

Food name: Drop Ship- Upstate Farms Vanilla Yogurt

Nutrition Facts

1 servings per container

Serving size 1 (113g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

*Trans*Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 19g 7%

Dietary Fiber 0g 0%

Total Sugars 14g

Includes 11g Added Sugars 22%

Protein 3g

Vitamin D 4mcg 20%

Calcium 290mg 20%

Iron 0mg 0%

Potassium 160mg 4%

* 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: CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, WATER, MODIFIED CORN STARCH, WHEY, NATURAL FLAVORS, TRICALCIUM PHOSPHATE, GELLAN GUM, POTASSIUM SORBATE (FOR FRESHNESS), CITRIC ACID, VITAMIN D3

CONTAINS: MILK

Food name: Drop Ship- Bob's Red Mill Honey Oat Granola

Nutrition Facts

7 servings per container

Serving size 1 (50g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 38g 14%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 10g Added Sugars 20%

Protein 5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 170mg 4%

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INGREDIENTS: GLUTEN-FREE WHOLE GRAIN ROLLED OATS, CANE SUGAR, BROWN RICE, CANOLA OIL, HONEY, BROWN RICE SYRUP, MOLASSES, SALT, VANILLA EXTRACT (VANILLA BEAN EXTRACTIVES, ALCOHOL, WATER), MIXED TOCOPHEROLS (ANTIOXIDANT)

Food name: Drop Ship- Philadelphia Multigrain Bagel Chips & Garden Vegetable Cream Cheese (2.5 Oz.)

Nutrition Facts	
1 servings per container	
Serving size	1 (71g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.4mg	2%
Potassium 0mg	0%
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INGREDIENTS: DIP: PASTEURIZED MILK AND CREAM, WATER, ONIONS, SALT, CARROTS, GREEN BELL PEPPERS, CUCUMBERS, RED BELL PEPPERS, DRIED GREEN BELL PEPPERS, DRIED RED BELL PEPPERS, DRIED CARROTS, CAROB BEAN GUM, VINEGAR, LACTIC ACID, GUAR GUM, NATURAL FLAVOR (CONTAINS CELERY), NATAMYCIN (NATURAL MOLD INHIBITOR), CHEESE CULTURE. BAGEL CHIPS: WHEAT FLOUR, SOYBEAN OIL, FLAX SEEDS, CORN MEAL, WHEAT BRAN, WHOLE GRAIN ROLLED OATS, MILLET, YEAST, MALTED BARLEY FLOUR, SALT, SUGAR, WATER, SEA SALT, GUAR GUM, OAT FIBER, ROSEMARY EXTRACT (ANTIOXIDANT), ASCORBIC ACID (ANTIOXIDANT)

Food name: Drop Ship- Just Crack an Egg Ultimate Scramble

Nutrition Facts

1 servings per container

Serving size 1 (85g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 14g 18%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 360mg 16%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 0mg 0%

Potassium 280mg 6%

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INGREDIENTS: COOKED PORK BREAKFAST SAUSAGE CRUMBLES (PORK, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, YEAST EXTRACT, SPICE EXTRACTS), VINEGAR, WATER, SODIUM PHOSPHATES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR)), MODIFIED CORNSTARCH ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR), POTATOES, ONIONS, GREEN PEPPERS, RED PEPPERS, CITRIC ACID

CONTAINS: MILK

Food name: Drop Ship- Mini Babybel Original (6 Ct)

Nutrition Facts

1 servings per container

Serving size 1 (21g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 5g 6%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 160mg 7%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 0mg 0%

Potassium 10mg 0%

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INGREDIENTS: PASTEURIZED CULTURED MICROFILTERED MILK, WATER, SALT, OIL, MICROBIAL ENZYMES

CONTAINS: MILK

Food name: Drop Ship- Koia Glowing Greens Smoothie (12 Oz.)

Nutrition Facts

1 servings per container

Serving size 1 (340g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 16g 6%

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1mg 6%

Potassium 480mg 10%

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INGREDIENTS: COCONUT WATER (FROM CONCENTRATE), PEAR PUREE, CUCUMBER JUICE (FROM CONCENTRATE), BANANA PUREE, PEA PROTEIN, BAOBAB POWDER, KOIA PREBIOTIC FIBER BLEND (AGAVE FIBER, CHICORY ROOT FIBER), ORGANIC KALE, ORGANIC BROCCOLI, ORGANIC SPINACH, GROUND CHIA SEEDS, LEMON JUICE (FROM CONCENTRATE), NATURAL FLAVORS, ORANGE JUICE (FROM CONCENTRATE), LOCUST BEAN GUM, GELLAN GUM, MONK FRUIT AND ORGANIC STEVIA EXTRACT (REB A)

CONTAINS: COCONUT

Food name: Drop Ship- Koia Cacao Bean Protein Shake

Nutrition Facts

1 servings per container

Serving size **1 (340g)**

Amount per serving

Calories **190**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 13g **5%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 18g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3mg 15%

Potassium 160mg 4%

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INGREDIENTS: ALMOND MILK (FILTERED WATER, ALMONDS), KOIA PROPRIETARY PROTEIN BLEND (BROWN RICE PROTEIN, PEA PROTEIN, CHICKPEA PROTEIN), KOIA PREBIOTIC FIBER BLEND (AGAVE FIBER, CHICORY ROOT FIBER), COCOA POWDER, ORGANIC CANE SUGAR, NATURAL FLAVORS, SUNFLOWER LECITHIN, SEA SALT, VANILLA EXTRACT, CACAO POWDER, COCOA EXTRACT, MONK FRUIT EXTRACT, LOCUST BEAN GUM, GELLAN GUM AND CINNAMON

CONTAINS: ALMONDS

Food name: Drop Ship- Tropicana 100% Orange Juice (12 Oz.)

Nutrition Facts

6 servings per container

Serving size **1 (227g)**

Amount per serving

Calories **110**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **0%**

Total Sugars 22g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0mg 0%

Potassium 450mg 10%

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INGREDIENTS: 100% ORANGE JUICE