



NUTRITIONAL INFORMATION

SPECIALS																																			
Apple Pie <i>Gluten-Friendly</i>	<table> <tr><td colspan="2">Nutrition Facts</td></tr> <tr><td colspan="2">1 servings per container</td></tr> <tr><td>Serving size</td><td>1 Donut (85g)</td></tr> <tr><td colspan="2">Amount Per Serving</td></tr> <tr><td>Calories</td><td>240</td></tr> <tr><td colspan="2">% Daily Value*</td></tr> <tr><td>Total Fat 14g</td><td>18%</td></tr> <tr><td>Saturated Fat 0g</td><td>0%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Sodium 0mg</td><td>0%</td></tr> <tr><td>Total Carbohydrate 18g</td><td>7%</td></tr> <tr><td>Dietary Fiber 0g</td><td>0%</td></tr> <tr><td>Total Sugars 10g</td><td></td></tr> <tr><td>Includes 0g Added Sugars</td><td>0%</td></tr> <tr><td>Protein 12g</td><td>24%</td></tr> <tr><td colspan="2"><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></td></tr> <tr><td colspan="2"><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></td></tr> </table> <p>*Contains dairy and tree nuts</p>	Nutrition Facts		1 servings per container		Serving size	1 Donut (85g)	Amount Per Serving		Calories	240	% Daily Value*		Total Fat 14g	18%	Saturated Fat 0g	0%	Trans Fat 0g		Sodium 0mg	0%	Total Carbohydrate 18g	7%	Dietary Fiber 0g	0%	Total Sugars 10g		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>	
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CLASSIC PRONUTS			
<div>Blueberry Basil</div> <div>Gluten-Friendly</div>	<div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving size1 Donut (75g)</div> <div>Amount Per Serving</div> <div>Calories210</div> <div>% Daily Value*</div> <div>Total Fat 7g9%</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 7g</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>Carrot Cake</div> <div>Gluten-Friendly</div> <div>*Contains dairy and tree nuts</div>	<div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving size1 Donut (76g)</div> <div>Amount Per Serving</div> <div>Calories240</div> <div>% Daily Value*</div> <div>Total Fat 13g17%</div> <div>Saturated Fat 0g0%</div> <div>Trans Fat 0g</div> <div>Sodium 0mg0%</div> <div>Total Carbohydrate 13g5%</div> <div>Dietary Fiber 0g0%</div> <div>Total Sugars 4g</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>
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<div>Chocolate</div> <div>Gluten-Friendly</div>	<div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving size1 Donut (75g)</div> <div>Amount Per Serving</div> <div>Calories220</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 15g5%</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>Cinnamon Sugar</div> <div>Gluten-Friendly</div> <div>*Contains dairy and tree nuts</div>	<div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving size1 Donut (74g)</div> <div>Amount Per Serving</div> <div>Calories210</div> <div>% Daily Value*</div> <div>Total Fat 7g9%</div> <div>Saturated Fat 0g0%</div> <div>Trans Fat 0g</div> <div>Sodium 0mg0%</div> <div>Total Carbohydrate 16g6%</div> <div>Dietary Fiber 0g0%</div> <div>Total Sugars 7g</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>
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<div>Coconut</div> <div>Gluten-Friendly</div> <div>Keto-Friendly</div>	<div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving size1 Donut (75g)</div> <div>Amount Per Serving</div> <div>Calories200</div> <div>% Daily Value*</div> <div>Total Fat 15g19%</div> <div>Saturated Fat 0g0%</div> <div>Trans Fat 0g</div> <div>Sodium 0mg0%</div> <div>Total Carbohydrate 6g2%</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>Cookies & Cream</div> <div>*Contains dairy and tree nuts</div>	<div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving size1 Donut (76g)</div> <div>Amount Per Serving</div> <div>Calories210</div> <div>% Daily Value*</div> <div>Total Fat 13g17%</div> <div>Saturated Fat 0g0%</div> <div>Trans Fat 0g</div> <div>Sodium 0mg0%</div> <div>Total Carbohydrate 9g3%</div> <div>Dietary Fiber 0g0%</div> <div>Total Sugars 3g</div> <div>Includes 0g Added Sugars0%</div> <div>Protein 14g28%</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>
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<div><div>Matcha</div><div>Gluten-Friendly</div></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>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><div>Mint Chocolate</div><div>Gluten-Friendly</div></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><div>Peanut Butter</div><div>Gluten-Friendly</div></div> <div>*Contains dairy, peanuts and tree nuts</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><div>Peanut Butter Cup</div><div>Gluten-Friendly</div></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>



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<div><div>The PRONUT</div><div>Gluten-Friendly</div></div> <div><div>*Contains dairy, peanuts and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>varied (1) servings per container</div><div>Serving size1 Donut (85g)</div><div>Amount Per Serving</div><div>Calories230</div><div>% Daily Value*</div><div><div>Total Fat 13g</div><div>Saturated Fat 0g</div><div>Trans Fat 0g</div><div>Sodium 0mg</div><div>Total Carbohydrate 18g</div><div>Dietary Fiber 0g</div><div>Total Sugars 5g</div><div>Includes 0g Added Sugars</div><div>Protein 15g</div></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><div>Pumpkin Spice</div><div>Gluten-Friendly</div><div>Keto-Friendly</div></div> <div><div>*Contains dairy and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (77g)</div><div>Amount Per Serving</div><div>Calories230</div><div>% Daily Value*</div><div><div>Total Fat 16g</div><div>Saturated Fat 0g</div><div>Trans Fat 0g</div><div>Sodium 0mg</div><div>Total Carbohydrate 6g</div><div>Dietary Fiber 0g</div><div>Total Sugars 2g</div><div>Includes 0g Added Sugars</div><div>Protein 14g</div></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><div>Red Velvet</div><div>Gluten-Friendly</div></div> <div><div>*Contains dairy and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (73g)</div><div>Amount Per Serving</div><div>Calories210</div><div>% Daily Value*</div><div><div>Total Fat 12g</div><div>Saturated Fat 0g</div><div>Trans Fat 0g</div><div>Sodium 0mg</div><div>Total Carbohydrate 14g</div><div>Dietary Fiber 0g</div><div>Total Sugars 3g</div><div>Includes 0g Added Sugars</div><div>Protein 10g</div></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><div>Strawberries & Cream</div><div>Gluten-Friendly</div></div> <div><div>*Contains dairy and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (76g)</div><div>Amount Per Serving</div><div>Calories210</div><div>% Daily Value*</div><div><div>Total Fat 14g</div><div>Saturated Fat 0g</div><div>Trans Fat 0g</div><div>Sodium 0mg</div><div>Total Carbohydrate 8g</div><div>Dietary Fiber 0g</div><div>Total Sugars 3g</div><div>Includes 0g Added Sugars</div><div>Protein 12g</div></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><div>Ube Pistachio</div><div>Gluten-Friendly</div><div>Keto-Friendly</div></div> <div><div>*Contains dairy and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (77g)</div><div>Amount Per Serving</div><div>Calories210</div><div>% Daily Value*</div><div><div>Total Fat 8g</div><div>Saturated Fat 0g</div><div>Trans Fat 0g</div><div>Sodium 0mg</div><div>Total Carbohydrate 4g</div><div>Dietary Fiber 0g</div><div>Total Sugars 3g</div><div>Includes 0g Added Sugars</div><div>Protein 12g</div></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><div>Vanilla Glaze</div><div>Gluten-Friendly</div></div> <div><div>*Contains dairy and tree nuts</div></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><div>Total Fat 8g</div><div>Saturated Fat 0g</div><div>Trans Fat 0g</div><div>Sodium 0mg</div><div>Total Carbohydrate 15g</div><div>Dietary Fiber 0g</div><div>Total Sugars 8g</div><div>Includes 0g Added Sugars</div><div>Protein 10g</div></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>



NUTRITIONAL INFORMATION

<div>Cookies & Cream</div> <div>*Contains peanuts and tree nuts</div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (76g)</div><div>Amount Per Serving</div><div>Calories220</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 27g10%</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><div>Matcha</div><div>Gluten-Friendly</div><div>*Contains peanuts and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (70g)</div><div>Amount Per Serving</div><div>Calories190</div><div>% Daily Value*</div><div>Total Fat 2.5g3%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 31g11%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 14g</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><div>Peanut Butter</div><div>Gluten-Friendly</div><div>*Contains peanuts and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (75g)</div><div>Amount Per Serving</div><div>Calories290</div><div>% Daily Value*</div><div>Total Fat 14g18%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 30g11%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 7g</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><div>Peanut Butter Cup</div><div>Gluten-Friendly</div><div>*Contains peanuts and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (75g)</div><div>Amount Per Serving</div><div>Calories290</div><div>% Daily Value*</div><div>Total Fat 14g18%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 30g11%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 7g</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><div>The PRONUT</div><div>Gluten-Friendly</div><div>*Contains peanuts and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (83g)</div><div>Amount Per Serving</div><div>Calories230</div><div>% Daily Value*</div><div>Total Fat 13g17%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 18g7%</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><div>Red Velvet</div><div>Gluten-Friendly</div><div>*Contains peanuts and tree nuts</div></div>	<div><div>Nutrition Facts</div><div>1 servings per container</div><div>Serving size1 Donut (74g)</div><div>Amount Per Serving</div><div>Calories200</div><div>% Daily Value*</div><div>Total Fat 6g8%</div><div>Saturated Fat 0g0%</div><div>Trans Fat 0g</div><div>Sodium 0mg0%</div><div>Total Carbohydrate 19g7%</div><div>Dietary Fiber 0g0%</div><div>Total Sugars 6g</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>



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) Amount Per Serving Calories 290 <div>% Daily Value*</div> <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%</div> <div><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></div> <div><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></div>
*Contains tree nuts and dairy	

PROTEIN COOKIES	
The PRONUT Cookie <i>Vegan</i> <i>Gluten-Friendly</i>	Nutrition Facts
	1 servings per container Serving size 1 Cookie (80g) Amount Per Serving Calories 260 <div>% Daily Value*</div> <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%</div> <div><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></div> <div><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></div>
*Contains peanuts and tree nuts	

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



NUTRITIONAL INFORMATION

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>% 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>% 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>
*Contains dairy and tree nuts		*Contains dairy and tree nuts	
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>		
*Contains dairy and tree nuts			

All products made at 204 Meal Prep

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