



NUTRITIONAL INFORMATION

SPECIALS

Orange Creamsicle Pronut *Gluten-Free*

*Contains dairy
and tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Donut (78g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 10g	
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 (115g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 21g	42%

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.

Coffee Walnut Muffin *Gluten-Free*

*Contains dairy
and tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Muffin (80g)
Amount Per Serving	
Calories	270
% 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%
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.

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.

Red Velvet Cookie *Gluten-Free Vegan*

*Contains tree
nuts

Nutrition Facts

1 servings per container	
Serving size	1 Cookie (65g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 11g	22%

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.

Ube Coconut Muffin *Gluten-Free*

*Contains dairy and
tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Muffin (85g)
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
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.



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CLASSIC PRONUTS			
Blueberry Basil Gluten-Free	Nutrition Facts 1 servings per container Serving size1 Donut (75g) Amount Per Serving Calories210 % Daily Value* Total Fat 7g9% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 14g5% Dietary Fiber 0g0% Total Sugars 7g Includes 0g Added Sugars0% Protein 12g24% 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 Gluten-Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (76g) Amount Per Serving Calories240 % Daily Value* Total Fat 13g17% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 13g5% Dietary Fiber 0g0% Total Sugars 4g Includes 0g Added Sugars0% Protein 12g24% 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		
Chocolate Gluten- Free	Nutrition Facts 1 servings per container Serving size1 Donut (75g) Amount Per Serving Calories220 % Daily Value* Total Fat 12g15% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 15g5% Dietary Fiber 0g0% Total Sugars 5g Includes 0g Added Sugars0% Protein 12g24% 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.	Cinnamon Sugar Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (74g) Amount Per Serving Calories210 % Daily Value* Total Fat 7g9% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 16g6% Dietary Fiber 0g0% Total Sugars 7g Includes 0g Added Sugars0% Protein 10g20% 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		
Coconut Gluten- Free Keto-Friendly	Nutrition Facts 1 servings per container Serving size1 Donut (85g) Amount Per Serving Calories200 % Daily Value* Total Fat 12g15% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 3g1% Dietary Fiber 0g0% Total Sugars 3g Includes 0g Added Sugars0% Protein 12g24% 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.	Cookies & Cream Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (76g) Amount Per Serving Calories210 % Daily Value* Total Fat 13g17% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 10g4% Dietary Fiber 0g0% Total Sugars 9g Includes 0g Added Sugars0% Protein 14g28% 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		



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Espresso Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (74g) Amount Per Serving Calories220 % Daily Value* Total Fat 10g13% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 14g5% Dietary Fiber 0g0% Total Sugars 5g Includes 0g Added Sugars0% Protein 12g24% 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.	Mango Cardamom Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (72g) Amount Per Serving Calories210 % Daily Value* Total Fat 8g10% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 8g3% Dietary Fiber 0g0% Total Sugars 3g Includes 0g Added Sugars0% Protein 12g24% 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.
Matcha Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (72g) Amount Per Serving Calories190 % Daily Value* Total Fat 8g10% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 14g5% Dietary Fiber 0g0% Total Sugars 8g Includes 0g Added Sugars0% Protein 10g20% 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.	Mint Chocolate Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (75g) Amount Per Serving Calories230 % Daily Value* Total Fat 12g15% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 17g6% Dietary Fiber 0g0% Total Sugars 5g Includes 0g Added Sugars0% Protein 12g24% 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 Butter Gluten- Free *Contains dairy, peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (77g) Amount Per Serving Calories220 % Daily Value* Total Fat 16g21% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 8g3% Dietary Fiber 0g0% Total Sugars 3g Includes 0g Added Sugars0% Protein 13g26% 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 Butter Cup Gluten- Free *Contains dairy, peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (80g) Amount Per Serving Calories290 % Daily Value* Total Fat 11g14% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 15g5% Dietary Fiber 0g0% Total Sugars 8g Includes 0g Added Sugars0% Protein 12g24% 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.



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The PRONUT <i>Gluten- Free</i> *Contains dairy, peanuts and tree nuts	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.	Pumpkin Spice <i>Gluten- Free</i> <i>Keto-Friendly</i> *Contains dairy and tree nuts	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.
Red Velvet <i>Gluten- Free</i> *Contains dairy and tree nuts	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.	Strawberries & Cream <i>Gluten- Free</i> *Contains dairy and tree nuts	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.
Ube Pistachio <i>Gluten- Free</i> <i>Keto-Friendly</i> *Contains dairy and tree nuts	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.	Vanilla Glaze <i>Gluten- Free</i> *Contains dairy and tree nuts	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.



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Cookies & Cream Gluten- Free *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (76g) Amount Per Serving Calories220 % Daily Value* Total Fat 8g10% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 27g10% Dietary Fiber 0g0% Total Sugars 8g Includes 0g Added Sugars0% Protein 10g20% 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.	Matcha Gluten- Free *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (70g) Amount Per Serving Calories190 % Daily Value* Total Fat 2.5g3% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 31g11% Dietary Fiber 0g0% Total Sugars 14g Includes 0g Added Sugars0% Protein 10g20% 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 Butter Gluten- Free *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (75g) Amount Per Serving Calories290 % Daily Value* Total Fat 14g18% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 30g11% Dietary Fiber 0g0% Total Sugars 7g Includes 0g Added Sugars0% Protein 10g20% 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 Butter Cup Gluten- Free *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (75g) Amount Per Serving Calories290 % Daily Value* Total Fat 14g18% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 30g11% Dietary Fiber 0g0% Total Sugars 7g Includes 0g Added Sugars0% Protein 10g20% 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- Free *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (83g) Amount Per Serving Calories230 % Daily Value* Total Fat 13g17% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 18g7% Dietary Fiber 0g0% Total Sugars 5g Includes 0g Added Sugars0% Protein 12g24% 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.	Red Velvet Gluten- Free *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (74g) Amount Per Serving Calories200 % Daily Value* Total Fat 6g8% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 19g7% Dietary Fiber 0g0% Total Sugars 6g Includes 0g Added Sugars0% Protein 10g20% 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.



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PROTEIN COOKIES			
The PRONUT Cookie <i>Vegan</i> <i>Gluten- Free</i>	Nutrition Facts	Cookies & Cream <i>Vegan</i> <i>Gluten- Free</i>	Nutrition Facts
	1 servings per container Serving size 1 Cookie (80g) Amount Per Serving Calories 260 % Daily Value* 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% 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.		1 servings per container Serving size 1 Cookie (65g) Amount Per Serving Calories 290 % Daily Value* Total Fat 13g 17% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 30g 11% Dietary Fiber 0g 0% Total Sugars 16g Includes 0g Added Sugars 0% Protein 11g 22% 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		*Contains peanuts and tree nuts	



NUTRITIONAL INFORMATION

PROTEIN CUPCAKES

Red Velvet

Gluten- Free

Nutrition Facts

1 servings per container

Serving size1 Cupcake (75g)

Amount Per Serving

Calories230

% Daily Value*

Total Fat 15g19%

Saturated Fat 0g0%

Trans Fat 0g

Sodium 0mg0%

Total Carbohydrate 16g6%

Dietary Fiber 0g0%

Total Sugars 11g

Includes 0g Added Sugars0%

Protein 12g24%

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

Peanut Butter Chocolate

Gluten- Free

Nutrition Facts

1 servings per container

Serving size1 Cupcake (75g)

Amount Per Serving

Calories230

% Daily Value*

Total Fat 15g19%

Saturated Fat 0g0%

Trans Fat 0g

Sodium 0mg0%

Total Carbohydrate 17g6%

Dietary Fiber 0g0%

Total Sugars 12g

Includes 0g Added Sugars0%

Protein 12g24%

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

Carrot Cake

Gluten- Free

Nutrition Facts

1 servings per container

Serving size1 Cupcake (75g)

Amount Per Serving

Calories230

% Daily Value*

Total Fat 15g19%

Saturated Fat 0g0%

Trans Fat 0g

Sodium 0mg0%

Total Carbohydrate 16g6%

Dietary Fiber 0g0%

Total Sugars 11g

Includes 0g Added Sugars0%

Protein 12g24%

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



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PROTEIN MUFFINS			
Apple Cinnamon Crumble <i>Gluten-Free</i>	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 (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.	Blueberry <i>Gluten-Free</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) 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% 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		*Contains dairy and tree nuts
Double Dark Chocolate <i>Gluten-Free</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) Amount Per Serving Calories 270 % 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% 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.	Pistachio Muffin <i>Gluten-Free</i>	Nutrition Facts 1 servings per container Serving size 1 Muffin (85g) Amount Per Serving Calories 270 % Daily Value* Total Fat 20g 26% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 19g 7% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0% 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.
	*Contains dairy and tree nuts		*Contains dairy and tree nuts



NUTRITIONAL INFORMATION

PROTEIN BROWNIES			
Dark Chocolate Brownie Gluten-Free	Nutrition Facts 1 servings per container Serving size1 Brownie (85g) Amount Per Serving Calories290 % Daily Value* Total Fat 18g23% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 22g8% Dietary Fiber 0g0% Total Sugars 14g Includes 0g Added Sugars0% Protein 13g26% 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 Gluten-Free *Contains tree nuts and dairy	Nutrition Facts 1 servings per container Serving size1 Brownie (85g) Amount Per Serving Calories290 % Daily Value* Total Fat 19g24% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 22g8% Dietary Fiber 0g0% Total Sugars 12g Includes 0g Added Sugars0% Protein 14g28% 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		
PROTEIN SMOOTHIES			
Cookies & Cream Gluten-Free	Nutrition Facts 1 servings per container Serving size1 Smoothie Amount Per Serving Calories400 % Daily Value* Total Fat 11g14% Saturated Fat 3.5g18% Trans Fat 0g Polyunsaturated Fat 0.4g Monounsaturated Fat 1.2g Cholesterol 50mg17% Sodium 330mg14% Total Carbohydrate 46g17% Dietary Fiber 2g7% Total Sugars 33g Includes 0g Added Sugars0% Protein 33g66% Vitamin D 0mcg0% Calcium 719mg60% Iron 1.746mg10% Potassium 0mg0% *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-Free *Contains dairy	Nutrition Facts 1 servings per container Serving size1 Smoothie Amount Per Serving Calories240 % Daily Value* Total Fat 4.5g6% Saturated Fat 1.5g8% Trans Fat 0g Polyunsaturated Fat 0.4g Monounsaturated Fat 1.1g Cholesterol 45mg15% Sodium 310mg13% Total Carbohydrate 22g8% Dietary Fiber 1g4% Total Sugars 17g Includes 0g Added Sugars0% Protein 29g58% Vitamin D 0mcg0% Calcium 677mg50% Iron 0.648mg4% Potassium 0mg0% *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		



NUTRITIONAL INFORMATION

The PRONUT <i>Gluten-Free</i>	Nutrition Facts 1 servings per container Serving size 1 Smoothie Amount Per Serving Calories 430 % Daily Value* Total Fat 19g24% Saturated Fat 3.7g19% Trans Fat 0g Polyunsaturated Fat 1.3g Monounsaturated Fat 3.4g Cholesterol 45mg15% Sodium 300mg13% Total Carbohydrate 41g15% Dietary Fiber 5g18% Total Sugars 24g Includes 0g Added Sugars 0% Protein 33g66% Vitamin D 0mcg0% Calcium 662mg50% Iron 0.99mg6% Potassium 0mg0%
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*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.