



NUTRITIONAL INFORMATION

SPECIALS

Pumpkin Cheesecake *Gluten-Friendly*

*Contains dairy
and tree nuts

Nutrition Facts

1 servings per container
Serving size 1 Donut (80g)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
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.

Coconut Brownie PRONUT *Gluten-Friendly*

*Contains dairy and
tree nuts

Nutrition Facts

1 servings per container
Serving size 1 Donut (80g)

Amount Per Serving
Calories 280

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 15g	5%
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 (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.

S'mores Brownie *Gluten-Friendly*

*Contains dairy
and tree nuts

Nutrition Facts

1 servings per container
Serving size 1 Brownie (90g)

Amount Per Serving
Calories 310

	% Daily Value*
Total Fat 22g	28%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 16g	32%

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.

Walnut Brownie PRONUT *Gluten-Friendly*

*Contains dairy and
tree nuts

Nutrition Facts

1 servings per container
Serving size 1 Donut (79g)

Amount Per Serving
Calories 280

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 11g	
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.



NUTRITIONAL INFORMATION

CLASSIC PRONUTS			
Blueberry Basil <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 210 <hr/> % Daily Value* Total Fat 7g 9% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0% Protein 12g 24% <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>	Carrot Cake <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (76g) Amount Per Serving Calories 240 <hr/> % Daily Value* Total Fat 13g 17% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 13g 5% Dietary Fiber 0g 0% Total Sugars 4g Includes 0g Added Sugars 0% Protein 12g 24% <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>
*Contains dairy and tree nuts		*Contains dairy and tree nuts	
Chocolate <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 220 <hr/> % Daily 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% <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>	Cinnamon Sugar <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 210 <hr/> % Daily Value* Total Fat 7g 9% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 16g 6% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0% Protein 10g 20% <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>
*Contains dairy and tree nuts		*Contains dairy and tree nuts	
Coconut <i>Gluten-Friendly</i> <i>Keto-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (85g) Amount Per Serving Calories 200 <hr/> % 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% <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>	Cookies & Cream <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (76g) Amount Per Serving Calories 210 <hr/> % Daily 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% <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>
*Contains dairy and tree nuts		*Contains dairy and tree nuts	



NUTRITIONAL INFORMATION

<div>Espresso</div> <div>Gluten-Friendly</div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (74g)</div><div>Amount Per Serving</div><div>Calories220</div><div>% Daily Value*</div><div>Total Fat 10g13%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 14g5%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 5g</div><div>Includes 0g Added Sugars0%</div><div>Protein 12g24%</div><div>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</div><div>*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.</div></div>	<div>Mango Cardamom</div> <div>Gluten-Friendly</div> <div>*Contains dairy and tree nuts</div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (72g)</div><div>Amount Per Serving</div><div>Calories210</div><div>% Daily Value*</div><div>Total Fat 8g10%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 8g3%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 3g</div><div>Includes 0g Added Sugars0%</div><div>Protein 12g24%</div><div>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</div><div>*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.</div></div>
<div>*Contains dairy and tree nuts</div>			
<div>Matcha</div> <div>Gluten-Friendly</div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (72g)</div><div>Amount Per Serving</div><div>Calories190</div><div>% Daily Value*</div><div>Total Fat 8g10%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 14g5%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 8g</div><div>Includes 0g Added Sugars0%</div><div>Protein 10g20%</div><div>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</div><div>*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.</div></div>	<div>Mint Chocolate</div> <div>Gluten-Friendly</div> <div>*Contains dairy and tree nuts</div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (75g)</div><div>Amount Per Serving</div><div>Calories230</div><div>% Daily Value*</div><div>Total Fat 12g15%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 17g6%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 5g</div><div>Includes 0g Added Sugars0%</div><div>Protein 12g24%</div><div>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</div><div>*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.</div></div>
<div>*Contains dairy and tree nuts</div>			
<div>Peanut Butter</div> <div>Gluten-Friendly</div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (77g)</div><div>Amount Per Serving</div><div>Calories220</div><div>% Daily Value*</div><div>Total Fat 16g21%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 8g3%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 3g</div><div>Includes 0g Added Sugars0%</div><div>Protein 13g26%</div><div>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</div><div>*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.</div></div>	<div>Peanut Butter Cup</div> <div>Gluten-Friendly</div> <div>*Contains dairy, peanuts and tree nuts</div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (80g)</div><div>Amount Per Serving</div><div>Calories290</div><div>% Daily Value*</div><div>Total Fat 11g14%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 15g5%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 8g</div><div>Includes 0g Added Sugars0%</div><div>Protein 12g24%</div><div>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</div><div>*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.</div></div>
<div>*Contains dairy, peanuts and tree nuts</div>			



NUTRITIONAL INFORMATION

The PRONUT *Gluten-Friendly*

Nutrition Facts

varied (1) servings per container	
Serving size	1 Donut (85g)
Amount Per Serving	
Calories	230
% Daily Value*	
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 15g	30%

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,
peanuts and tree
nuts

Pumpkin Spice *Gluten-Friendly* *Keto-Friendly*

Nutrition Facts

1 servings per container	
Serving size	1 Donut (77g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
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.

*Contains dairy
and tree nuts

Red Velvet *Gluten-Friendly*

Nutrition Facts

1 servings per container	
Serving size	1 Donut (73g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
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 dairy and
tree nuts

Strawberries & Cream *Gluten-Friendly*

Nutrition Facts

1 servings per container	
Serving size	1 Donut (76g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 8g	3%
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 diet. 2,000 calories a day is used for general nutrition advice.

*Contains dairy
and tree nuts

Ube Pistachio *Gluten-Friendly* *Keto-Friendly*

Nutrition Facts

1 servings per container	
Serving size	1 Donut (77g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 4g	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 diet. 2,000 calories a day is used for general nutrition advice.

*Contains dairy and
tree nuts

Vanilla Glaze *Gluten-Friendly*

Nutrition Facts

1 servings per container	
Serving size	1 Donut (72g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 15g	5%
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 dairy
and tree nuts



NUTRITIONAL INFORMATION

London Fog <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 240 <small>% Daily Value*</small> 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 Includes 0g Added Sugars 0% Protein 13g 26% <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>		
*Contains dairy and tree nuts			

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



NUTRITIONAL INFORMATION

KETO BAGELS	
Keto Everything Bagel <i>Keto-Friendly</i> <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Bagel (85g) <hr/> Amount Per Serving Calories 290 <hr/> <div style="text-align: right;">% Daily Value*</div> Total Fat 22g 28% 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% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>
	<p>*Contains tree nuts and dairy</p>

PROTEIN COOKIES	
The PRONUT Cookie <i>Vegan</i> <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Cookie (80g) <hr/> Amount Per Serving Calories 260 <hr/> <div style="text-align: right;">% Daily Value*</div> Total Fat 14g 18% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 19g 7% Dietary Fiber 0g 0% Total Sugars 12g Includes 0g Added Sugars 0% Protein 11g 22% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>
	<p>*Contains peanuts and tree nuts</p>

PROTEIN MUFFINS			
Apple Cinnamon Crumble <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) <hr/> Amount Per Serving Calories 260 <hr/> <div style="text-align: right;">% Daily Value*</div> 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% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>	Blueberry <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) <hr/> Amount Per Serving Calories 260 <hr/> <div style="text-align: right;">% Daily Value*</div> 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% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>
	<p>*Contains dairy and tree nuts</p>		<p>*Contains dairy and tree nuts</p>



NUTRITIONAL INFORMATION

Double Dark Chocolate <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) <hr/> Amount Per Serving Calories 270 <hr/> <div>% Daily Value*</div> 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% Protein 18g 36% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>	Strawberry Rhubarb <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) <hr/> Amount Per Serving Calories 260 <hr/> <div>% Daily Value*</div> 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% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>
Pumpkin Spice <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) <hr/> Amount Per Serving Calories 260 <hr/> <div>% Daily Value*</div> 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% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>		

PROTEIN BROWNIES			
Dark Chocolate Brownie <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Brownie (85g) <hr/> Amount Per Serving Calories 290 <hr/> <div>% Daily Value*</div> 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% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>	Walnut Brownie <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Brownie (85g) <hr/> Amount Per Serving Calories 290 <hr/> <div>% Daily Value*</div> 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% <hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small> <small>*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.</small>



NUTRITIONAL INFORMATION

PROTEIN SMOOTHIES

Cookies & Cream

Gluten-Friendly

*Contains dairy

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 0.4g	
Monounsaturated Fat 1.2g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 33g	66%
Vitamin D 0mcg	0%
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 diet. 2,000 calories a day is used for general nutrition advice.

Mango

Gluten-Friendly

*Contains dairy

Nutrition Facts

1 servings per container	
Serving size	1 Smoothie
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 1.1g	
Cholesterol 45mg	15%
Sodium 310mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 677mg	50%
Iron 0.648mg	4%
Potassium 0mg	0%

*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

*Contains tree nuts and dairy

Nutrition Facts

1 servings per container	
Serving size	1 Smoothie
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 3.7g	19%
Trans Fat 0g	
Polyunsaturated Fat 1.3g	
Monounsaturated Fat 3.4g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 41g	15%
Dietary Fiber 5g	18%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 33g	66%
Vitamin D 0mcg	0%
Calcium 662mg	50%
Iron 0.99mg	6%
Potassium 0mg	0%

*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.

Berry Explosion

Gluten-Friendly

*Contains dairy

Nutrition Facts

1 servings per container	
Serving size	1 Smoothie
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.2g	
Cholesterol 45mg	15%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 30g	60%
Vitamin D 0mcg	0%
Calcium 697mg	50%
Iron 1.062mg	6%
Potassium 0mg	0%

*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 Spice

Gluten-Friendly

*Contains dairy

Nutrition Facts

1 servings per container	
Serving size	1 Smoothie
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Polyunsaturated Fat 0.8g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 798mg	60%
Iron 1.098mg	6%
Potassium 0mg	0%

*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 PROFFEE

Gluten-Friendly

*Contains tree nuts and dairy

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 0.4g	
Monounsaturated Fat 1.2g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 33g	66%
Vitamin D 0mcg	0%
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 diet. 2,000 calories a day is used for general nutrition advice.



NUTRITIONAL INFORMATION

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