

S	PECIALS
Apple Pie	Nutrition Facts
Gluten-Friendly	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%
*Contains dairy and	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Pumpkin	Nutrition Facts
•	1 servings per container
Cheesecake	Serving size 1 Donut (80g)
Gluten-Friendly	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%
	Includes 0g Added Sugars 0% Protein 14g 28%
	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a
tree nuts	day is used for general nutrition advice.
Pumpkin Spice	Nutrition Facts 1 servings per container
MUFFIN	Servings per container Serving size 1 Muffin (85g)
Gluten-Friendly	Amount Per Serving
Chaten Themany	Calories 270
	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%
*0	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a
*Contains dairy and	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
tree nuts	



CLASSIC PRONUTS			
Blueberry	Nutrition Facts	Carrot Cake	Nutrition Facts
Basil <i>Gluten-Friendly</i>	1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 210	Gluten-Friendly	1 servings per container Serving size 1 Donut (76g) Amount Per Serving Calories 240
*Contains dairy and	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% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassaum *The % Daily Value (DV) tells you how much a nutrient in a serving of lood contributes to a daily diet 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	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% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a serving of lood contributes to a daily diest. 2,000 calories a day is used for general nutrition advice.
tree nuts	Northitan Foots		New Carta
*Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 220 **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% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassam. **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	Nutrition Facts 1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 210 **Daily Value* Total Fat 7g 9% Saturated Fat 0g Sodium 0mg 0% Total Carbohydrate 16g 6% 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.
Coconut Gluten-Friendly Keto-Friendly	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 200 Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 6g 2% 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	Cookies & Cream	Nutrition Facts 1 servings per container Serving size 1 Donut (76g) Amount Per Serving Calories 210 **Calories** Total Fat 13g 17% Saturated Fat 0g Sodium 0mg 0% Total Carbohydrate 9g 3% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0% Protein 14g 28% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and tree nuts	The % Daily Value (DV) tells you how much a nutrient in a serving of lood contributes to a daily diel. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	-The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Espresso Gluten-Friendly	Nutrition Facts	Mango Cardamom Gluten-Friendly	Nutrition Facts
*Contains dairy and tree nuts	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	Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium -The % Dally 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-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (72g) Amount Per Serving Calories 190 **Sally 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-Friendly *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.
Contains dairy, peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (77g) Amount Per Serving Calories 220 Salay 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 nutriton advice.	Peanut Butter Cup Gluten-Friendly *Contains dairy, peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (80g) Amount Per Serving Calories 290 **Dally 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 potasslum -The **Dally 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	Nutrition Facts	Pumpkin	Nutrition Facts
Gluten-Friendly	varied (1) servings per container Serving size 1 Donut (85g)	Spice	1 servings per container Serving size 1 Donut (77g)
	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 230	Keto-Friendly	Calories 230
	Total Fat 13g 17% Saturated Fat 0g 0%		Total Fat 16g 21% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 18g		Total Carbohydrate 6g
	Includes 0g Added Sugars 0% Protein 15g 30%		Includes 0g Added Sugars 0% Protein 14g 28%
************	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy, peanuts and tree	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
nuts		and tree nuts	
Red Velvet	Nutrition Facts	Strawberries	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (73g)	& Cream	1 servings per container Serving size 1 Donut (76g)
	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 210		Calories 210
	Total Fat 12g 15% Saturated Fat 0g 0%		Total Fat 14g 18% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Tatal Supera 27		Total Carbohydrate 8g 3% Dietary Fiber 0g 0%
	Total Sugars 3g Includes 0g Added Sugars 0% Protein 10g 20%		Total Sugars 3g Includes 0g Added Sugars 0% Protein 12g 24%
	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		and tree nuts	
Ube	Nutrition Facts	Vanilla	Nutrition Facts
Pistachio	1 servings per container Serving size 1 Donut (77g)	Glaze	1 servings per container Serving size 1 Donut (72g)
Gluten-Friendly	Amount Per Serving Calories 210	Gluten-Friendly	Amount Per Serving Calories 190
Keto-Friendly	% Daily Value*		% Daily Value*
	Total Fat 8g		Total Fat 8g
	Sodium 0mg 0% Total Carbohydrate 4g 1%		Sodium 0mg 0% Total Carbohydrate 15g 5%
	Dietary Fiber 0g 0% Total Sugars 3g		Dietary Fiber 0g 0% Total Sugars 8g
	Includes 0g Added Sugars 0% Protein 12g 24%		Includes 0g Added Sugars 0% Protein 10g 20%
	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
tree nuts		and tree nuts	



London Fog	Nutrition Facts	;	
Gluten-Friendly	1 servings per container Serving size 1 Donut (75g		
	Calories 240		
	% Daily Value	-1	
	Saturated Fat 0g 09	-1	
	Trans Fat 0g Sodium 0mg 09		
	Total Carbohydrate 15g 59	,	
	Dietary Fiber 0g Total Sugars 7g	-	
*Contains dairy and	Includes 0g Added Sugars 09	,	
•	Protein 13g 269		
tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		
	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

VEGAN PRONUTS			
Blueberry Basil Gluten-Friendly	Nutrition Facts	Carrot Cake Gluten-Friendly	Nutrition Facts
*Contains peanuts and tree nuts	Total Carbohydrate 26g 9% 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	Total Carbohydrate 20g 7% Dietary Fiber 0g 0% Total Sugars 6g 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.
Chocolate Gluten-Friendly	Nutrition Facts	Cinnamon Sugar Gluten-Friendly	Nutrition Facts
*Contains peanuts and tree nuts	Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and polassium *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	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.

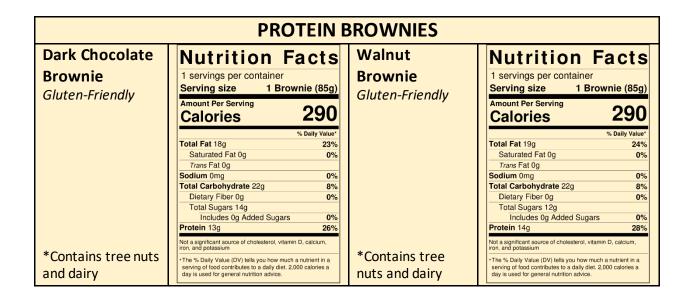


Cookies &	Nutrition Facts	Matcha	Nutrition Facts
*Contains peanuts	1 servings per container Serving size 1 Donut (76g) Amount Per Serving Calories 220 **Dally Value* Total Fat 8g 10% Saturated Fat 0g 0% **Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 27g 10% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D. calcium, iron, and polassium	Gluten-Friendly	1 servings per container Serving size 1 Donut (70g) Amount Per Serving Calories 190 **Daily Value* Total Fat 2.5g 3% Saturated Fat 0g 0% **Trans 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
and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains peanuts and tree nuts	The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Peanut Butter Gluten-Friendly *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 290 **Bally 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 Protein 10g **ONA a significant source of cholesterol, vitamin D, calcium, iron, and polassaum **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-Friendly *Contains peanuts and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 290 **Calories 900 **Salurated 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 poltassium *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	Nutrition Facts 1 servings per container Serving size 1 Donut (83g) 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 conirbutes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains peanuts and tree nuts	Nutrition Facts 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 polassium *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.



KETO BAGELS			
Keto	Nutrition Facts		
Everything	1 servings per container Serving size 1 Bagel (85g)		
Bagel	Amount Per Serving Calories 290		
Keto-Friendly	% Daily Value*		
Gluten-Friendly	Total Fat 22g 28%		
Glaten Trienary	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%		
*Contains tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		
*Contains tree nuts and dairy	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		







PROTEIN MUFFINS			
Apple Cinnamon Crumble Gluten-Friendly	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,	Blueberry Gluten-Friendly	Nutrition Facts
*Contains dairy and tree nuts	iron, and potassium The % Daily Value (DV) tells you how much a nutrient in a serving of tood contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	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.
Double Dark Chocolate Gluten-Friendly	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,		
*Contains dairy and tree nuts	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.		

All products made at 204 Meal Prep

664 King Edward Street, R3H 0P2 Winnipeg, MB

E-mail: pronuts.wpg@gmail.com