

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

Egg Clouds™ Nutritional Information

Veggie

14g PROTEIN



Nutrition Facts	
Serving size	1 Cloud (106g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 670mg	29%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 0mg	0%
Potassium 150mg	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: Egg Whites, Cheese and Vegetable Filling (Feta Cheese, Spinach, Cream Cheese, Grated Parmesan Cheese, Roasted Onions, Rice Starch, Roasted Red Bell Peppers, Roasted Green Bell Peppers, Butter, Salt, Spice), Monterey Jack and Gruyere Cheese, Parmesan Cheese, Potato Starch, Hot Sauce, Sodium Bicarbonate, Salt, Garlic Powder
Allergens: Egg, Milk

Turkey Sausage

16g PROTEIN



Nutrition Facts	
Serving size	1 Cloud (106g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 580mg	25%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 310mg	25%
Iron 0mg	0%
Potassium 140mg	2%
*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: Egg Whites, Cheese and Turkey Filling (Cream Cheese, Cooked Turkey Sausage, Cheddar Cheese, Water, Rice Starch, Pepper Sauce, Spice), Monterey Jack and Gruyere Cheese, Parmesan Cheese, Potato Starch, Hot Sauce, Sodium Bicarbonate, Salt, Garlic Powder
Allergens: Egg, Milk

Turkey Bacon

18g PROTEIN



Nutrition Facts	
Serving size	1 Cloud (106g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 630mg	27%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1mg	6%
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: Egg Whites, Cheese and Turkey Bacon Filling (Cream Cheese, Cheddar Cheese, Uncured Turkey Bacon, Water, Rice Starch, Pepper Sauce), Monterey Jack and Gruyere Cheese, Parmesan Cheese, Potato Starch, Hot Sauce, Sodium Bicarbonate, Salt, Garlic Powder
Allergens: Egg, Milk

Sous Vide Chicken Skewers Nutritional Information



Zesty Garlic

24g PROTEIN

Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	110
% Daily Value*	
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: Chicken Tenders with Zesty Garlic Marinade
Allergens: Milk

Spicy Habanero

24g PROTEIN

Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	110
% Daily Value*	
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: Chicken Tenders with Spicy Habanero Marinade
Allergens: None

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