



## NUTRITIONAL INFORMATION

### SPECIALS

#### Pistachio Pronut *Gluten-Free*

\*Contains dairy  
and tree nuts

#### Nutrition Facts

|                               |                      |
|-------------------------------|----------------------|
| 1 servings per container      |                      |
| <b>Serving size</b>           | <b>1 Donut (75g)</b> |
| <b>Amount Per Serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| % Daily Value*                |                      |
| <b>Total Fat</b> 6g           | <b>8%</b>            |
| Saturated Fat 0g              | <b>0%</b>            |
| Trans Fat 0g                  |                      |
| <b>Sodium</b> 0mg             | <b>0%</b>            |
| <b>Total Carbohydrate</b> 14g | <b>5%</b>            |
| Dietary Fiber 0g              | <b>0%</b>            |
| Total Sugars 7g               |                      |
| Includes 0g Added Sugars      | <b>0%</b>            |
| <b>Protein</b> 11g            | <b>22%</b>           |

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      |                        |
| <b>Serving size</b>           | <b>1 Muffin (115g)</b> |
| <b>Amount Per Serving</b>     |                        |
| <b>Calories</b>               | <b>290</b>             |
| % Daily Value*                |                        |
| <b>Total Fat</b> 17g          | <b>22%</b>             |
| Saturated Fat 0g              | <b>0%</b>              |
| Trans Fat 0g                  |                        |
| <b>Sodium</b> 0mg             | <b>0%</b>              |
| <b>Total Carbohydrate</b> 23g | <b>8%</b>              |
| Dietary Fiber 0g              | <b>0%</b>              |
| Total Sugars 10g              |                        |
| Includes 0g Added Sugars      | <b>0%</b>              |
| <b>Protein</b> 21g            | <b>42%</b>             |

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.

#### Banana Cream Pie Muffin *Gluten-Free*

\*Contains dairy  
and tree nuts

#### Nutrition Facts

|                               |                        |
|-------------------------------|------------------------|
| 1 servings per container      |                        |
| <b>Serving size</b>           | <b>1 Muffin (115g)</b> |
| <b>Amount Per Serving</b>     |                        |
| <b>Calories</b>               | <b>290</b>             |
| % Daily Value*                |                        |
| <b>Total Fat</b> 17g          | <b>22%</b>             |
| Saturated Fat 0g              | <b>0%</b>              |
| Trans Fat 0g                  |                        |
| <b>Sodium</b> 0mg             | <b>0%</b>              |
| <b>Total Carbohydrate</b> 23g | <b>8%</b>              |
| Dietary Fiber 0g              | <b>0%</b>              |
| Total Sugars 10g              |                        |
| Includes 0g Added Sugars      | <b>0%</b>              |
| <b>Protein</b> 21g            | <b>42%</b>             |

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      |                        |
| <b>Serving size</b>           | <b>1 Brownie (85g)</b> |
| <b>Amount Per Serving</b>     |                        |
| <b>Calories</b>               | <b>290</b>             |
| % Daily Value*                |                        |
| <b>Total Fat</b> 18g          | <b>23%</b>             |
| Saturated Fat 0g              | <b>0%</b>              |
| Trans Fat 0g                  |                        |
| <b>Sodium</b> 0mg             | <b>0%</b>              |
| <b>Total Carbohydrate</b> 22g | <b>8%</b>              |
| Dietary Fiber 0g              | <b>0%</b>              |
| Total Sugars 14g              |                        |
| Includes 0g Added Sugars      | <b>0%</b>              |
| <b>Protein</b> 13g            | <b>26%</b>             |

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 Cheesecake Pronut *Gluten-Free*

\*Contains dairy  
and tree nuts

#### Nutrition Facts

|                              |                      |
|------------------------------|----------------------|
| 1 servings per container     |                      |
| <b>Serving size</b>          | <b>1 Donut (80g)</b> |
| <b>Amount Per Serving</b>    |                      |
| <b>Calories</b>              | <b>240</b>           |
| % Daily Value*               |                      |
| <b>Total Fat</b> 17g         | <b>22%</b>           |
| Saturated Fat 0g             | <b>0%</b>            |
| Trans Fat 0g                 |                      |
| <b>Sodium</b> 0mg            | <b>0%</b>            |
| <b>Total Carbohydrate</b> 9g | <b>3%</b>            |
| Dietary Fiber 0g             | <b>0%</b>            |
| Total Sugars 6g              |                      |
| Includes 0g Added Sugars     | <b>0%</b>            |
| <b>Protein</b> 14g           | <b>28%</b>           |

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      |                       |
| <b>Serving size</b>           | <b>1 Cookie (80g)</b> |
| <b>Amount Per Serving</b>     |                       |
| <b>Calories</b>               | <b>200</b>            |
| % Daily Value*                |                       |
| <b>Total Fat</b> 8g           | <b>10%</b>            |
| Saturated Fat 0g              | <b>0%</b>             |
| Trans Fat 0g                  |                       |
| <b>Sodium</b> 0mg             | <b>0%</b>             |
| <b>Total Carbohydrate</b> 20g | <b>7%</b>             |
| Dietary Fiber 2g              | <b>7%</b>             |
| Total Sugars 13g              |                       |
| Includes 0g Added Sugars      | <b>0%</b>             |
| <b>Protein</b> 11g            | <b>22%</b>            |

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                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Blueberry Basil</div> <div>Gluten-Free</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-Free</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> |
|                                                                     | <div>*Contains dairy and tree nuts</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <div>Chocolate</div> <div>Gluten- Free</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- Free</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>   |
|                                                                     | <div>*Contains dairy and tree nuts</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <div>Coconut</div> <div>Gluten- Free</div> <div>Keto-Friendly</div> | <div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving size1 Donut (85g)</div> <div>Amount Per Serving</div> <div>Calories200</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 3g1%</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 &amp; Cream</div> <div>Gluten- Free</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 10g4%</div> <div>Dietary Fiber 0g0%</div> <div>Total Sugars 9g</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> |
|                                                                     | <div>*Contains dairy and tree nuts</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |



## NUTRITIONAL INFORMATION

### Espresso

*Gluten- Free*

\*Contains dairy and tree nuts

### Nutrition Facts

|                                                                                                                                                                    |                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1 servings per container                                                                                                                                           |                      |
| <b>Serving size</b>                                                                                                                                                | <b>1 Donut (74g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |                      |
| <b>Calories</b>                                                                                                                                                    | <b>220</b>           |
| % Daily Value*                                                                                                                                                     |                      |
| <b>Total Fat</b> 10g                                                                                                                                               | <b>13%</b>           |
| Saturated Fat 0g                                                                                                                                                   | <b>0%</b>            |
| Trans Fat 0g                                                                                                                                                       |                      |
| Sodium 0mg                                                                                                                                                         | <b>0%</b>            |
| <b>Total Carbohydrate</b> 14g                                                                                                                                      | <b>5%</b>            |
| Dietary Fiber 0g                                                                                                                                                   | <b>0%</b>            |
| Total Sugars 5g                                                                                                                                                    |                      |
| Includes 0g Added Sugars                                                                                                                                           | <b>0%</b>            |
| <b>Protein</b> 12g                                                                                                                                                 | <b>24%</b>           |
| 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                                                                                                                                           |                      |
| <b>Serving size</b>                                                                                                                                                | <b>1 Donut (72g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |                      |
| <b>Calories</b>                                                                                                                                                    | <b>210</b>           |
| % Daily Value*                                                                                                                                                     |                      |
| <b>Total Fat</b> 8g                                                                                                                                                | <b>10%</b>           |
| Saturated Fat 0g                                                                                                                                                   | <b>0%</b>            |
| Trans Fat 0g                                                                                                                                                       |                      |
| Sodium 0mg                                                                                                                                                         | <b>0%</b>            |
| <b>Total Carbohydrate</b> 8g                                                                                                                                       | <b>3%</b>            |
| Dietary Fiber 0g                                                                                                                                                   | <b>0%</b>            |
| Total Sugars 3g                                                                                                                                                    |                      |
| Includes 0g Added Sugars                                                                                                                                           | <b>0%</b>            |
| <b>Protein</b> 12g                                                                                                                                                 | <b>24%</b>           |
| 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                                                                                                                                           |                      |
| <b>Serving size</b>                                                                                                                                                | <b>1 Donut (72g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |                      |
| <b>Calories</b>                                                                                                                                                    | <b>190</b>           |
| % Daily Value*                                                                                                                                                     |                      |
| <b>Total Fat</b> 8g                                                                                                                                                | <b>10%</b>           |
| Saturated Fat 0g                                                                                                                                                   | <b>0%</b>            |
| Trans Fat 0g                                                                                                                                                       |                      |
| Sodium 0mg                                                                                                                                                         | <b>0%</b>            |
| <b>Total Carbohydrate</b> 14g                                                                                                                                      | <b>5%</b>            |
| Dietary Fiber 0g                                                                                                                                                   | <b>0%</b>            |
| Total Sugars 8g                                                                                                                                                    |                      |
| Includes 0g Added Sugars                                                                                                                                           | <b>0%</b>            |
| <b>Protein</b> 10g                                                                                                                                                 | <b>20%</b>           |
| 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                                                                                                                                           |                      |
| <b>Serving size</b>                                                                                                                                                | <b>1 Donut (75g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |                      |
| <b>Calories</b>                                                                                                                                                    | <b>230</b>           |
| % Daily Value*                                                                                                                                                     |                      |
| <b>Total Fat</b> 12g                                                                                                                                               | <b>15%</b>           |
| Saturated Fat 0g                                                                                                                                                   | <b>0%</b>            |
| Trans Fat 0g                                                                                                                                                       |                      |
| Sodium 0mg                                                                                                                                                         | <b>0%</b>            |
| <b>Total Carbohydrate</b> 17g                                                                                                                                      | <b>6%</b>            |
| Dietary Fiber 0g                                                                                                                                                   | <b>0%</b>            |
| Total Sugars 5g                                                                                                                                                    |                      |
| Includes 0g Added Sugars                                                                                                                                           | <b>0%</b>            |
| <b>Protein</b> 12g                                                                                                                                                 | <b>24%</b>           |
| 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                                                                                                                                           |                      |
| <b>Serving size</b>                                                                                                                                                | <b>1 Donut (77g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |                      |
| <b>Calories</b>                                                                                                                                                    | <b>220</b>           |
| % Daily Value*                                                                                                                                                     |                      |
| <b>Total Fat</b> 16g                                                                                                                                               | <b>21%</b>           |
| Saturated Fat 0g                                                                                                                                                   | <b>0%</b>            |
| Trans Fat 0g                                                                                                                                                       |                      |
| Sodium 0mg                                                                                                                                                         | <b>0%</b>            |
| <b>Total Carbohydrate</b> 8g                                                                                                                                       | <b>3%</b>            |
| Dietary Fiber 0g                                                                                                                                                   | <b>0%</b>            |
| Total Sugars 3g                                                                                                                                                    |                      |
| Includes 0g Added Sugars                                                                                                                                           | <b>0%</b>            |
| <b>Protein</b> 13g                                                                                                                                                 | <b>26%</b>           |
| 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                                                                                                                                           |                      |
| <b>Serving size</b>                                                                                                                                                | <b>1 Donut (80g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |                      |
| <b>Calories</b>                                                                                                                                                    | <b>290</b>           |
| % Daily Value*                                                                                                                                                     |                      |
| <b>Total Fat</b> 11g                                                                                                                                               | <b>14%</b>           |
| Saturated Fat 0g                                                                                                                                                   | <b>0%</b>            |
| Trans Fat 0g                                                                                                                                                       |                      |
| Sodium 0mg                                                                                                                                                         | <b>0%</b>            |
| <b>Total Carbohydrate</b> 15g                                                                                                                                      | <b>5%</b>            |
| Dietary Fiber 0g                                                                                                                                                   | <b>0%</b>            |
| Total Sugars 8g                                                                                                                                                    |                      |
| Includes 0g Added Sugars                                                                                                                                           | <b>0%</b>            |
| <b>Protein</b> 12g                                                                                                                                                 | <b>24%</b>           |
| 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

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|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The PRONUT</b><br/><i>Gluten- Free</i></p> <p>*Contains dairy,<br/>peanuts and tree<br/>nuts</p>                | <p><b>Nutrition Facts</b></p> <p>varied (1) servings per container</p> <p><b>Serving size</b> 1 Donut (85g)</p> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 230</p> <p>% Daily Value*</p> <p><b>Total Fat</b> 13g 17%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat 0g</p> <p><b>Sodium</b> 0mg 0%</p> <p><b>Total Carbohydrate</b> 18g 7%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars 5g</p> <p>Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 15g 30%</p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> | <p><b>Pumpkin Spice</b><br/><i>Gluten- Free</i><br/><i>Keto-Friendly</i></p> <p>*Contains dairy<br/>and tree nuts</p> | <p><b>Nutrition Facts</b></p> <p>1 servings per container</p> <p><b>Serving size</b> 1 Donut (77g)</p> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 230</p> <p>% Daily Value*</p> <p><b>Total Fat</b> 16g 21%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat 0g</p> <p><b>Sodium</b> 0mg 0%</p> <p><b>Total Carbohydrate</b> 6g 2%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars 2g</p> <p>Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 14g 28%</p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> |
| <p><b>Red Velvet</b><br/><i>Gluten- Free</i></p> <p>*Contains dairy and<br/>tree nuts</p>                             | <p><b>Nutrition Facts</b></p> <p>1 servings per container</p> <p><b>Serving size</b> 1 Donut (73g)</p> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 210</p> <p>% Daily Value*</p> <p><b>Total Fat</b> 12g 15%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat 0g</p> <p><b>Sodium</b> 0mg 0%</p> <p><b>Total Carbohydrate</b> 14g 5%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars 3g</p> <p>Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 10g 20%</p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>          | <p><b>Strawberries &amp; Cream</b><br/><i>Gluten- Free</i></p> <p>*Contains dairy<br/>and tree nuts</p>               | <p><b>Nutrition Facts</b></p> <p>1 servings per container</p> <p><b>Serving size</b> 1 Donut (76g)</p> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 210</p> <p>% Daily Value*</p> <p><b>Total Fat</b> 14g 18%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat 0g</p> <p><b>Sodium</b> 0mg 0%</p> <p><b>Total Carbohydrate</b> 8g 3%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars 3g</p> <p>Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 12g 24%</p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> |
| <p><b>Ube Pistachio</b><br/><i>Gluten- Free</i><br/><i>Keto-Friendly</i></p> <p>*Contains dairy and<br/>tree nuts</p> | <p><b>Nutrition Facts</b></p> <p>1 servings per container</p> <p><b>Serving size</b> 1 Donut (77g)</p> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 210</p> <p>% Daily Value*</p> <p><b>Total Fat</b> 8g 10%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat 0g</p> <p><b>Sodium</b> 0mg 0%</p> <p><b>Total Carbohydrate</b> 4g 1%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars 3g</p> <p>Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 12g 24%</p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>            | <p><b>Vanilla Glaze</b><br/><i>Gluten- Free</i></p> <p>*Contains dairy<br/>and tree nuts</p>                          | <p><b>Nutrition Facts</b></p> <p>1 servings per container</p> <p><b>Serving size</b> 1 Donut (72g)</p> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 190</p> <p>% Daily Value*</p> <p><b>Total Fat</b> 8g 10%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat 0g</p> <p><b>Sodium</b> 0mg 0%</p> <p><b>Total Carbohydrate</b> 15g 5%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars 8g</p> <p>Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 10g 20%</p> <p><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> |

## NUTRITIONAL INFORMATION

|                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>London Fog</div> <div>Gluten- Free</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>Calories240</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 7g</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>Ferrero</div> <div>Gluten- Free</div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <div> <div>*Contains dairy and tree nuts</div> </div>      | <div> <div>Nutrition Facts</div> <div>1 servings per container</div> <div>Serving sizeDonut (75g)</div> <div>Amount Per Serving</div> <div>Calories270</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 18g7%</div> <div>Dietary Fiber 0g0%</div> <div>Total Sugars 8g</div> <div>Includes 0g Added Sugars0%</div> <div>Protein 15g30%</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>*Contains dairy and tree nuts</div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

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## Gluten- Free

|                           |                      |
|---------------------------|----------------------|
| 1 servings per container  |                      |
| <b>Serving size</b>       | <b>1 Donut (76g)</b> |
| <b>Amount Per Serving</b> |                      |
| <b>Calories</b>           | <b>220</b>           |

| % Daily Value*                |            |
|-------------------------------|------------|
| <b>Total Fat</b> 8g           | <b>10%</b> |
| Saturated Fat 0g              | <b>0%</b>  |
| Trans Fat 0g                  |            |
| <b>Sodium</b> 0mg             | <b>0%</b>  |
| <b>Total Carbohydrate</b> 27g | <b>10%</b> |
| Dietary Fiber 0g              | <b>0%</b>  |
| Total Sugars 8g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 10g            | <b>20%</b> |

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

|                     |                      |
|---------------------|----------------------|
| <b>Serving size</b> | <b>1 Donut (70g)</b> |
|---------------------|----------------------|

Amount Per Serving

|                 |            |
|-----------------|------------|
| <b>Calories</b> | <b>190</b> |
|-----------------|------------|

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 2.5g         | <b>3%</b>      |
| Saturated Fat 0g              | <b>0%</b>      |
| Trans Fat 0g                  |                |
| <b>Sodium</b> 0mg             | <b>0%</b>      |
| <b>Total Carbohydrate</b> 31g | <b>11%</b>     |
| Dietary Fiber 0g              | <b>0%</b>      |
| Total Sugars 14g              |                |
| Includes 0g Added Sugars      | <b>0%</b>      |
| <b>Protein</b> 10g            | <b>20%</b>     |

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

|                     |                      |
|---------------------|----------------------|
| <b>Serving size</b> | <b>1 Donut (75g)</b> |
|---------------------|----------------------|

| 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

|                     |                      |
|---------------------|----------------------|
| <b>Serving size</b> | <b>1 Donut (83g)</b> |
|---------------------|----------------------|

| 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

|                     |                      |
|---------------------|----------------------|
| <b>Serving size</b> | <b>1 Donut (74g)</b> |
|---------------------|----------------------|

| 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                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>The PRONUT Cookie</b><br><i>Vegan</i><br><i>Gluten- Free</i> | <b>Nutrition Facts</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Cookies &amp; Cream</b><br><i>Vegan</i><br><i>Gluten- Free</i> | <b>Nutrition Facts</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|                                                                 | 1 servings per container<br><b>Serving size</b> 1 Cookie (80g)<br><b>Amount Per Serving</b><br><b>Calories</b> 260<br><small>% Daily Value*</small><br><b>Total Fat</b> 14g 18%<br>Saturated Fat 0g 0%<br>Trans Fat 0g<br><b>Sodium</b> 0mg 0%<br><b>Total Carbohydrate</b> 19g 7%<br>Dietary Fiber 0g 0%<br>Total Sugars 12g<br>Includes 0g Added Sugars 0%<br><b>Protein</b> 11g 22%<br><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small><br><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> |                                                                   | 1 servings per container<br><b>Serving size</b> 1 Cookie (65g)<br><b>Amount Per Serving</b><br><b>Calories</b> 290<br><small>% Daily Value*</small><br><b>Total Fat</b> 13g 17%<br>Saturated Fat 0g 0%<br>Trans Fat 0g<br><b>Sodium</b> 0mg 0%<br><b>Total Carbohydrate</b> 30g 11%<br>Dietary Fiber 0g 0%<br>Total Sugars 16g<br>Includes 0g Added Sugars 0%<br><b>Protein</b> 11g 22%<br><small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small><br><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |
| *Contains peanuts and tree nuts                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | *Contains peanuts and tree nuts                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |



## NUTRITIONAL INFORMATION

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



## NUTRITIONAL INFORMATION

| PROTEIN MUFFINS                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Apple Cinnamon Crumble</b><br><i>Gluten-Free</i> | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Muffin (80g)<br><hr/> <b>Amount Per Serving</b><br><b>Calories</b> <b>260</b><br><hr/> <div>% Daily Value*</div> <b>Total Fat</b> 16g <b>21%</b><br>Saturated Fat 0g <b>0%</b><br>Trans Fat 0g<br><b>Sodium</b> 0mg <b>0%</b><br><b>Total Carbohydrate</b> 18g <b>7%</b><br>Dietary Fiber 0g <b>0%</b><br>Total Sugars 8g<br>Includes 0g Added Sugars <b>0%</b><br><b>Protein</b> 16g <b>32%</b><br><hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small><br><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>  | <b>Blueberry</b><br><i>Gluten-Free</i>        | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Muffin (80g)<br><hr/> <b>Amount Per Serving</b><br><b>Calories</b> <b>260</b><br><hr/> <div>% Daily Value*</div> <b>Total Fat</b> 15g <b>19%</b><br>Saturated Fat 0g <b>0%</b><br>Trans Fat 0g<br><b>Sodium</b> 0mg <b>0%</b><br><b>Total Carbohydrate</b> 18g <b>7%</b><br>Dietary Fiber 0g <b>0%</b><br>Total Sugars 7g<br>Includes 0g Added Sugars <b>0%</b><br><b>Protein</b> 16g <b>32%</b><br><hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small><br><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                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Double Dark Chocolate</b><br><i>Gluten-Free</i>  | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Muffin (80g)<br><hr/> <b>Amount Per Serving</b><br><b>Calories</b> <b>270</b><br><hr/> <div>% Daily Value*</div> <b>Total Fat</b> 18g <b>23%</b><br>Saturated Fat 0g <b>0%</b><br>Trans Fat 0g<br><b>Sodium</b> 0mg <b>0%</b><br><b>Total Carbohydrate</b> 20g <b>7%</b><br>Dietary Fiber 0g <b>0%</b><br>Total Sugars 10g<br>Includes 0g Added Sugars <b>0%</b><br><b>Protein</b> 18g <b>36%</b><br><hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small><br><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> | <b>Pistachio Muffin</b><br><i>Gluten-Free</i> | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Muffin (85g)<br><hr/> <b>Amount Per Serving</b><br><b>Calories</b> <b>270</b><br><hr/> <div>% Daily Value*</div> <b>Total Fat</b> 20g <b>26%</b><br>Saturated Fat 0g <b>0%</b><br>Trans Fat 0g<br><b>Sodium</b> 0mg <b>0%</b><br><b>Total Carbohydrate</b> 19g <b>7%</b><br>Dietary Fiber 0g <b>0%</b><br>Total Sugars 8g<br>Includes 0g Added Sugars <b>0%</b><br><b>Protein</b> 17g <b>34%</b><br><hr/> <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small><br><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |
| *Contains dairy and tree nuts                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | *Contains dairy and tree nuts                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |



## NUTRITIONAL INFORMATION

### 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.

#### 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

\*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

|                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>The PRONUT</b><br><i>Gluten-Free</i>    | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Smoothie<br><b>Amount Per Serving</b><br><b>Calories</b> 430<br><b>% Daily Value*</b><br><b>Total Fat</b> 19g 24%<br>Saturated Fat 3.7g 19%<br>Trans Fat 0g<br>Polyunsaturated Fat 1.3g<br>Monounsaturated Fat 3.4g<br><b>Cholesterol</b> 45mg 15%<br><b>Sodium</b> 300mg 13%<br><b>Total Carbohydrate</b> 41g 15%<br>Dietary Fiber 5g 18%<br>Total Sugars 24g<br>Includes 0g Added Sugars 0%<br><b>Protein</b> 33g 66%<br>Vitamin D 0mcg 0%<br>Calcium 662mg 50%<br>Iron 0.99mg 6%<br>Potassium 0mg 0%<br><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> | <b>Berry Explosion</b><br><i>Gluten-Free</i> | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Smoothie<br><b>Amount Per Serving</b><br><b>Calories</b> 270<br><b>% Daily Value*</b><br><b>Total Fat</b> 4.5g 6%<br>Saturated Fat 1.6g 8%<br>Trans Fat 0g<br>Polyunsaturated Fat 0.5g<br>Monounsaturated Fat 1.2g<br><b>Cholesterol</b> 45mg 15%<br><b>Sodium</b> 190mg 8%<br><b>Total Carbohydrate</b> 31g 11%<br>Dietary Fiber 3g 11%<br>Total Sugars 25g<br>Includes 0g Added Sugars 0%<br><b>Protein</b> 30g 60%<br>Vitamin D 0mcg 0%<br>Calcium 697mg 50%<br>Iron 1.062mg 6%<br>Potassium 0mg 0%<br><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 tree nuts and dairy              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | *Contains dairy                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Pumpkin Spice</b><br><i>Gluten-Free</i> | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Smoothie<br><b>Amount Per Serving</b><br><b>Calories</b> 220<br><b>% Daily Value*</b><br><b>Total Fat</b> 4.5g 6%<br>Saturated Fat 1g 5%<br>Trans Fat 0g<br><b>Cholesterol</b> 0mg 0%<br><b>Sodium</b> 0mg 0%<br><b>Total Carbohydrate</b> 23g 8%<br>Dietary Fiber 3g 11%<br>Total Sugars 7g<br>Includes 1g Added Sugars 2%<br><b>Protein</b> 28g 56%<br>Not a significant source of vitamin D, calcium, iron, and potassium<br><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>                                                                            | <b>The PROFFEE</b><br><i>Gluten-Free</i>     | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 Smoothie<br><b>Amount Per Serving</b><br><b>Calories</b> 240<br><b>% Daily Value*</b><br><b>Total Fat</b> 4.5g 6%<br>Saturated Fat 1.5g 8%<br>Trans Fat 0g<br>Polyunsaturated Fat 0.4g<br>Monounsaturated Fat 1.1g<br><b>Cholesterol</b> 45mg 15%<br><b>Sodium</b> 310mg 13%<br><b>Total Carbohydrate</b> 22g 8%<br>Dietary Fiber 1g 4%<br>Total Sugars 17g<br>Includes 0g Added Sugars 0%<br><b>Protein</b> 29g 58%<br>Vitamin D 0mcg 0%<br>Calcium 677mg 50%<br>Iron 0.648mg 4%<br>Potassium 0mg 0%<br><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                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |