



NUTRITIONAL INFORMATION

SPECIALS

Pumpkin Cheesecake Pronut *Gluten-Free*

*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.

Pumpkin Spice 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.

Pumpkin Spice 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.



NUTRITIONAL INFORMATION

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		



NUTRITIONAL INFORMATION

Espresso

Gluten- Free

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Donut (74g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 14g	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.	

Mango

Cardamom

Gluten- Free

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Donut (72g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
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.	

Matcha

Gluten- Free

*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 14g	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.	

Mint

Chocolate

Gluten- Free

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Donut (75g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 17g	6%
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.	

Peanut Butter

Gluten- Free

*Contains dairy, peanuts and tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Donut (77g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 16g	21%
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 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.	

Peanut Butter Cup

Gluten- Free

*Contains dairy, peanuts and tree nuts

Nutrition Facts

1 servings per container	
Serving size	1 Donut (80g)
Amount Per Serving	
Calories	290
% 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 8g	
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.	



NUTRITIONAL INFORMATION

The PRONUT

Gluten- Free

*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

Gluten- Free

Keto-Friendly

*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

Gluten- Free

*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

Gluten- Free

*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

Gluten- Free

Keto-Friendly

*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

Gluten- Free

*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.

NUTRITIONAL INFORMATION

London Fog Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (75g) Amount Per Serving Calories240 % Daily Value* Total Fat 11g14% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 15g5% Dietary Fiber 0g0% Total Sugars 7g 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.
	Ferrero Gluten- Free *Contains dairy and tree nuts
London Fog Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size1 Donut (75g) Amount Per Serving Calories270 % Daily Value* Total Fat 16g21% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 18g7% Dietary Fiber 0g0% Total Sugars 8g Includes 0g Added Sugars0% Protein 15g30% 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.
	Ferrero Gluten- Free *Contains dairy and tree nuts

VEGAN PRONUTS			
Blueberry Basil <i>Gluten- Free</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 170 % Daily Value* Total Fat 2.5g3% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 26g9% 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.	Carrot Cake <i>Gluten- Free</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 210 % Daily Value* Total Fat 8g10% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 20g7% Dietary Fiber 0g0% Total Sugars 6g Includes 0g Added Sugars0% Protein 11g22% 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	
Chocolate <i>Gluten- Free</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 250 % Daily Value* Total Fat 6g8% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 26g9% Dietary Fiber 0g0% Total Sugars 12g 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.	Cinnamon Sugar <i>Gluten- Free</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (72g) Amount Per Serving Calories 160 % Daily Value* Total Fat 2.5g3% Saturated Fat 0g0% Trans Fat 0g Sodium 0mg0% Total Carbohydrate 28g10% Dietary Fiber 0g0% Total Sugars 13g 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 peanuts and tree nuts	*Contains peanuts and tree nuts	



Gluten- Free

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%
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

Gluten- Free

1 servings per container

Serving size	1 Donut (70g)
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Amount Per Serving

Calories	190
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	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Sodium 0mg	0%
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.

*Contains peanuts and tree nuts

Gluten- Free

1 servings per container

Serving size	1 Donut (75g)
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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	
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

Gluten- Free

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	
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*

Gluten- Free

1 servings per container

Serving size	1 Donut (83g)
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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 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 peanuts and tree nuts

Gluten- Free

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

*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



NUTRITIONAL INFORMATION

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 <i>Gluten- Free</i>	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% 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 Chocolate <i>Gluten- Free</i>	Nutrition Facts 1 servings per container Serving size 1 Cupcake (75g) Amount Per Serving Calories 230 % Daily Value* Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 17g 6% Dietary Fiber 0g 0% Total Sugars 12g Includes 0g Added Sugars 0% Protein 12g 24% 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	
Carrot Cake <i>Gluten- Free</i>	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% 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

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 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.

*Contains tree nuts and dairy

Walnut Brownie

Gluten-Free

Nutrition Facts

1 servings per container

Serving size 1 Brownie (85g)

Amount Per Serving

Calories **290**

% 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.

*Contains tree nuts and dairy

PROTEIN SMOOTHIES

Cookies & Cream

Gluten-Free

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.

*Contains dairy

Mango

Gluten-Free

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.

*Contains dairy



NUTRITIONAL INFORMATION

The PRONUT <i>Gluten-Free</i> *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 <i>Gluten-Free</i> *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.
The PROFFEE <i>Gluten-Free</i> *Contains dairy	Nutrition Facts 1 servings per container Serving size 1 Smoothie Amount Per Serving Calories 220 % Daily Value* Total Fat 4.5g 6% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 23g 8% Dietary Fiber 3g 11% Total Sugars 7g Includes 1g Added Sugars 2% Protein 28g 56% Not a significant source of vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Pumpkin Spice <i>Gluten-Free</i> *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.