

Hearty 8 Grain Loaded Toast Nutritional Information



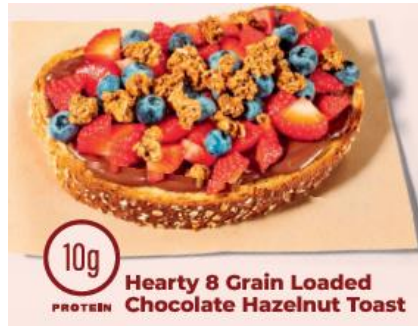
Hearty 8 Grain Loaded Avocado Toast

Nutrition Facts	
servings per container	
Serving size	(144g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 980mg	43%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 330mg	8%

*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: Multigrain Bread, Chunky Avocado Spread, Everything Bagel Seasoning.

Allergens: Sesame, Wheat



Hearty 8 Grain Chocolate Hazelnut Toast

Nutrition Facts	
servings per container	
Serving size	(160g)
Amount per serving	
Calories	360
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 57g	21%
Dietary Fiber 8g	29%
Total Sugars 20g	
Includes 16g Added Sugars	32%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.4mg	15%
Potassium 240mg	6%

*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: Multigrain Bread, Strawberries, Chocolate Hazelnut spread, Blueberries, Purely Elizabeth Granola.

Allergens: Tree Nuts (Hazelnuts, Coconut), Wheat



Hearty 8 Grain Loaded Peanut Butter Toast

Nutrition Facts	
servings per container	
Serving size	(192g)
Amount per serving	
Calories	420
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 63g	23%
Dietary Fiber 8g	29%
Total Sugars 23g	
Includes 13g Added Sugars	26%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.8mg	15%
Potassium 520mg	10%

*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: Multigrain Bread, Bananas, Peanut Butter, Strawberries, Honey, Blueberries.

Allergens: Peanuts, Wheat

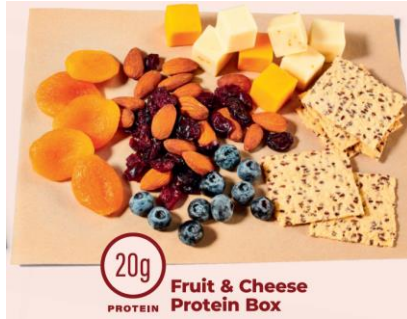
Sous Vide Grilled Chicken Skewers Nutritional Information



Salt & Pepper Chicken Skewers - No Dip	
Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 430mg	19%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%
<small>*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.</small>	
Ingredients: Salt and Pepper Chicken Tenders	
Allergens: None	

Zesty Garlic Chicken Skewers - No Dip	
Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 360mg	16%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%
<small>*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.</small>	
Ingredients: Zesty Garlic Chicken Tenders	
Allergens: Milk	

Protein Boxes



Fruit & Cheese Protein Box

Nutrition Facts	
servings per container	
Serving size	(166g)
Amount per serving	
Calories	580
	% Daily Value*
Total Fat 32g	41%
Saturated Fat 12g	60%
Trans Fat 1g	
Cholesterol 55mg	18%
Sodium 810mg	35%
Total Carbohydrate 56g	20%
Dietary Fiber 8g	29%
Total Sugars 33g	
Includes 12g Added Sugars	24%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 480mg	35%
Iron 3.8mg	20%
Potassium 210mg	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.	



Eggs & Cheese Protein Box

Nutrition Facts	
servings per container	
Serving size	(230g)
Amount per serving	
Calories	460
	% Daily Value*
Total Fat 30g	38%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 405mg	135%
Sodium 910mg	40%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 26g	
Vitamin D 1.9mcg	10%
Calcium 430mg	35%
Iron 3.8mg	20%
Potassium 240mg	6%
*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.	