

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%

\* 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:** 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- Honey Mama's Coffee Nib Crunch (1.25 Oz.)

# Nutrition Facts

1 servings per container

**Serving size** **1 (35g)**

**Amount per serving**

**Calories** **190**

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 12g **60%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 80mg **3%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 3g **11%**

Total Sugars 10g

Includes 10g Added Sugars **20%**

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 2mg 10%

Potassium 280mg 6%

\* 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:** ORGANIC RAW HONEY, ORGANIC COCONUT, ORGANIC UNREFINED COCONUT OIL, ORGANIC ALKALIZED COCOA POWDER, ORGANIC CACAO NIBS, GROUND COFFEE, HIMALAYAN PINK SALT, VANILLA EXTRACT

**CONTAINS:** COCONUT

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%

\* 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:** 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- 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%

\* 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:** 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 Magic Mango Smoothie (12 Oz.)

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 (340g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 390mg	8%

\* 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:** COCONUT MILK (WATER, COCONUT CREAM), COCONUT WATER (FROM CONCENTRATE), MANGO PUREE, ORANGE JUICE (FROM CONCENTRATE), PEA PROTEIN, KOIA PREBIOTIC FIBER BLEND (AGAVE FIBER, CHICORY ROOT FIBER), BAOBAB POWDER, NATURAL FLAVORS, GROUND CHIA SEEDS, LEMON JUICE (FROM CONCENTRATE), LOCUST BEAN GUM, GELLAN GUM, MONK FRUIT, ORGANIC STEVIA EXTRACT (REB A), RETINYL PALMITATE (VITAMIN A), ASCORBIC ACID

**CONTAINS:** COCONUT

Food name: Drop Ship- Lender's Individually Wrapped Plain Bagel

# Nutrition Facts

6 servings per container

**Serving size** 1 (81g)

Amount per serving

**Calories** 220

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

*Trans*Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 410mg 18%

**Total Carbohydrate** 43g 16%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 3g Added Sugars 6%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2.3mg 15%

Potassium 70mg 0%

\* 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:** ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (B2), FOLIC ACID), WATER, SUGAR, YEAST, WHEAT GLUTEN, SALT, MALT EXTRACT (CORN, BARLEY), VEGETABLE OIL (SOYBEAN), CORN MEAL, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), MONOGLYCERIDES, GUAR GUM

**CONTAINS:** WHEAT

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%

\* 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 CULTURED MICROFILTERED MILK, WATER, SALT, OIL, MICROBIAL ENZYMES

**CONTAINS:** MILK

Food name: Drop Ship- Mush Apple Cinnamon Overnight Oats (5 Oz.)

# Nutrition Facts

1 servings per container

**Serving size** 1 (141g)

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 0.5g 3%

*Trans*Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 125mg 5%

**Total Carbohydrate** 32g 12%

Dietary Fiber 5g 18%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 190mg 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:** ALMOND MILK (WATER, ALMONDS), ROLLED OATS, DRIED APPLES (APPLES, APPLE JUICE CONCENTRATE), CINNAMON, SEA SALT

**CONTAINS:** ALMONDS

Food name: Drop Ship- Noosa Coconut Yoghurt (4.5 Oz.)

# Nutrition Facts

1 servings per container

**Serving size** 1 (128g)

Amount per serving

**Calories** 180

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 5g 25%

*Trans*Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 70mg 3%

**Total Carbohydrate** 18g 7%

Dietary Fiber 0g 0%

Total Sugars 16g

Includes 10g Added Sugars 20%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 0mg 0%

Potassium 280mg 6%

\* 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:** GRADE A PASTEURIZED WHOLE MILK, FRUIT PUREE (WATER, CANE SUGAR, COCONUT, COCONUT CREAM, SWEETENED CONDENSED MILK [MILK, SUGAR], PECTIN, NATURAL FLAVORS, LOCUST BEAN GUM, LACTIC ACID), CANE SUGAR, WILDFLOWER HONEY, KOSHER GELATIN, PECTIN, LIVE ACTIVE CULTURES

**CONTAINS:** COCONUT, MILK

Food name: Drop Ship- Noosa Mixed Berry Yoghurt (4.5 Oz.)

# Nutrition Facts

1 servings per container

**Serving size** 1 (128g)

Amount per serving

**Calories** 150

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 4g 20%

*Trans*Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 65mg 3%

**Total Carbohydrate** 18g 7%

Dietary Fiber 0g 0%

Total Sugars 18g

Includes 11g Added Sugars 22%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 0mg 0%

Potassium 280mg 6%

\* 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:** GRADE A PASTEURIZED WHOLE MILK, FRUIT PUREE (WATER, STRAWBERRIES, CANE SUGAR, BLUEBERRIES, RASPBERRIES, BLACKBERRY PUREE, PECTIN, LOCUST BEAN GUM, VEGETABLE JUICE [FOR COLOR], NATURAL FLAVOR, LEMON JUICE CONCENTRATE), CANE SUGAR, WILDFLOWER HONEY, KOSHER GELATIN, PECTIN, LIVE ACTIVE CULTURES

**CONTAINS:** MILK

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%

\* 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:** 100% ORANGE JUICE

Food name: Drop Ship- Philadelphia Cream Cheese Single Serve (1 Oz.)

# Nutrition Facts

1 servings per container

**Serving size** 1 (28g)

Amount per serving

**Calories** 70

**% Daily Value\***

**Total Fat** 7g 9%

Saturated Fat 4g 20%

*Trans*Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 115mg 5%

**Total Carbohydrate** 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0mg 0%

Potassium 0mg 0%

\* 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, NATAMYCIN (A NATURAL MOLD INHIBITOR) VITAMIN A PALMITATE, CHEESE CULTURE

**CONTAINS:** MILK

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