

	SPE	CIALS	
Birthday	Nutrition Facts	Banana	Nutrition Facts
Cake Gluten-Free	1 servings per container Serving size 1 Donut (75g) Amount Per Serving	Cream Pie	1 servings per container Serving size 1 Muffin (115g)
*Contains dairy	Calories **Daily Value* Total Fat 6g Saturated Fat 0g O% Trans Fat 0g Sodium 0mg O% Total Carbohydrate 14g Dietary Fiber 0g Total Sugars 7g Includes 0g Added Sugars Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium **The % Daily Value (DV) tells you how much a nutrient in a	Muffin Gluten-Free *Contains dairy and	Calories
and tree nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	tree nuts	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Peanut Butter Chocolate Chip Muffin Gluten-Free *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Muffin (115g) Amount Per Serving Calories 290 **Daily Value* Total Fat 17g 22% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 23g 8% Dietary Fiber 0g 0% Total Sugars 10g Includes 0g Added Sugars 0% Protein 21g 42% Not a significant source of cholesterol, viltamin 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.	Banana Cupcake 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 9% Total Carbohydrate 17g 6% Dietary Fiber 0g 9% Total Sugars 12g Includes 0g Added Sugars 9% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Dally Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Birthday Cake Cupcake Gluten-Free *Contains tree nuts	Nutrition Facts 1 servings per container Serving size Cookie (80g) Amount Per Serving Calories 250 **Calories 21% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 23g 8% Dietary Fiber 0g 0% Total Sugars 14g Includes 0g Added Sugars 0% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium - The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



CLASSIC PRONUTS				
Blueberry	Nutrition Facts	Carrot Cake	Nutrition Facts	
Basil	1 servings per container Serving size 1 Donut (75g)	Gluten-Free	1 servings per container Serving size 1 Donut (76g)	
Gluten-Free	Amount Per Serving		Amount Per Serving	
	Calories 210		Calories 240	
	% Daily Value* Total Fat 7g 9%		Total Fat 13g 17%	
	Saturated Fat 0g 0% <i>Trans</i> Fat 0g Sodium 0mg 0%		Saturated Fat 0g 0% Trans Fat 0g	
	Sodium 0mg		Sodium 0mg	
	Total Sugars 7g Includes 0g Added Sugars 0%		Total Sugars 4g Includes 0g Added Sugars 0%	
	Protein 12g 24%		Protein 12g 24%	
	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	
*Contains dairy and	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	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.	
tree nuts	<u> </u>	0:	.	
Chocolate	Nutrition Facts	Cinnamon	Nutrition Facts	
Gluten- Free	1 servings per container Serving size 1 Donut (75g)	Sugar	1 servings per container Serving size 1 Donut (74g)	
	Amount Per Serving Calories 220	Gluten- Free	Amount Per Serving Calories 210	
	% Daily Value*		% Daily Value*	
	Total Fat 12g 15% Saturated Fat 0g 0%		Total Fat 7g 9% Saturated Fat 0g 0%	
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%	
	Total Carbohydrate 15g 5% Dietary Fiber 0g 0%		Total Carbohydrate 16g 6% Dietary Fiber 0g 0%	
	Total Sugars 5g Includes 0g Added Sugars 0%		Total Sugars 7g Includes 0g Added Sugars 0%	
	Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium,		Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium,	
*Contains dairy and	iron, and potassium 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	
tree nuts	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.	
Coconut	Nutrition Facts	Cookies &	Nutrition Facts	
Gluten- Free	1 servings per container Serving size 1 Donut (85g)	Cream	1 servings per container Serving size 1 Donut (76g)	
Keto-Friendly	Amount Per Serving	Gluten- Free	Amount Per Serving	
	Calories 200		Calories 210	
	% Daily Value* Total Fat 12g 15%		Total Fat 13g 17%	
	Saturated Fat 0g 0% Trans Fat 0g Saturated Fat 0g		Saturated Fat 0g 0% Trans Fat 0g Saturated Fat 0g	
	Sodium 0mg 0% Total Carbohydrate 3g 1%		Sodium 0mg 0% Total Carbohydrate 10g 4%	
	Dietary Fiber 0g 0% Total Sugars 3g		Dietary Fiber 0g 0% Total Sugars 9g	
	Includes 0g Added Sugars 0% Protein 12g 24%		Includes 0g Added Sugars 0% Protein 14g 28%	
*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 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.	



Espresso Gluten- Free	Nutrition Facts 1 servings per container Serving size 1 Donut (74g) Amount Per Serving Calories 220 **Doalty Value** Total Fat 10g 13% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 14g 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	Mango Cardamom Gluten- Free	Nutrition Facts 1 servings per container Serving size 1 Donut (72g) Amount Per Serving Calories 210 **Daily Value* Total Fat 8g 10% Saturated Fat 0g 0% Total Carbohydrate 8g 3% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a
*Contains dairy 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.
Matcha Gluten- Free	Nutrition Facts 1 servings per container Serving size 1 Donut (72g) Amount Per Serving Calories 190 Total Fat 8g 10% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0%	Mint Chocolate Gluten- Free	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving Calories 230 Total Fat 12g 15% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 17g 6% Dietary Fiber 0g 0% Total Sugars 5g Includes 0g Added Sugars 0%
*Contains dairy and tree nuts	Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium -The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	*Contains dairy and tree nuts	Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Peanut	Nutrition Facts	Peanut	Nutrition Facts
Butter Gluten- Free	1 servings per container Serving size 1 Donut (77g) Amount Per Serving Calories 220 **Dally Value** Total Fat 16g 21% Saturated Fat 0g 0% **Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 8g 3% Dietary Fiber 0g Total Sugars 3g Includes 0g Added Sugars 0%	Butter Cup Gluten- Free	1 servings per container Serving size 1 Donut (80g) Amount Per Serving Calories 290 **Daily Value** Total Fat 11g 14% Saturated Fat 0g 0% **Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 15g 5% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0%
*Contains dairy, peanuts and tree nuts	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.	*Contains dairy, peanuts and tree nuts	Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Gluten- Free	Nutrition Facts aried (1) servings per container	Pumpkin	Nutrition Facts
Giateri i i ce			4
30	erving size 1 Donut (85g)	Spice	1 servings per container Serving size 1 Donut (77g)
	mount Per Serving	Gluten- Free	Amount Per Serving
	Calories 230	Keto-Friendly	Calories 230
To	% Daily Value* otal Fat 13g 17%		Total Fat 16g % Daily Value*
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
So	odium 0mg 0% otal Carbohydrate 18g 7%		Sodium 0mg 0% Total Carbohydrate 6g 2%
	Dietary Fiber 0g 0%		Dietary Fiber 0g 0%
	Total Sugars 5g Includes 0g Added Sugars 0%		Total Sugars 2g Includes 0g Added Sugars 0%
	otein 15g 30% t a significant source of cholesterol, vitamin D, calcium,		Protein 14g 28% Not a significant source of cholesterol, vitamin D, calcium,
iron	n, and potassium ne % Daily Value (DV) tells you how much a nutrient in a	**	*The % Daily Value (DV) tells you how much a nutrient in a
se	erving of food contributes to a daily diet. 2,000 calories a ay 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.
nuts		and tree nuts	
Red Velvet	Nutrition Facts	Strawberries	Nutrition Facts
Giateri i i ce	servings per container	& Cream	1 servings per container
	erving size 1 Donut (73g) mount Per Serving	Gluten- Free	Serving size 1 Donut (76g) Amount Per Serving
	Calories 210	Giuteri- Free	Calories 210
	% Daily Value*		% Daily Value*
	Saturated Fat 0g 15% 0%		Total Fat 14g 18% Saturated Fat 0g 0%
	Trans Fat 0g odium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	otal 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%
Pr	otein 10g 20%		Protein 12g 24%
Notiron	t a significant source of cholesterol, vitamin D, calcium, n, and potassium		Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
se	ne % Daily Value (DV) tells you how much a nutrient in a erving 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	ay is used for general nutrition advice.	and tree nuts	day is used for general nutrition advice.
Ube	Nutrition Facts	Vanilla	Nutrition Facts
	servings per container erving size 1 Donut (77g)	Glaze	1 servings per container Serving size 1 Donut (72g)
	mount Per Serving	Gluten- Free	Amount Per Serving
	Calories 210		Calories 190
	% Daily Value*		% Daily Value* Total Fat 8g 10%
	Saturated Fat 0g 0%		Saturated Fat 0g 0%
	Trans Fat 0g odium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	htal Carbohydrate 4g 1% Dietary Fiber 0g 0%		Total Carbohydrate 15g 5% Dietary Fiber 0g 0%
	Total Sugars 3g Includes 0g Added Sugars 0%		Total Sugars 8g Includes 0g Added Sugars 0%
	otein 12g 24%		Protein 10g 20%
iror	t a significant source of cholesterol, vitamin D, calcium, n, and potassium		Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and se	ne % Daily Value (DV) tells you how much a nutrient in a erving of food contributes to a daily diet. 2,000 calories a ay 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.
da	ly is used for general nutition advice.	and tree nuts	



London Fog	Nutrition Facts	Ferrero	Nutrition Facts
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 240		Amount Per Serving Calories 270
	% 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%
	Protein 13g 26%	,	Protein 15g 30%
tree nuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	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.		The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

	VEGAN P	PRONUTS	
Blueberry	Nutrition Facts	Carrot Cake	Nutrition Facts
D'I	1 servings per container	Gluten- Free	1 servings per container
Basil	Serving size 1 Donut (74g)	Gluten-Tree	Serving size 1 Donut (75g)
Gluten- Free	Amount Per Serving		Amount Per Serving
Giuteii- Free	Calories 170		Calories 210
	% Daily Value*		% Daily Value*
	Total Fat 2.5g 3%		Total Fat 8g 10%
	Saturated Fat 0g 0%		Saturated Fat 0g 0%
	Trans Fat 0g		Trans Fat 0g
	Sodium 0mg 0%		Sodium 0mg 0%
	Total Carbohydrate 26g 9%		Total Carbohydrate 20g 7%
	Dietary Fiber 0g 0% Total Sugars 7g		Dietary Fiber 0g 0% 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
Chatan Fasa	1 servings per container		1 servings per container
Gluten- Free	Serving size 1 Donut (74g)	Sugar	Serving size 1 Donut (72g)
	Amount Per Serving	Gluten- Free	Amount Per Serving
	Calories 250		Calories 160
	% Daily Value*		% Daily Value*
	Total Fat 6g 8%		Total Fat 2.5g 3%
	Saturated Fat 0g 0%		Saturated Fat 0g 0%
	Trans Fat 0g		Trans Fat 0g
	Sodium 0mg 0%		Sodium 0mg 0%
	Total Carbohydrate 26g 9%		Total Carbohydrate 28g 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 and tree nuts	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		Amount Per Serving
	Calories 220		Calories 190
	Total Fat 8g 10%		% Daily Value* Total Fat 2.5g 3%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
			Sodium 0mg 0% Total Carbohydrate 31g 11%
	Dietary Fiber 0g 0% Total Sugars 8g		Dietary Fiber 0g Total Sugars 14g
	Includes 0g Added Sugars 0% Protein 10g 20%		Includes 0g Added Sugars 0% Protein 10g 20%
*Contains peanuts	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.	*Contains peanuts	*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	
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	Amount Per Serving Calories 290	Gluten- Free	Amount Per Serving Calories 290
	Calories 290		Calories 290 % Daily Value*
	Total Fat 14g 18% 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 30g 11% Dietary Fiber 0g 0%		Total Carbohydrate 30g 11% Dietary Fiber 0g 0%
	Total Sugars 7g Includes 0g Added Sugars 0%		Total Sugars 7g 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.
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		Amount Per Serving
	Calories 230		Calories 200
	Total Fat 13g % Daily Value*		Total Fat 6g % Daily Value*
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0% Total Carbohydrate 18g 7%		Sodium 0mg 0% Total Carbohydrate 19g 7%
	Dietary Fiber 0g 0% Total Sugars 5g		Dietary Fiber 0g 0% Total Sugars 6g
	Includes 0g Added Sugars 0% Protein 12g 24%		Includes 0g Added Sugars 0% Protein 10g 20%
*0	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*0	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.
and tree nuts		and tree nuts	3



	PROTE	IN COOKIES	
The PRONUT Cookie Vegan Gluten- Free *Contains peanuts and	Nutrition Facts 1 servings per container Serving size 1 Cookie (80g) Amount Per Serving Calories 260 **Daily Value* Total Fat 14g 18% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 19g 7% Dietary Fiber 0g 0% Total Sugars 12g Includes 0g Added Sugars 0% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium -The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Cookies Vegan	Nutrition Facts 1 servings per container Serving size Cookie (80g) Amount Per Serving Calories 250 **Daily Value* Total Fat 16g 21% Saturated Fat 0g 0% Trans Fat 0g Sodium 0mg 0% Total Carbohydrate 23g 8% Dietary Fiber 0g 0% Total Sugars 14g Includes 0g Added Sugars 0% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
tree nuts		*Contains tree nuts	



	PROTEI	N MUFFINS	
Apple Cinnamon Crumble Gluten-Friendly	Nutrition Facts	Blueberry Gluten-Friendly	Nutrition Facts
*Contains dairy and tree nuts Double	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. **Nutrition Facts**	*Contains dairy and tree nuts	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.
Dark Chocolate Gluten-Friendly	1 servings per container Serving size 1 Muffin (80g) Amount Per Serving Calories 270 **Daily Value** Total Fat 18g 23% Saturated Fat 0g 0% **Trans Fat 0g		
*Contains dairy and tree nuts	Sodium 0mg 0% Total Carbohydrate 20g 7% Dietary Fiber 0g 0% Total Sugars 10g Includes 0g Added Sugars 0% Protein 18g 36% Not a significant source of cholesterol, vitamin D, calcium, 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 E	BROWNIES	
Dark Chocolate	Nutrition Facts	Walnut	Nutrition Facts
Brownie	1 servings per container	Brownie	1 servings per container
Chatan Fairmalla	Serving size 1 Brownie (85g)		Serving size 1 Brownie (85g)
Gluten-Friendly	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 290		Calories 290
	% Daily Value*		% Daily Value*
	Total Fat 18g 23%		Total Fat 19g 24%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0%		Sodium 0mg 0%
	Total Carbohydrate 22g 8%		Total Carbohydrate 22g 8%
	Dietary Fiber 0g 0%		Dietary Fiber 0g 0%
	Total Sugars 14g		Total Sugars 12g
	Includes 0g Added Sugars 0% Protein 13g 26%		Includes 0g Added Sugars 0% Protein 14g 28%
	<u> </u>		
*	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 tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a	*Contains tree	*The % Daily Value (DV) tells you how much a nutrient in a
and dairy	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	nuts and dairy	serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Cookies &	PROTEIN 5 Nutrition Facts	MOOTHIES Mango	Nutrition Facts
Cream	1 servings per container Serving size 1 Smoothie	Gluten-Friendly	1 servings per container Serving size 1 Smoothie
Clutan Friandly	Amount Per Serving		Amount Per Serving
Gluten-Friendly	Calories 400		Calories 240
	% Daily Value*		% Daily Value*
	Total Fat 11g 14% Saturated Fat 3.5g 18%		Total Fat 4.5g 6% Saturated Fat 1.5g 8%
	Trans Fat 0g		Trans Fat 0g
	Polyunsaturated Fat 0.4g		Polyunsaturated Fat 0.4g
	Monounsaturated Fat 1.2g Cholesterol 50mg 17%		Monounsaturated Fat 1.1g Cholesterol 45mg 15%
	Sodium 330mg 14%		Sodium 310mg 13%
	Total Carbohydrate 46g		Total Carbohydrate 22g 8% Dietary Fiber 1g 4%
	Total Sugars 33g		Total Sugars 17g
	Includes 0g Added Sugars 0% Protein 33g 66%		Includes 0g Added Sugars 0% Protein 29g 58%
	Vitamin D Omcq 0%		Vitamin D Omeg 0%
	Calcium 719mg 60%		Calcium 677mg 50%
	Iron 1.746mg		Iron 0.648mg



The PRONUT	Nutrition Facts	Berry Explosion	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Smoothie	Gluten-Friendly	1 servings per container 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 Polyunsaturated Fat 1.3g		Trans Fat 0g 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 15%		Total Carbohydrate 31g 11%
	Dietary Fiber 5g 18%		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 0mcg 0%		Vitamin D 0mcg 0%
	Calcium 662mg 50% Iron 0.99mg 6%		Calcium 697mg 50% Iron 1.062mg 6%
*Contains tree nuts	Potassium 0mg 0%		Potassium 0mg 0%
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	*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
and dan y	day is used for general nutrition advice.	comains dairy	day is used for general nutrition advice.
Strawberry	Nutrition Facts		
	1 servings per container		
Gluten-Friendly	9 1		
,	Serving size 1 Smoothie		
	Amount Per Serving Calories 290		
	% Daily Value*		
	Total Fat 7g 9%		
	Saturated Fat 2.2g 11%		
	Trans Fat 0q		
	Polyunsaturated Fat 0.8g		
	Monounsaturated Fat 1.5g		
	Cholesterol 0mg 0%		
	Sodium 380mg 17 %		
	Total Carbohydrate 39g 14%		
	Dietary Fiber 5g 18%		
	Total Sugars 26g Includes 0g Added Sugars 0%		
	Protein 22g 44%		
	Vitamin D 0mcg 0% Calcium 798mg 60%		
	Iron 1.098mg 6%		
	Iron 1.098mg 6% Potassium 0mg 0%		
	Potassium 0mg 0%		
*Contains dairy			