



## NUTRITIONAL INFORMATION

<b>SPECIALS</b>																																											
<p><b>Birthday Cake</b> <i>Gluten-Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>230</b></p> <table border="1"> <thead> <tr> <th></th> <th style="text-align: right;">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 6g</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Sodium</b> 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td><b>Total Carbohydrate</b> 14g</td> <td style="text-align: right;">5%</td> </tr> <tr> <td>Dietary Fiber 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Total Sugars 7g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td style="text-align: right;">0%</td> </tr> <tr> <td><b>Protein</b> 11g</td> <td style="text-align: right;">22%</td> </tr> </tbody> </table> <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>		% Daily Value*	<b>Total Fat</b> 6g	8%	Saturated Fat 0g	0%	Trans Fat 0g		<b>Sodium</b> 0mg	0%	<b>Total Carbohydrate</b> 14g	5%	Dietary Fiber 0g	0%	Total Sugars 7g		Includes 0g Added Sugars	0%	<b>Protein</b> 11g	22%	<p><b>Banana Cream Pie Muffin</b> <i>Gluten-Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Muffin (115g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>290</b></p> <table border="1"> <thead> <tr> <th></th> <th style="text-align: right;">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 17g</td> <td style="text-align: right;">22%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Sodium</b> 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td><b>Total Carbohydrate</b> 23g</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Dietary Fiber 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Total Sugars 10g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td style="text-align: right;">0%</td> </tr> <tr> <td><b>Protein</b> 21g</td> <td style="text-align: right;">42%</td> </tr> </tbody> </table> <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>		% Daily Value*	<b>Total Fat</b> 17g	22%	Saturated Fat 0g	0%	Trans Fat 0g		<b>Sodium</b> 0mg	0%	<b>Total Carbohydrate</b> 23g	8%	Dietary Fiber 0g	0%	Total Sugars 10g		Includes 0g Added Sugars	0%	<b>Protein</b> 21g	42%
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Trans Fat 0g																																											
<b>Sodium</b> 0mg	0%																																										
<b>Total Carbohydrate</b> 3g	1%																																										
Dietary Fiber 0g	0%																																										
Total Sugars 3g																																											
Includes 0g Added Sugars	0%																																										
<b>Protein</b> 12g	24%																																										
	% Daily Value*																																										
<b>Total Fat</b> 13g	17%																																										
Saturated Fat 0g	0%																																										
Trans Fat 0g																																											
<b>Sodium</b> 0mg	0%																																										
<b>Total Carbohydrate</b> 10g	4%																																										
Dietary Fiber 0g	0%																																										
Total Sugars 9g																																											
Includes 0g Added Sugars	0%																																										
<b>Protein</b> 14g	28%																																										



## NUTRITIONAL INFORMATION

<p><b>Espresso</b> <i>Gluten- Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (74g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>220</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 10g <b>13%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 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></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>Mango Cardamom</b> <i>Gluten- Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (72g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>210</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 8g <b>10%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 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></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>Matcha</b> <i>Gluten- Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (72g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>190</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 8g <b>10%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 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></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>Mint Chocolate</b> <i>Gluten- Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>230</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 12g <b>15%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 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></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>Peanut Butter</b> <i>Gluten- Free</i></p> <p>*Contains dairy, peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (77g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>220</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 16g <b>21%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 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></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>Peanut Butter Cup</b> <i>Gluten- Free</i></p> <p>*Contains dairy, peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (80g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>290</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 11g <b>14%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 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></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

<p><b>The PRONUT</b> <i>Gluten- Free</i></p> <p>*Contains dairy, peanuts and tree nuts</p>	<p><b>Nutrition Facts</b> varied (1) servings per container <b>Serving size</b> 1 Donut (85g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>230</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 13g 17% Saturated Fat 0g 0% Trans Fat 0g <b>Sodium</b> 0mg 0% <b>Total Carbohydrate</b> 18g 7% Dietary Fiber 0g 0% Total Sugars 5g Includes 0g Added Sugars 0% <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> <i>Gluten- Free</i> <i>Keto-Friendly</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Donut (77g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>230</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 16g 21% Saturated Fat 0g 0% Trans Fat 0g <b>Sodium</b> 0mg 0% <b>Total Carbohydrate</b> 6g 2% Dietary Fiber 0g 0% Total Sugars 2g Includes 0g Added Sugars 0% <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> <i>Gluten- Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Donut (73g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>210</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 12g 15% Saturated Fat 0g 0% Trans Fat 0g <b>Sodium</b> 0mg 0% <b>Total Carbohydrate</b> 14g 5% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0% <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> <i>Gluten- Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Donut (76g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>210</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 14g 18% Saturated Fat 0g 0% Trans Fat 0g <b>Sodium</b> 0mg 0% <b>Total Carbohydrate</b> 8g 3% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0% <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> <i>Gluten- Free</i> <i>Keto-Friendly</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Donut (77g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>210</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 8g 10% Saturated Fat 0g 0% Trans Fat 0g <b>Sodium</b> 0mg 0% <b>Total Carbohydrate</b> 4g 1% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0% <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> <i>Gluten- Free</i></p> <p>*Contains dairy and tree nuts</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Donut (72g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>190</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 8g 10% Saturated Fat 0g 0% Trans Fat 0g <b>Sodium</b> 0mg 0% <b>Total Carbohydrate</b> 15g 5% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0% <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>



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<p><b>London Fog</b> <i>Gluten- Free</i></p> <p><b>*Contains dairy and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>240</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 11g <b>14%</b> Saturated Fat 0g <b>0%</b> Trans Fat 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 15g <b>5%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 7g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 13g <b>26%</b></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>Ferrero</b> <i>Gluten- Free</i></p> <p><b>*Contains dairy and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>270</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 16g <b>21%</b> Saturated Fat 0g <b>0%</b> Trans Fat 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 18g <b>7%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 8g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 15g <b>30%</b></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>
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<b>VEGAN PRONUTS</b>			
<p><b>Blueberry Basil</b> <i>Gluten- Free</i></p> <p><b>*Contains peanuts and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (74g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>170</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 2.5g <b>3%</b> Saturated Fat 0g <b>0%</b> Trans Fat 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 26g <b>9%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 7g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 10g <b>20%</b></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>Carrot Cake</b> <i>Gluten- Free</i></p> <p><b>*Contains peanuts and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>210</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 8g <b>10%</b> Saturated Fat 0g <b>0%</b> Trans Fat 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 20g <b>7%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 6g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 11g <b>22%</b></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>Chocolate</b> <i>Gluten- Free</i></p> <p><b>*Contains peanuts and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (74g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>250</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 6g <b>8%</b> Saturated Fat 0g <b>0%</b> Trans Fat 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 26g <b>9%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 12g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 10g <b>20%</b></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>Cinnamon Sugar</b> <i>Gluten- Free</i></p> <p><b>*Contains peanuts and tree nuts</b></p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (72g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>160</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat</b> 2.5g <b>3%</b> Saturated Fat 0g <b>0%</b> Trans Fat 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 28g <b>10%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 13g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 10g <b>20%</b></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>



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<p><b>Cookies &amp; Cream</b> <i>Gluten- Free</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (76g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>220</b></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 8g <b>10%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><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></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>Matcha</b> <i>Gluten- Free</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (70g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>190</b></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 2.5g <b>3%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><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></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>Peanut Butter</b> <i>Gluten- Free</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>290</b></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 14g <b>18%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 30g <b>11%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 7g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 10g <b>20%</b></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>Peanut Butter Cup</b> <i>Gluten- Free</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (75g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>290</b></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 14g <b>18%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 30g <b>11%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 7g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 10g <b>20%</b></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>The PRONUT</b> <i>Gluten- Free</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (83g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>230</b></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 13g <b>17%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 18g <b>7%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 5g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 12g <b>24%</b></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> <i>Gluten- Free</i></p> <p>*Contains peanuts and tree nuts</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container <b>Serving size</b> 1 Donut (74g)</p> <p><b>Amount Per Serving</b> <b>Calories</b> <b>200</b></p> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 6g <b>8%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 19g <b>7%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 6g Includes 0g Added Sugars <b>0%</b> <b>Protein</b> 10g <b>20%</b></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

PROTEIN COOKIES			
<p><b>The PRONUT Cookie</b>                      Vegan                      Gluten- Free</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container  <b>Serving size 1 Cookie (80g)</b></p> <p>Amount Per Serving  <b>Calories 260</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat 14g 18%</b>                      Saturated Fat 0g 0%                      Trans Fat 0g</p> <p><b>Sodium 0mg 0%</b>  <b>Total Carbohydrate 19g 7%</b>                      Dietary Fiber 0g 0%                      Total Sugars 12g                      Includes 0g Added Sugars 0%</p> <p><b>Protein 11g 22%</b></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>Gingersnap Cookies</b>                      Vegan                      Gluten- Free</p>	<p><b>Nutrition Facts</b></p> <p>1 servings per container  <b>Serving size Cookie (80g)</b></p> <p>Amount Per Serving  <b>Calories 250</b></p> <p style="text-align: right;">% Daily Value*</p> <p><b>Total Fat 16g 21%</b>                      Saturated Fat 0g 0%                      Trans Fat 0g</p> <p><b>Sodium 0mg 0%</b>  <b>Total Carbohydrate 23g 8%</b>                      Dietary Fiber 0g 0%                      Total Sugars 14g                      Includes 0g Added Sugars 0%</p> <p><b>Protein 11g 22%</b></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>*Contains peanuts and tree nuts</p>		<p>*Contains tree nuts</p>



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PROTEIN MUFFINS																																											
<p><b>Apple Cinnamon Crumble</b> <i>Gluten-Friendly</i></p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size 1 Muffin (80g)</b> <b>Amount Per Serving</b> <b>Calories 260</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: right; font-size: small;">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 16g</td> <td style="text-align: right;"><b>21%</b></td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><i>Trans Fat</i> 0g</td> <td></td> </tr> <tr> <td><b>Sodium</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 18g</td> <td style="text-align: right;"><b>7%</b></td> </tr> <tr> <td>Dietary Fiber 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Total Sugars 8g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Protein</b> 16g</td> <td style="text-align: right;"><b>32%</b></td> </tr> </tbody> </table> <p style="font-size: x-small;">Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</p> <p style="font-size: x-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.</p>	% Daily Value*		<b>Total Fat</b> 16g	<b>21%</b>	Saturated Fat 0g	<b>0%</b>	<i>Trans Fat</i> 0g		<b>Sodium</b> 0mg	<b>0%</b>	<b>Total Carbohydrate</b> 18g	<b>7%</b>	Dietary Fiber 0g	<b>0%</b>	Total Sugars 8g		Includes 0g Added Sugars	<b>0%</b>	<b>Protein</b> 16g	<b>32%</b>	<p><b>Blueberry</b> <i>Gluten-Friendly</i></p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size 1 Muffin (80g)</b> <b>Amount Per Serving</b> <b>Calories 260</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: right; font-size: small;">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 15g</td> <td style="text-align: right;"><b>19%</b></td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><i>Trans Fat</i> 0g</td> <td></td> </tr> <tr> <td><b>Sodium</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 18g</td> <td style="text-align: right;"><b>7%</b></td> </tr> <tr> <td>Dietary Fiber 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Total Sugars 7g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Protein</b> 16g</td> <td style="text-align: right;"><b>32%</b></td> </tr> </tbody> </table> <p style="font-size: x-small;">Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</p> <p style="font-size: x-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.</p>	% Daily Value*		<b>Total Fat</b> 15g	<b>19%</b>	Saturated Fat 0g	<b>0%</b>	<i>Trans Fat</i> 0g		<b>Sodium</b> 0mg	<b>0%</b>	<b>Total Carbohydrate</b> 18g	<b>7%</b>	Dietary Fiber 0g	<b>0%</b>	Total Sugars 7g		Includes 0g Added Sugars	<b>0%</b>	<b>Protein</b> 16g	<b>32%</b>
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<p><b>Double Dark Chocolate</b> <i>Gluten-Friendly</i></p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size 1 Muffin (80g)</b> <b>Amount Per Serving</b> <b>Calories 270</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: right; font-size: small;">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 18g</td> <td style="text-align: right;"><b>23%</b></td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><i>Trans Fat</i> 0g</td> <td></td> </tr> <tr> <td><b>Sodium</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 20g</td> <td style="text-align: right;"><b>7%</b></td> </tr> <tr> <td>Dietary Fiber 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Total Sugars 10g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Protein</b> 18g</td> <td style="text-align: right;"><b>36%</b></td> </tr> </tbody> </table> <p style="font-size: x-small;">Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</p> <p style="font-size: x-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.</p>	% Daily Value*		<b>Total Fat</b> 18g	<b>23%</b>	Saturated Fat 0g	<b>0%</b>	<i>Trans Fat</i> 0g		<b>Sodium</b> 0mg	<b>0%</b>	<b>Total Carbohydrate</b> 20g	<b>7%</b>	Dietary Fiber 0g	<b>0%</b>	Total Sugars 10g		Includes 0g Added Sugars	<b>0%</b>	<b>Protein</b> 18g	<b>36%</b>																						
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PROTEIN BROWNIES			
<p><b>Dark Chocolate Brownie</b> <i>Gluten-Friendly</i></p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size 1 Brownie (85g)</b></p> <hr/> <p><b>Amount Per Serving</b> <b>Calories 290</b></p> <hr/> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 18g <b>23%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><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></p> <hr/> <p><b>Protein</b> 13g <b>26%</b></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>Walnut Brownie</b> <i>Gluten-Friendly</i></p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size 1 Brownie (85g)</b></p> <hr/> <p><b>Amount Per Serving</b> <b>Calories 290</b></p> <hr/> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 19g <b>24%</b> Saturated Fat 0g <b>0%</b> <i>Trans Fat</i> 0g</p> <p><b>Sodium</b> 0mg <b>0%</b> <b>Total Carbohydrate</b> 22g <b>8%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 12g Includes 0g Added Sugars <b>0%</b></p> <hr/> <p><b>Protein</b> 14g <b>28%</b></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>*Contains tree nuts and dairy</p>		<p>*Contains tree nuts and dairy</p>	
PROTEIN SMOOTHIES			
<p><b>Cookies &amp; Cream</b> <i>Gluten-Friendly</i></p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size 1 Smoothie</b></p> <hr/> <p><b>Amount Per Serving</b> <b>Calories 400</b></p> <hr/> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 11g <b>14%</b> Saturated Fat 3.5g <b>18%</b> <i>Trans Fat</i> 0g Polyunsaturated Fat 0.4g Monounsaturated Fat 1.2g</p> <p><b>Cholesterol</b> 50mg <b>17%</b> <b>Sodium</b> 330mg <b>14%</b> <b>Total Carbohydrate</b> 46g <b>17%</b> Dietary Fiber 2g <b>7%</b> Total Sugars 33g Includes 0g Added Sugars <b>0%</b></p> <hr/> <p><b>Protein</b> 33g <b>66%</b></p> <p>Vitamin D 0mcg <b>0%</b> Calcium 719mg <b>60%</b> Iron 1.746mg <b>10%</b> Potassium 0mg <b>0%</b></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>Mango</b> <i>Gluten-Friendly</i></p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size 1 Smoothie</b></p> <hr/> <p><b>Amount Per Serving</b> <b>Calories 240</b></p> <hr/> <p style="text-align: right;"><small>% Daily Value*</small></p> <p><b>Total Fat</b> 4.5g <b>6%</b> Saturated Fat 1.5g <b>8%</b> <i>Trans Fat</i> 0g Polyunsaturated Fat 0.4g Monounsaturated Fat 1.1g</p> <p><b>Cholesterol</b> 45mg <b>15%</b> <b>Sodium</b> 310mg <b>13%</b> <b>Total Carbohydrate</b> 22g <b>8%</b> Dietary Fiber 1g <b>4%</b> Total Sugars 17g Includes 0g Added Sugars <b>0%</b></p> <hr/> <p><b>Protein</b> 29g <b>58%</b></p> <p>Vitamin D 0mcg <b>0%</b> Calcium 677mg <b>50%</b> Iron 0.648mg <b>4%</b> Potassium 0mg <b>0%</b></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>*Contains dairy</p>		<p>*Contains dairy</p>	



## NUTRITIONAL INFORMATION

<p><b>The PRONUT</b> <i>Gluten-Friendly</i></p> <p>*Contains tree nuts and dairy</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Smoothie</p> <p><b>Amount Per Serving</b> <b>Calories</b> 430</p> <p><small>% Daily Value*</small></p> <p><b>Total Fat</b> 19g 24% Saturated Fat 3.7g 19% Trans Fat 0g Polyunsaturated Fat 1.3g Monounsaturated Fat 3.4g</p> <p><b>Cholesterol</b> 45mg 15% <b>Sodium</b> 300mg 13% <b>Total Carbohydrate</b> 41g 15% Dietary Fiber 5g 18% Total Sugars 24g Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 33g 66%</p> <p>Vitamin D 0mcg 0% Calcium 662mg 50% Iron 0.99mg 6% Potassium 0mg 0%</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>Berry Explosion</b> <i>Gluten-Friendly</i></p> <p>*Contains dairy</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Smoothie</p> <p><b>Amount Per Serving</b> <b>Calories</b> 270</p> <p><small>% Daily Value*</small></p> <p><b>Total Fat</b> 4.5g 6% Saturated Fat 1.6g 8% Trans Fat 0g Polyunsaturated Fat 0.5g Monounsaturated Fat 1.2g</p> <p><b>Cholesterol</b> 45mg 15% <b>Sodium</b> 190mg 8% <b>Total Carbohydrate</b> 31g 11% Dietary Fiber 3g 11% Total Sugars 25g Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 30g 60%</p> <p>Vitamin D 0mcg 0% Calcium 697mg 50% Iron 1.062mg 6% Potassium 0mg 0%</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>Strawberry</b> <i>Gluten-Friendly</i></p> <p>*Contains dairy</p>	<p><b>Nutrition Facts</b> 1 servings per container <b>Serving size</b> 1 Smoothie</p> <p><b>Amount Per Serving</b> <b>Calories</b> 290</p> <p><small>% Daily Value*</small></p> <p><b>Total Fat</b> 7g 9% Saturated Fat 2.2g 11% Trans Fat 0g Polyunsaturated Fat 0.8g Monounsaturated Fat 1.5g</p> <p><b>Cholesterol</b> 0mg 0% <b>Sodium</b> 380mg 17% <b>Total Carbohydrate</b> 39g 14% Dietary Fiber 5g 18% Total Sugars 26g Includes 0g Added Sugars 0%</p> <p><b>Protein</b> 22g 44%</p> <p>Vitamin D 0mcg 0% Calcium 798mg 60% Iron 1.098mg 6% Potassium 0mg 0%</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>		