

Hearty 8 Grain Loaded Toast Nutritional Information

Avocado

9g PROTEIN



Nutrition Facts

servings per container	
Serving size	(141g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	33%
Total Carbohydrate 42g	15%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.3mg	15%
Potassium 360mg	8%
<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: Hearty 8-Grain Bread, Chunky Avocado Spread, Everything Bagel Seasoning.
Allergens: Milk, Sesame, Soy, Wheat

Peanut Butter

13g PROTEIN



Nutrition Facts

servings per container	
Serving size	(198g)
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 24g	
Includes 13g Added Sugars	26%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.8mg	15%
Potassium 530mg	10%
<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: Hearty 8-Grain Bread, Bananas, Peanut Butter, Strawberries, Honey, Blueberries.
Allergens: Milk, Sesame, Soy, Peanuts, Wheat

Chocolate Hazelnut

11g PROTEIN



Nutrition Facts

servings per container	
Serving size	(174g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 61g	22%
Dietary Fiber 8g	29%
Total Sugars 22g	
Includes 16g Added Sugars	32%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.5mg	15%
Potassium 260mg	6%
<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: Hearty 8-Grain Bread, Strawberries, Chocolate Hazelnut Drizzle, Blueberries, Granola.
Allergens: Milk, Sesame, Soy, Tree Nuts (Hazelnut, Coconut), Wheat

Protein Boxes Nutritional Information

Eggs & Cheese

26g PROTEIN

Nutrition Facts	
1 servings per container	
Serving size	1 box (236g)
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 30g	38%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 405mg	135%
Sodium 1110mg	48%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 26g	
Vitamin D 1.9mcg	10%
Calcium 430mg	35%
Iron 3.8mg	20%
Potassium 250mg	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: Hard-Boiled Egg, Cheese Cubes (Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes, Annatto], Monterey Jack Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Monterey Jack Cheese with Jalapeno Peppers [Cultured Pasteurized Milk, Salt, Red and Green Jalapeno Peppers, Enzymes]), Strawberries, Flax & Sea Salt Crackers (Unbleached Enriched Wheat Flour [Unbleached Wheat Flour, Ascorbic Acid, Niacin [Vitamin B-3], Iron [Ferrous Sulphate], Thiamin Mononitrate [Vitamin B-1], Riboflavin [Vitamin B-2], Folic Acid], Flax Seeds, Extra Virgin Olive Oil, Organic Cane Sugar, Sea Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate], Rosemary Extract, Filtered Water), Blueberries, Salt Packet (Salt, Sodium Silicoaluminate, Dextrose, Sodium Thiosulfate, Potassium Iodide), Pepper Packet (Ground Black Pepper).

Allergens: Egg, Milk, Wheat

Peanut Butter

21g PROTEIN

Nutrition Facts	
1 servings per container	
Serving size	1 box (176g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 34g	44%
Saturated Fat 14g	70%
Trans Fat 1g	
Cholesterol 55mg	18%
Sodium 1020mg	44%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 5g Added Sugars	10%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 400mg	30%
Iron 2.8mg	15%
Potassium 200mg	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: Cheese Cubes (Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes, Annatto], Monterey Jack Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Monterey Jack Cheese with Jalapeno Peppers [Cultured Pasteurized Milk, Salt, Red and Green Jalapeno Peppers, Enzymes]), Strawberries, Flax & Sea Salt Crackers (Unbleached Enriched Wheat Flour [Unbleached Wheat Flour, Ascorbic Acid, Niacin [Vitamin B-3], Iron [Ferrous Sulphate], Thiamin Mononitrate [Vitamin B-1], Riboflavin [Vitamin B-2], Folic Acid], Flax Seeds, Extra Virgin Olive Oil, Organic Cane Sugar, Sea Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate], Rosemary Extract, Filtered Water), Blueberries, BBQ Seasoned Beef Stick (Beef, Molasses Powder, Sea Salt, and Less Than 2% of Sugar, Spices [Including Mustard], Paprika, Tamarind Powder, Cultured Celery Powder, Cherry Powder, Onion Powder, Garlic Powder, Lactic Acid Starter Culture [Not From Milk]. Encased in a Colored Beef Collagen Casing), Honey Peanut Butter (Dry Roasted Peanuts, Organic Honey, Organic Cane Sugar, Peanut Oil, Palm Oil, Sea Salt).

Allergens: Milk, Peanuts, Wheat