

	SPE	CIALS	
Pistachio	Nutrition Facts	Pumpkin	Nutrition Facts
Pronut	1 servings per container Serving size 1 Donut (75g)	Spice Muffin	1 servings per container Serving size 1 Muffin (115g)
Gluten-Free	Amount Per Serving	Gluten-Free	Amount Per Serving
	Calories 230		Calories 290
	7 Total Fat 6g 8%		% Daily Value* Total Fat 17g 22%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0% Total Carbohydrate 14g 5%		Sodium 0mg 0% Total Carbohydrate 23g 8%
	Dietary Fiber 0g 0% Total Sugars 7g		Dietary Fiber 0g 0% Total Sugars 10g
	Includes 0g Added Sugars 0%		Includes 0g Added Sugars 0%
*Contain data	Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium,		Protein 21g 42% 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	*Contains dairy and	*The % Daily Value (DV) tells you how much a nutrient in a
and tree nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Banana	Nutrition Facts	Peanut	Nutrition Facts
Cream Pie	1 servings per container Serving size 1 Muffin (115g)	Butter Cup	1 servings per container Serving size 1 Brownie (85g)
Muffin	Amount Per Serving Calories 290	Brownies	Amount Per Serving Calories 290
Gluten-Free	% Daily Value*	Gluten-Free	% Daily Value*
	Total Fat 17g 22% Saturated Fat 0g 0%		Total Fat 18g 23% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 23g 8% Dietary Fiber 0g 0%		Total Carbohydrate 22g 8% Dietary Fiber 0g 0%
	Total Sugars 10g Includes 0g Added Sugars 0%		Total Sugars 14g Includes 0g Added Sugars 0%
*Contains dairy	Protein 21g 42% Not a significant source of cholesterol, vitamin D, calcium,		Protein 13g 26%
and tree nuts	iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a	*Contains dairy and	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.	tree nuts and	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		peanuts	
Pumpkin	Nutrition Facts	Pumpkin	Nutrition Facts
Cheesecake	1 servings per container Serving size 1 Donut (80g)	Spice Cookie	1 servings per container Serving size 1 Cookie (80g)
Pronut	Amount Per Serving Calories 240	Gluten-Free	Amount Per Serving Calories 200
Gluten-Free	% Daily Value*	Vegan	% Daily Value*
	Total Fat 17g 22% Saturated Fat 0g 0%		Total Fat 8g 10% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 9g 3% Dietary Fiber 0g 0%		Total Carbohydrate 20g 7% Dietary Fiber 2g 7%
	Total Sugars 6g Includes 0g Added Sugars 0%		Total Sugars 13g Includes 0g Added Sugars 0%
	Protein 14g 28%		Protein 11g 22%
*Contains dairy	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		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. 		•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	



	CLASSIC F	PRONUTS	
Blueberry	Nutrition Facts	Carrot Cake	Nutrition Facts
Basil Gluten-Free	1 servings per container Serving size 1 Donut (75g) Amount Per Serving	Gluten-Free	1 servings per container Serving size 1 Donut (76g) Amount Per Serving
Giuten-Free	Calories 210		Calories 240
	Total Fat 7g 9% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0%		Total Fat 13g
	Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 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	*Contains dairy	Protein 12g 24% 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 tood contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	and tree nuts	1 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	Nutrition Facts	Cinnamon	Nutrition Facts
Contains dairy and tree nuts	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 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	1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 210 **Daily Value* Total Fat 7g 9% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 16g 6% Dietary Fiber 0g 0% Total Sugars 7g 1ncludes 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.
Coconut Gluten- Free	Nutrition Facts 1 servings per container	Cookies & Cream	Nutrition Facts 1 servings per container
Keto-Friendly	Amount Per Serving	Gluten- Free	Serving size
*Contains dairy and 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 nutrilion advice.	*Contains dairy and 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.



Espresso	Nutrition Facts	Mango	Nutrition Facts
Gluten- Free	1 servings per container Serving size 1 Donut (74g)	Cardamom	1 servings per container Serving size 1 Donut (72g)
	Amount Per Serving	Gluten- Free	Amount Per Serving
	Calories 220		Calories 210
	% Daily Value* Total Fat 10g 13%		% Daily Value* Total Fat 8g 10%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0% Total Carbohydrate 14g 5%		Sodium 0mg 0% Total Carbohydrate 8g 3%
	Dietary Fiber 0g 0% Total Sugars 5g		Dietary Fiber 0g 0% Total Sugars 3g
	Includes 0g Added Sugars 0% Protein 12g 24%		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
	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a	*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
*Contains dairy and	day is used for general nutrition advice.	and tree nuts	day is used for general nutrition advice.
tree nuts		and tree nats	
Matcha	Nutrition Facts	Mint	Nutrition Facts
Gluten- Free	1 servings per container Serving size 1 Donut (72g)	Chocolate	1 servings per container Serving size 1 Donut (75g)
	Amount Per Serving	Gluten- Free	Amount Per Serving
	Calories 190		Calories 230
	% Daily Value* Total Fat 8g 10%		% Daily Value* Total Fat 12g 15%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0% Total Carbohydrate 14g 5%		Sodium 0mg 0% Total Carbohydrate 17g 6%
	Dietary Fiber 0g 0% Total Sugars 8g		Dietary Fiber 0g 0% Total Sugars 5g
	Includes 0g Added Sugars 0% Protein 10g 20%		Includes 0g Added Sugars 0% Protein 12g 24%
*Contains dairy and	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains dairy	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	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.	and tree nats	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Peanut	Nutrition Facts	Peanut	Nutrition Facts
Butter	1 servings per container Serving size 1 Donut (77g)	Butter Cup	1 servings per container
Gluten- Free	Amount Per Serving	Gluten- Free	Serving size 1 Donut (80g) Amount Per Serving
Gidten Tree	Calories 220	Grateri Tree	Calories 290
	% Daily Value* Total Fat 16g 21%		% Daily Value* Total Fat 11g 14%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0% Total Carbohydrate 8g 3%		Sodium 0mg 0% Total Carbohydrate 15g 5%
	Dietary Fiber 0g 0%		Dietary Fiber 0g 0%
**	Total Sugars 3g Includes 0g Added Sugars 0%	**	Total Sugars 8g Includes 0g Added Sugars 0%
*Contains dairy,	Protein 13g 26% Not a significant source of cholesterol, vitamin D, calcium,	*Contains dairy,	Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium,
peanuts and tree	iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a	peanuts and tree	iron, and potassium The % Daily Value (DV) tells you how much a nutrient in a
nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	nuts	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- Free	varied (1) servings per container Serving size 1 Donut (85g)	Spice	1 servings per container Serving size 1 Donut (77g)
	Amount Per Serving	Gluten- Free	Amount Per Serving
	Calories 230 % Daily Value*	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 7% Dietary Fiber 0g 0%		Total Carbohydrate 6g 2% Dietary Fiber 0g 0%
	Total Sugars 5g Includes 0g Added Sugars 0%		Total Sugars 2g Includes 0g Added Sugars 0%
	Protein 15g 30% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Protein 14g 28% Not a significant source of cholesterol, vitamin D, calcium,
*Contains dairy,	*The % Daily Value (DV) tells you how much a nutrient in a	*Contains dairy	*The % Daily Value (DV) tells you how much a nutrient in a
peanuts and tree	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	and tree nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
nuts			
Red Velvet	Nutrition Facts	Strawberries	Nutrition Facts
Gluten- Free	1 servings per container Serving size 1 Donut (73g)	& Cream	1 servings per container Serving size 1 Donut (76g)
	Amount Per Serving Calories 210	Gluten- Free	Amount Per Serving Calories 210
	% Daily Value*		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%		Total Carbohydrate 8g 3% Dietary Fiber 0g 0%
	Total Sugars 3g Includes 0g Added Sugars 0%		Total Sugars 3g Includes 0g Added Sugars 0%
	Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Protein 12g 24% 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	*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
tree nuts	day is used for general nutrition advice.	and tree nuts	day is used for general nutrition advice.
Ube	Nutrition Facts	Vanilla	Nutrition Facts
Pistachio	1 servings per container	Glaze	1 servings per container
Gluten- Free	Serving size 1 Donut (77g) Amount Per Serving	Gluten- Free	Serving size 1 Donut (72g) Amount Per Serving
Keto-Friendly	Calories 210		Calories 190
	% Daily Value* Total Fat 8g 10%		% Daily Value* Total Fat 8g 10%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0% Total Carbohydrate 4g 1%		Sodium 0mg 0% Total Carbohydrate 15g 5%
	Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0%		Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0%
	Protein 12g 24%		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		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.	*Contains dairy	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 Fac	ts	Ferrero	Nutrition Fac	ts
Gluten- Free	1 servings per container Serving size 1 Donut	(75g)	Gluten- Free	1 servings per container Serving size Donut (75g)
	Amount Per Serving Calories 2	40		Amount Per Serving Calories 27	70
	% Daily	/ Value*		% Daily	Value*
	Total Fat 11g	14%		Total Fat 16g	21%
	Saturated Fat 0g	0%		Saturated Fat 0g	0%
	Trans Fat 0g			Trans Fat 0g	
	Sodium 0mg	0%		Sodium 0mg	0%
	Total Carbohydrate 15g	5%		Total Carbohydrate 18g	7%
	Dietary Fiber 0g	0%		Dietary Fiber 0g	0%
	Total Sugars 7g			Total Sugars 8g	
*Contains dairy and	Includes 0g Added Sugars	0%	*Contains dairy	Includes 0g Added Sugars	0%
contains daily and	Protein 13g	26%	•	Protein 15g	30%
tree nuts	Not a significant source of cholesterol, vitamin D, calciron, and potassium	um,	and tree nuts	Not a significant source of cholesterol, vitamin D, calciuiron, and potassium	ım,
	 The % Daily Value (DV) tells you how much a nutrier serving of food contributes to a daily diet. 2,000 calor day is used for general nutrition advice. 			 The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. 2,000 calori day is used for general nutrition advice. 	

	VEGAN F	PRONUTS	
Blueberry	Nutrition Facts	Carrot Cake	Nutrition Facts
Doo!!	1 servings per container	Gluten- Free	1 servings per container
Basil	Serving size 1 Donut (74g)	Graten Tree	Serving size 1 Donut (75g)
Gluten- Free	Calories 170		Amount Per Serving Calories 210
	% Daily Value*		% Daily Value*
	Total Fat 2.5g 3%		Total Fat 8g 10%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0%		Sodium 0mg 0%
	Total Carbohydrate 26g 9%		Total Carbohydrate 20g 7%
	Dietary Fiber 0g 0%		Dietary Fiber 0g 0%
	Total Sugars 7g		Total Sugars 6g
	Includes 0g Added Sugars 0%		Includes 0g Added Sugars 0%
	Protein 10g 20%		Protein 11g 22%
*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	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.	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.
Chocolate	Nutrition Facts	Cinnamon	Nutrition Facts
Gluten- Free	1 servings per container		1 servings per container
Giuteri- Free	Serving size 1 Donut (74g)	Sugar	Serving size 1 Donut (72g)
	Amount Per Serving Calories 250	Gluten- Free	Amount Per Serving Calories 160
	Calories 250		Calories 160
	% Daily Value*		% Daily Value*
	Total Fat 6g 8%		Total Fat 2.5g 3%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0%		Sodium 0mg 0%
	Total Carbohydrate 26g 9%		Total Carbohydrate 28q 10%
	Dietary Fiber 0g 0%		Dietary Fiber 0g 0%
	Total Sugars 12g		Total Sugars 13g
	Includes 0g Added Sugars 0%		Includes 0g Added Sugars 0%
	Protein 10g 20%		Protein 10g 20%
*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	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.	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.



Cookies &	Nutrition Facts	Matcha	Nutrition Facts
Cream	1 servings per container Serving size 1 Donut (76g)	Gluten- Free	1 servings per container Serving size 1 Donut (70g)
Gluten- Free	Amount Per Serving Calories 220		Amount Per Serving Calories 190
	"% Daily Value" Total Fat 8g 10%		% Daily Value* Total Fat 2.5g 3%
	Saturated Fat 0g		Saturated Fat 0g
	Total Carbohydrate 27g 10% Dietary Fiber 0g 0%		Total Carbohydrate 31g 11% Dietary Fiber 0g 0%
	Total Sugars 8g		Total Sugars 14g
*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	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.	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	Nutrition Facts	Peanut	Nutrition Facts
Butter	1 servings per container Serving size 1 Donut (75g)	Butter Cup	1 servings per container Serving size 1 Donut (75g)
Gluten- Free	Calories 290	Gluten- Free	Amount Per Serving Calories 290
	% Daily Value* Total Fat 14g 18%		% Daily Value* Total Fat 14g 18%
	Saturated Fat 0g		Saturated Fat 0g
	Total Carbohydrate 30g 11% Dietary Fiber 0g 0%		Total Carbohydrate 30g 11% Dietary Fiber 0g 0%
	Total Sugars 7g		Total Sugars 7g Includes 0g Added Sugars 0% Protein 10g 20%
*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	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.	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.
The PRONUT	Nutrition Facts	Red Velvet	Nutrition Facts
Gluten- Free	1 servings per container Serving size 1 Donut (83g)	Gluten- Free	1 servings per container Serving size 1 Donut (74g)
	Amount Per Serving Calories 230		Amount Per Serving Calories 200
	% Daily Value* Total Fat 13g 17%		% Daily Value* Total Fat 6g 8%
	Saturated Fat 0g		Saturated Fat 0g
	Total Carbohydrate 18g 7% Dietary Fiber 0g 0%		Total Carbohydrate 19g 7% Dietary Fiber 0g 0%
	Total Sugars 5g Includes 0g Added Sugars 0% Protein 12g 24%		Total Sugars 6g 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 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.	*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.



PROTEIN COOKIES The PRONUT Nutrition Facts **Cookies & Nutrition Facts** Cookie 1 servings per container 1 servings per container Cream Serving size 1 Cookie (80g) Serving size 1 Cookie (65g) Vegan Amount Per Serving Amount Per Serving Vegan Gluten- Free 260 290 **Calories Calories** Gluten- Free Total Fat 14g 18% Total Fat 13g Saturated Fat 0g Saturated Fat 0g 0% 0% Trans Fat 0g Trans Fat 0g Sodium 0mg Sodium 0mg Total Carbohydrate 19g Total Carbohydrate 30g 11% Dietary Fiber 0g 0% Dietary Fiber 0g 0% Total Sugars 12g Total Sugars 16g Includes 0g Added Sugars 0% Includes 0g Added Sugars 0% Protein 11g 22% Protein 11g 22% 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 *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. *The % 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 peanuts and and tree nuts tree nuts



	PROTEI	N CUPCAKES	
Red Velvet Gluten- Free	Nutrition Facts 1 servings per container Serving size 1 Cupcake (75g) Amount Per Serving Calories 230 **Calories** Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 16g 6% Dietary Fiber 0g 0% Total Sugars 11g Includes 0g Added Sugars 0% Protein 12g 24%	Peanut Butter Chocolate Gluten- Free	Nutrition Facts 1 servings per container Serving size 1 Cupcake (75g) Amount Per Serving Calories 230 **Daily Value** Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 17g 6% Dietary Fiber 0g 0% Total Sugars 12g Includes 0g Added Sugars 0% Protein 12g 24%
*Contains dairy and 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.	*Contains dairy and 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 lood contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Carrot Cake Gluten- Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Cupcake (75g) Amount Per Serving Calories 230 **Dally Value* Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 16g 6% Dietary Fiber 0g 0% Total Sugars 11g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



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



PROTEIN BROWNIES **Dark Chocolate** Walnut **Nutrition Facts Nutrition Facts Brownie Brownie** 1 servings per container 1 servings per container 1 Brownie (85g) Serving size 1 Brownie (85g) Serving size Gluten-Free Gluten-Free Amount Per Serving Amount Per Serving 290 290 **Calories Calories** Daily Value* % Daily Value Total Fat 18g Total Fat 19g 23% 24% Saturated Fat 0g Saturated Fat 0g 0% 0% Trans Fat 0g Trans Fat 0g Sodium 0mg Total Carbohydrate 22g 0% Sodium 0mg Total Carbohydrate 22g 0% 8% 8% Dietary Fiber 0g Dietary Fiber 0g 0% 0% Total Sugars 14g Total Sugars 12g Includes 0g Added Sugars Includes 0g Added Sugars Protein 13g 26% Protein 14g 28% *Contains tree Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium Not a significant source of cholesterol, vitamin D, calcium, ron, and potassium *Contains tree nuts 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. 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 dairy **PROTEIN SMOOTHIES** Cookies & **Nutrition Facts** Mango **Nutrition Facts** 1 servings per container 1 servings per container Gluten-Free Cream 1 Smoothie 1 Smoothie Serving size Serving size Gluten-Free 400 240 Calories **Calories** Total Fat 11g Saturated Fat 3.5g Trans Fat 0g Polyunsaturated Fat 0.4g Total Fat 4.5g Saturated Fat 1.5g Trans Fat 0g Polyunsaturated Fat 0.4g 18% 8% Monounsaturated Fat 1.2g Monounsaturated Fat 1.1g Cholesterol 50mg 17% Cholesterol 45mg 15% Sodium 330mg Total Carbohydrate 46g 14% 17% Sodium 310mg Total Carbohydrate 22g 13% 8% Dietary Fiber 1g Total Sugars 17g Includes 0g Added Sugars Dietary Fiber 2g Total Sugars 33g 7% 4% Includes 0g Added Sugars 0% Protein 29g Iron 1.746mg Potassium 0m Iron 0.648mg Potassium 0mg *Contains dairy *Contains dairy



The PRONUT	Nutrition Facts	Berry Explosion	Nutrition Facts
Gluten-Free	1 servings per container	Gluten-Free	1 servings per container
Giuteii-i ree	Serving size 1 Smoothie	Giuteii-i iee	Serving size 1 Smoothie
	Amount Per Serving		Amount Per Serving
	Calories 430		Calories 270
	% Daily Value*		% Daily Value*
	Total Fat 19g 24%		Total Fat 4.5g 6%
	Saturated Fat 3.7g 19%		Saturated Fat 1.6g 8%
	Trans Fat 0g		Trans Fat 0g
	Polyunsaturated Fat 1.3g		Polyunsaturated Fat 0.5g
	Monounsaturated Fat 3.4g		Monounsaturated Fat 1.2g
	Cholesterol 45mg 15%		Cholesterol 45mg 15%
	Sodium 300mg 13%		Sodium 190mg 8%
	Total Carbohydrate 41g		Total Carbohydrate 31g 11% Dietary Fiber 3g 11%
	Total Sugars 24g		Total Sugars 25g
	Includes 0g Added Sugars 0%		Includes 0g Added Sugars 0%
	Protein 33g 66%		Protein 30g 60%
	Vitamin D 0mcq 0%		Vitamin D 0mcg 0%
*Contains tree nuts	Calcium 662mg 50%		Calcium 697mg 50%
	Iron 0.99mg 6%		Iron 1.062mg 6%
and dairy	Potassium 0mg 0%		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	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Pumpkin Spice Gluten-Free	Nutrition Facts 1 servings per container	The PROFFEE Gluten-Free	Nutrition Facts 1 servings per container
Ciuteii i i ee	Serving size 1 Smoothie	Grater Tree	Serving size 1 Smoothie
	Serving Size		Amount Per Serving
	Amount Per Serving		Calories 240
	Amount Per Serving Calories 220		
	Calories 220		Calories 240
	Calories 220 % Daily Value*		Calories 240 Solity Value*
	Calories 220 **Daily Value* Total Fat 4.5g 6%		Calories 240 **Spaily Value* Total Fat 4.5g 6% Saturated Fat 1.5g 8% Trans Fat 0g
	Calories 220 **Daily Value* Total Fat 4.5g 6% Saturated Fat 1g 5%		Calories 240 "S Daily Value" Total Fat 4.5g 6% Saturated Fat 1.5g 8% Trans Fat 0g Polyunsaturated Fat 0.4g
	Calories 220 **Daily Value* **Daily Value* Total Fat 4.5g 6% Saturated Fat 1g 5% Trans Fat 0g 5%		Calories \$\frac{240}{\sigma_{\text{Daily Value}}}\$ Total Fat 4.5g \$6\sigma_{\text{Saturated Fat 1.5g}}\$8\sigma_{\text{Trans Fat 0g}}\$ Polyunsaturated Fat 0.4g Monounsaturated Fat 1.1g
	Calories 220 **Daily Value* Total Fat 4.5g 6% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg 0%		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%
	Calories 220 **Daily Value* **Daily Value* Total Fat 4.5g 6% Saturated Fat 1g 5% Trans Fat 0g 5%		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%
	Calories 220 **Daily Value* Total Fat 4.5g 6% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg 0%		Calories **Daily Value* Total Fat 4.5g
	Calories 220 Salurated Fat 1g 5% Trans Fat 0g Cholesterol Omg 0% Sodium Omg 0%		Calories "5 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%
	Calories 220		Calories **Daily Value* Total Fat 4.5g
	Calories 220		Calories
	Calories 220 "Daily Value" 6% Total Fat 4.5g 6% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol Omg 0% Sodium 0mg 0% Total Carbohydrate 23g 8% Dietary Fiber 3g 11% Total Sugars 7g Includes 1g Added Sugars 2%		Calories **Daily Value* Total Fat 4.5g
	Calories 220 "Daily Value" 6% Total Fat 4.5g 6% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 23g 8% Dietary Fiber 3g 11% Total Sugars 7g Includes 1g Added Sugars 2% Protein 28g 56%		Calories *Daily Value* Total Fat 4.5g
	Total Fat 4.5g		Calories
*Contains dairy	Calories **Daily Value* Total Fat 4.5g	*Contains dairy	Calories
*Contains dairy and tree nuts	Total Fat 4.5g	*Contains dairy	Calories