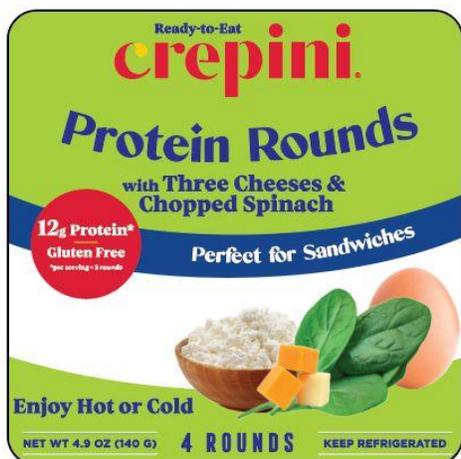


Crepini Three Cheese and Spinach Protein Rounds



Nutrition Facts

Servings: 2, **Serv. size: 2 Protein Rounds (70g),**

Amount per serving: **Calories 130**, Total Fat 5g (6% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, **Cholest.** 35mg (11% DV), **Sodium** 340mg (15% DV), **Total Carb.** 9g (3% DV), Fiber 1g (3% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 12g (23% DV), Calcium 120mg (10% DV), Iron 0.8mg (4% DV), Potas. 170mg (4% DV), Vit. A 50mcg (6% DV), Vit. B6 0.1mg (4% DV), Vit. B12 0.3mcg (15% DV), Mag. 25mg (6% DV), Zinc 0.9mg (8% DV)

INGREDIENTS: COTTAGE CHEESE 2% (CULTURED SKIM MILK, CREAM, SALT), EGG WHITE, OAT FLOUR, EGG WHOLE WITH CITRIC ACID, CHEDDAR AND PARMESAN CHEESES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CHEDDAR CHEESE POWDER (CULTURED PASTEURIZED MILK, SALT, ENZYMES, WHEY, DRY BUTTERMILK, NATURAL FLAVOR, DISODIUM PHOSPHATE, ANNATTO, SILICON DIOXIDE), OLIVE OIL, SPINACH, ONION POWDER, SEA SALT, GARLIC POWDER

CONTAINS: EGG, MILK

Crepini Sausage and Cheddar Wrap Ups



Nutrition Facts

servings per container

Serving size (90g)

Amount per serving

Calories 220

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 570mg **25%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 16g

Vitamin D 0mcg **0%**

Calcium 260mg **20%**

Iron 0.7mg **4%**

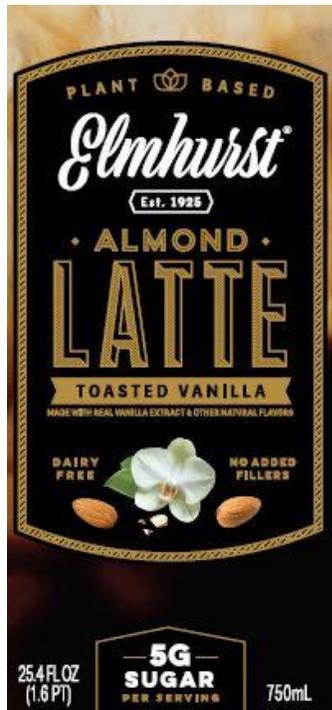
Potassium 190mg **4%**

*The % Daily Value 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.

INGREDIENTS: Crepini Sausage and Cheddar Wrap Ups (cottage cheese 2% milkfat (cultured skim milk, cream, salt), egg whites, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), sausage (pork, water, spices, dextrose, sugar, artificial flavor, lime juice concentrate), whole eggs (eggs, citric acid), oat flour, parmesan cheese (cultured pasteurized milk, enzymes, whey, dry buttermilk, natural flavor, disodium phosphate, annatto, silicon dioxide), onion powder, garlic powder).

Contains: Eggs, Milk.

Elmhurst Almond Vanilla Latte



Nutrition Facts			
About 2 servings per container			
Serving size		12 fl oz (360mL)	
	Per Serving	Per Carton	
Calories	160	340	
	% Daily Value*	% Daily Value*	
Total Fat	7g	9%	15g 19%
Saturated Fat	0.5g	3%	1g 6%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	160mg	7%	340mg 15%
Total Carbohydrate	17g	6%	36g 13%
Dietary Fiber	1g	5%	3g 10%
Total Sugars	5g		11g
Incl. Added Sugars	4g	9%	9g 18%
Protein	4g		8g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	60mg	4%	120mg 10%
Iron	0.9mg	4%	1.9mg 10%
Potassium	300mg	6%	640mg 15%

*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.

Ingredients: Almond Milk (Filtered Water, Almonds), Gluten-Free Oats, Cold Brew Coffee, Cane Sugar, Natural Flavors, Vanilla Extract, Salt.

Contains: Almonds

Sola Bagel Plain



Nutrition Facts	
4 servings per container	
Serving size 1 bagel (85g)	
Amount per serving	Calories 110
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 35g	13%
Dietary Fiber 30g	107%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	9%
Vit. D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potas. 70mg	2%

*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.

Ingredients: Modified Wheat Starch, Water, Wheat Gluten, Agave Fiber, Wheat Protein, Yeast, Contains Less Than 2% Of Each Of The Following: Avocado Oil, Cultured Wheat Flour, Wheat Flour, Natural Flavor, Oat Fiber, Citrus Fiber, Salt, Flax Seed Fiber, Vegetable Fiber Blend (Pea, Potato, Potato Dextrin, Psyllium Husk, Bamboo, Flax Seed), Guar Gum, Citric Acid, Ascorbic Acid.

Contains: Wheat

Philadelphia Cream Cheese



Nutrition Facts	
1 Servings per container	
Serving Size	1 oz (28g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 7 g	11%
Saturated Fat 4 g	20%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 115 mg	5%
Total Carbohydrates 1 g	0%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes Added Sugars	%
Protein 1 g	
Vitamin D	%
Calcium 33 mg	4%
Iron 0 mg	0%
Potassium	%

* The % Daily Values (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.

INGREDIENTS:
 PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, WHEY, SALT, CAROB BEAN GUM, XANTHAN GUM, GUAR GUM, NATAMYCIN (A NATURAL MOLD INHIBITOR), VITAMIN A PALMITATE, CHEESE CULTURE

CONTAINS: MILK

Mush Overnight Oats



NUTRITION FACTS	Serv. Size: 1 Container (156g), Amount Per Serving: Calories 270, Total Fat 8g (10% DV), Sat. Fat 1.5g (7% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 280mg (12% DV), Total Carb. 37g (14% DV), Fiber 7g (23% DV), Total Sugars 14g (Incl. 0g Added Sugars, 0% DV), Protein 15g (31% DV), Vit. D (0% DV), Calcium (4% DV), Iron (10% DV), Potas. (8% DV).
270 CALORIES	
NET WT. 5.5oz (156g)	

Protein Peanut Butter

INGREDIENTS: OAT MILK (WATER, OATS), ROLLED OATS, PEANUTS, DATES, SEA SALT.
CONTAINS: PEANUT.