin D 0mg       0%         Fotalsium 0mg       6%         Iron 1.088mg       60%         Iron 1.088mg       0%         *The 5Dibly Value 0% yalks yalk diet. 2000 calories a day diet. 2000 calories a day diet sub of comparison a day diet. 2000 calories a day diet sub of comparison a day diet. 2000 calories a day diet sub of comparison a day.	Gluten-Friendly *Contains tree nuts and dairy	1 servings per container       Serving size     1 Smoothie       Amount Per Serving     400       Calories     400       % Daily Value*       Total Fat 11g     14%       Saturated Fat 3.5g     18%       7rans Fat 0g     17%       Polyunsaturated Fat 1.2g     Monounsaturated Fat 1.2g       Cholesterol 50mg     17%       Sodium 330mg     14%       Total Carbohydrate 46g     17%       Dietary Fiber 2g     7%       Total Sagars 33g     66%       Vitamin D 0mg     0%       Calcium 719mg     60%       Irotein 0.746mg     10%       Potassium 0mg     0%       - Tor 8, Daily Value (7) tells you how much a suttert in a serving of the orterblue fat daily dett. 2000 calories a day idst 2000 c

