
SOTA state of the art
WEIGHTLOSS
Maintenance
Shopping List

Breakfast Items

Nutrition Facts
1 Serving Per Bag
Serving Size 1 Bag (22g)

Amount Per Serving	
Calories	100
Calories from Fat	30
	% DV*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 30mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 16g	32%
Vitamin A	0%
Vitamin C	0%
Calcium	25%
Iron	0%

Available at www.thecerealschool.com

Nutrition Facts
7 servings per container
Serving size ¾ Cup (28g)

Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 60mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Available at www.magicspoon.com

Nutrition Facts
About 6 servings per container
Serving size 1/2 Cup (36g)

Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.6mg	9%
Potassium 30mg	1%

*The % Daily Value (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.

Available on Amazon & some local grocery stores

Nutrition Facts
7 Servings Per Container
Serving Size 3/4 cup (35g)

Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 8g	

Available on Amazon

Nutrition Facts

5 servings per container
Serving size 2/3 cup (60g)

	Per 2/3 cup (60g) bowl serving		Per 1/3 cup (30g) snack serving	
Calories	**280**		**140**	
		% DV*		% DV*
Total Fat	22g	29%	11g	14%
Saturated Fat	5g	27%	2.5g	13%
Trans Fat	0g		0g	
Polyunsaturated Fat	6g		3g	
Monounsaturated Fat	9g		4.5g	
Cholesterol	0mg	0%	0mg	0%
Sodium	140mg	6%	70mg	3%
Total Carbohydrates	19g	7%	9g	3%
Dietary Fiber	4g	14%	2g	7%
Total Sugars	3g		1g	
Inc. Added Sugars	2g	3%	1g	2%
Sugar Alcohol	6g		3g	
Protein	14g		7g	

Available at your local grocery store

Nutrition Facts

15 serving per container
Serving size 1/2 Cup (37g)

Amount per serving
Calories

Total Fat 4.5g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 130mg	
Total Carbohydrate 14g	
Dietary Fiber 12g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 12g	

Available on Amazon

Nutrition Facts

20 servings per container
Serving size 1/8 cup (28g)

Amount Per Serving
Calories **180**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 3g Added Sugars	**6%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.2mg	6%
Potassium 150mg	4%

*The % Daily Value (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.

Available at Whole Foods

Nutrition Facts

10 servings per container
Serving size 1/4 Cup (26g)

Amount Per Serving
Calories **150**

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	14%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.4mg	8%
Potassium 0mg	0%

*The % Daily Value (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.

Available on Amazon

NUTRITION FACTS

Serving Size 1 pouch (50g)
Servings Per Container 4

Amount Per Serving
Calories 285 **Calories from Fat** 215

	% Daily Values*
Total Fat 24g	37%
Saturated Fat 10g	50%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 6g	12%

Available at Amazon, Walmart

Nutrition Facts

About 26 servings per container
Serving size About 1 Scoop (28g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 115mg	5%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	46%

Vit. D 0mcg 0% • Calcium 290mg 20%
Iron 0.1mg 0% • Potassium 80mg 2%

* The % Daily Value (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.

Available at GNC & The Vitamin Shoppe

Nutrition Facts

Serving Size 35 g
Servings Per Container 8

Amount Per Serving

	% Daily Values*
Total Fat 11	14%
Saturated Fat 2.0g	11.0%
Trans Fat 0.0g	
Cholesterol 120.0mg	40.0%
Sodium 350.0mg	15.0%
Total Carbohydrates 10	4%
Dietary Fiber 5.0g	18.0%
Sugars 0.0g	
Protein 9.0g	

Calcium 20.0% Iron 10.0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Available most local grocery stores

Nutrition Facts

4 servings per container
Serving size 1 bagel (88g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 14g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 9g	
Cholesterol 0mg	0%
Sodium 640mg	28%
Total Carbohydrates 28g	10%
Dietary Fiber 19g	67%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 2g	
Protein 18g	10%

Available at www.solasweet.com

NUTRITION FACTS

Approx. 28 Servings per Container
Serving Size: 1 Rounded Scoop (35 grams)

Amount Per Serving
CALORIES 120

	%Daily Value**
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	40%

Available at GNC

Nutrition Facts

3 servings per container
Serving size 2 waffles (56g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 170mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	10%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Sugar Alcohol 2g	
Protein 5g	

Vitamin D 0mcg 0%
Calcium 136mg 10%
Iron 2mg 8%
Potassium 187mg 4%

*The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Available at local grocery stores

Serving Per Container: 1
Amount Amount Per Serving:

Calories: 100

Total Fat 3g
Saturated Fat 1.5g
Trans Fat 0g
Cholesterol 15mg
Sodium 390mg
Total Carbohydrate 4g
Dietary Fiber 0g
Sugars 3g
Added Sugars 0g
Protein 15g

Serving Size: 1 cup
Serving Per Container: 1
Amount :

Calories: 80

Total Fat 2g
Saturated Fat 1g
Trans Fat 0g
Cholesterol 5mg
Sodium 35mg
Total Carbohydrate 3g
Dietary Fiber 0g
Sugars 2g
Added Sugars 0g
Protein 12g

Nutrition Facts
Serving Size 1 Container (150g)
Servings Per Package 4

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 65mg	3%
Potassium 210mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 15g	30%

Serving Per Container: 1
Amount Amount per serving:

Calories: 170

Total Fat 4g
Saturated Fat 1.5g
Trans Fat 0g
Cholesterol 15mg
Sodium 190mg
Total Carbohydrate 9g
Dietary Fiber 0g
Sugars 3g
Added Sugars 0g
Sugar Alcohol 2g
Protein 25g

Serving Size: 1 Container
Amount Amount per serving:

Calories: 60

Total Fat 0g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 10mg
Sodium 65mg
Total Carbohydrate 5g
Dietary Fiber 1g
Sugars 0g
Added Sugars 0g
Protein 11g

Available at most local grocery stores

Nutrition Facts

Serving Size 130.00 g
Servings Per Container 1

Amount Per Serving	
Calories 290	
	% Daily Value
Total Fat 21g	32%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 240mg	80%
Sodium 310mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 16g	

Nutrition Facts

Serving Size 1 Egg'Wich (99g)
Servings Per Container 1

Calories 160.00	
Total Fat 10.00 g	
Saturated Fat 3.50 g	
Trans Fat 0.00 g	
Cholesterol 225.00 mg	
Sodium 360.00 mg	
Total Carbohydrate 3.00 g	
Dietary Fiber 0.00 g	
Protein 15.00 g	

Nutrition facts

Refer to the product label for full dietary information,

4 servings per container
Serving Size

Amount per serving

Calories

Total Fat 22g	
Saturated Fat 10g	
Trans Fat 0g	
Cholesterol 170.00mg	
Sodium 620mg	
Total Carbohydrate 7g	
Dietary Fiber 4g	
Sugars 2g	
Includes Added Sugars 0g	
Protein 19g	

Nutrition facts

Refer to the product label for full dietary inf

4.0 servings per container
Serving Size

Amount per serving

Calories

Total Fat 19g	
Saturated Fat 7g	
Trans Fat 0g	
Cholesterol 175mg	
Sodium 780mg	
Total Carbohydrate 8g	
Dietary Fiber 1g	
Sugars 4g	
Includes Added Sugars 3g	
Protein 14g	

Available at most local grocery stores

Serving Size: 11 g
Serving Per Container: ABOUT 10
Amount Per Serving

Calories: 30

Calcium
Calories From Fat 20Cal
Cholesterol 5mg
Dietary Fiber 0g
Iron
Protein 2g
Saturated Fat 1g
Sodium 230mg
Sugars 0g
Total Carbohydrate 0g
Total Fat 2g

Nutrition Facts

Serving Size 2 cooked links(40g)
Servings Per Container 6
Calories 100
Calories From Fat 70
*Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 8g	**12%**	**Total Carbohydrate** 0g	**0%**
Saturated Fat 3g	**15%**	Dietary Fiber 0g	**0%**
Cholesterol 25mg	**9%**	Sugars 0g	
Sodium 230mg	**10%**	**Protein** 7g	

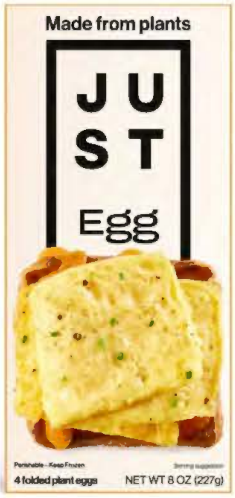
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

Nutrition Facts

6 servings per container
Serving size 1 patty (33g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 250mg	**11%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 6g	



Nutrition Facts

about 4 servings per container
Serving size 1 Piece (57g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 7g	

Nutrition facts

Refer to the product label for full dietary informa

3 servings per container
Serving Size

Amount per serving
Calories

Total Fat 12.00000g	
Saturated Fat 4.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 270mg	
Total Carbohydrate 6.00000g	
Dietary Fiber 2g	
Sugars 0g	
Includes Added Sugars 0g	
Protein 11.00000g	

Available at most local grocery stores

Nutrition Facts
Serving Size 1 bottle (12 fl oz)

Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 8g	35%
Sodium 100mg	4%
Total Carbohydrates 8g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 12g	17%

Nutrition Facts
Serving Size: 1 Bottle (340g)
Servings Per Container: 1

Amount Per Serving	
Calories 80	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10g	

Nutrition Facts
Serv. Size: 1 can (6 fl.oz.),
Amount Per Serving:
Calories 35, Total Fat 1g (1% DV), Sat. Fat 1g (5% DV), Trans Fat 0g **Cholest.** 5mg (2% DV), **Sodium** 5mg (0% DV), **Total Carb.** 1g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 5g (10% DV), Vit. D 0mcg (0%

Available on Amazon & most grocery stores

NUTRITION FACTS
Approx. 15 Servings per Container
Serving Size: **1 Rounded Scoop (35.5 grams)**

Amount Per Serving	
CALORIES	**130**
	% Daily Value**
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	11%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 20g	40%

Nutrition Facts
7 servings per container
Serving size **1 Packet (23.5g)**

Amount Per Serving	
Calories	**80**
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	30%

Available at GNC & Amazon

Available at www.wholesomeprovisions.com

Nutrition Facts

4 servings per container
Serving size 16.9 fl oz (500mL)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	40%

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0mg 0% • Potas. 0mg 0%

*The % Daily Value (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.

0% JUICE

Nutrition Facts

Serv. size	1 bottle
Amount per serving	
Calories	**60**
	% Daily Value
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Sodium 110mg	5%
Total Carb. 0g	0%
Protein 15g	30%

Not a significant source of cholest., fiber, total sugars, added sugars, vit. D, calcium, iron, and potas.

INGREDIENTS: WATER, WHEY PROTEIN ISOLATE (MILK), NATURAL FLAVORS, SUCRALOSE, RED 40, BLUE 1.

Made Exclusively For Protein2o Inc. Chicago, IL

SHAKE WELL. SETTLING IS NATURAL. BEST SERVED CHILLED. REFRIGERATE AFTER OPENING.

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

WHEY PROTEIN HAS SHOWN POSITIVE EFFECTS IN:

- MUSCLE BUILDING IN ASSOCIATION WITH RESISTANCE TRAINING
- BOOSTING ENERGY BEFORE EXERCISE
- REDUCING APPETITE

GLUTEN FREE · LACTOSE FREE · KOSHER · PET 1 (BPA FREE)

Available at most grocery stores

Nutrition Facts

Serving size 1 Bottle

Amount per serving
Calories 60

	% Daily Value
Total Fat 0g	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 4g	**1%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 10g	

Available at www.vitalproteins.com

Nutrition Facts

4 servings per container
Serving size 1 shake (325 mL)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	17%
Total Carb. 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 30g	60%

Nutrition Facts

Serving Size 11 fl. oz. (330mL)
Servings per Container 1

Calories	100
Total Fat	1.5g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	10mg
Sodium	190mg
Potassium	610mg
Total Carbohydrate	5g
Dietary Fiber	4g
Sugars	0g
Protein	20g

Nutrition Facts

Serving size 1 Shake (325 mL)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 6g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	30%

Nutrition Facts

1 serving per container
Serving size 1 Bottle (340mL)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 30g	60%

Available at most grocery stores

Nutrition Facts

1 serving per container
Serving Size 1 Bottle (340mL)

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	36%

Nutrition Facts

1servings per container
Serving size 11 FL OZ(325ml)

Amount per serving	
Calories	**130**
	% DailyValue*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
TransFat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	24%

Nutrition Facts

12 servings per container
Serving size 1 Carton (11 FL OZ)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	28%

Nutrition Facts

4 serving per container
Serving size 11 fl oz (330mL)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 20g	32%

Nutrition Facts

1 serving per container
Serving size 12 fl oz (355mL)

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 7g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carb 10g	3%
Dietary Fiber 5g	20%
Total Sugars 4g	
Inc. 4g Added Sugars	8%
Protein 20g	

Available at Central Market & some grocery stores

Nutrition Facts

12 Servings Per Container
Serving Size **1 Bar (45g)**

Amount Per Serving
Calories **220**

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	12%

Nutrition Facts

12 servings per container
Serving size **1 bar (31g)**

Amount Per Serving
Calories **170**

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes <1g Added Sugars	0%
Sugar Alcohol 2g	
Protein 10g	20%

Calories: 160

Total Fat 7g

Saturated Fat 6g

Trans Fat 0g

Cholesterol 10mg

Sodium 140mg

Total Carbohydrate 30g

Dietary Fiber 10g

Sugars 1g

Added Sugars 0g

Erythritol 4g

Protein 16g

Nutrition Facts

12 servings per container
Serving size **1 bar (60g)**

Amount per serving
Calories **190**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 16g	57%
Total Sugars 1g	
Includes 0g Added Sugars	
Sugar Alcohol 5g	
Protein 22g	

Nutrition Facts

12 servings per container
Serving size **1 bar (60g)**

Amount per serving
Calories **220**

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	29%
Soluble Fiber 6g	
Insoluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 5g	
Protein 20g	36%

Available on Amazon & most grocery stores

NUTRITION FACTS

Serving Size: 1 bar (41g)
Servings Per Container: 16 servings

Amount Per Serving

Calories

Total Fat 17g
- Saturate Fat 5g
- Trans Fat 0g

Cholesterol 0mg
Sodium 170mg
Total Carbohydrate 9g
- Dietary Fiber 3g
- Total Sugars 1g
- Added Sugars 0g
- Sugar Alcohol 4g

Protein 12g

Nutrition Facts

Serving Size 1 Bar (48g)

Amount Per Serving	
Calories 200	**Fat Calories** 80
	% Daily Value
Total Fat 9g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Potassium 80mg	**2%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 9g	**36%**
Sugars 3g	
Glycerin 8g	
Protein 14g	**21%**

Available at most grocery stores

Lunch

Nutrition Facts

Serving Size 4 oz
Servings Per Container About 2

Amount Per Serving	
Calories 250.0	Calories from Fat 140.0
	% Daily Values*
Total Fat 17g	**26%**
Saturated Fat 4.0g	**20.0%**
Trans Fat 0.0g	
Cholesterol 0.0mg	**0.0%**
Sodium 390.0mg	**16.0%**
Total Carbohydrates 5g	**2%**
Dietary Fiber 1.0g	**4.0%**
Sugars 0.0g	
Protein 20.0g	

Nutrition Facts

About 2.5 servings per container
Serving size 3 oz. (84g)

Calories	Per serving **120**		Per container **320**	
		% DV*		% DV*
Total Fat	2.5g	**3%**	7g	**9%**
Saturated Fat	1g	**5%**	2g	**10%**
Trans Fat	0g		0g	
Cholesterol	70mg	**23%**	185mg	**62%**
Sodium	400mg	**17%**	1060g	**46%**
Total Carb.	1g	**0%**	3g	**1%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	1g		1g	
Incl Added Sugars	1g	**2%**	1g	**2%**
Protein	23g		61g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	7mg	0%	17mg	2%
Iron	0mg	0%	1mg	6%
Potassium	283mg	6%	756mg	15%

Nutrition Facts

1 serving per container
Serving size 1 Package (284g)

Amount per serving
Calories **460**

	% Daily Value*
Total Fat 39g	**50%**
Saturated Fat 6g	**31%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 810mg	**35%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 5g	**17%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 18g	**31%**

1 serving per container
Serving size 1 meal (269g)

Amount per serving
Calories **180**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3.5g	
Cholesterol 70mg	**23%**
Sodium 540mg	**23%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 5g	**18%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 18g	**22%**

Nutrition Facts
Serving Size: 1 link (85g)
Servings: 4
Calories 160
Calories From Fat 90

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Total Fat 10g	**15%**	**Total Carbohydrate** 1g	**0%**
Saturated Fat 1.5g	**8%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 0g	
Cholesterol 70mg	**23%**	**Protein** 12g	

Available at most grocery stores

4 servings per container

Serving Size 2 oz (57 g)

AMOUNT PER 2 OZ

Calories 90

Calories from Fat 50

% DV*	
8%	**Total Fat** 5g
5%	Saturated Fat 1g
	Trans Fat 0g
2%	**Cholesterol** 7mg
21%	**Sodium** 500mg
0%	**Total Carbohydrates** 0g
0%	Dietary Fiber 0g
	Sugars 0g
	Protein 11g

Nutrition Facts

2.0000 Servings Per Container (Santa Catarina Tuna Filet in Oregano & Oil, 4 ct)

Serving Size 2.10 Oz(60g)

Amount Per Serving

Calories 106

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 0.3g	
Trans Fat 0g	
Cholesterol 6mg	
Sodium 270mg	11%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 16g	

Nutrition Facts

Serv. Size: 1 Pouch (74g)
Servings Per Container: 1

Amount Per Serving

Calories 70	Calories from Fat 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 35mg	10%
Sodium 620mg	26%
Potassium 190mg	5%
Total Carbohydrate 0g	0%
Fiber 0g	0%
Protein 15g	27%

Nutrition Facts

1 Serving Per Container
Serv Size 1 container (80g)

Calories per serving 140

Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
Total Fat 6g	8%	Monounsat. Fat 4.5g		Dietary Fiber 0g	0%
Saturated Fat 1g	5%	**Cholesterol** 40mg	13%	Total Sugars 0g	
Trans Fat 0g		**Sodium** 240mg	10%	Incl. 0g of Added Sugars	0%
Polyunsat. Fat 0g		**Total Carb** 0g	0%	**Protein** 22g	40%

Vitamin D 0mcg 0% • Calcium 6mg 0% • 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.

Calories 120

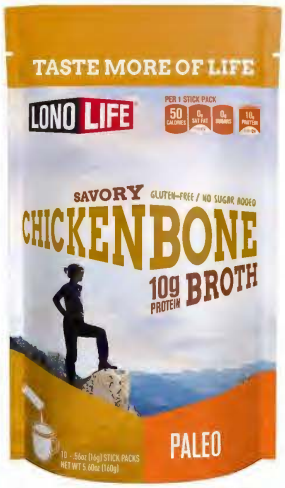
Calories from Fat 70

% DV*	
11%	**Total Fat** 7g
8%	Saturated Fat 1.5g
	Trans Fat 0g
7%	**Cholesterol** 20mg
5%	**Sodium** 120mg
0%	**Total Carbohydrates** 0g
0%	Dietary Fiber 0g
	Sugars 0g
	Protein 13g

Available at most grocery stores

Nutrition Facts
Serving Size 1 cup (240g)
Servings Per Container 2

Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol <5mg	1%
Sodium 560mg	23%
Potassium 115mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 10g	4%



Nutrition Facts
10 servings per container
Serving size
1 stick pack (16g)

Amount per serving	
Calories	**50**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 700mg	29%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Nutrition Facts
Serv. size 1 package
Calories per serving 150

Amount/serving	% DV*	Amount/serving
Total Fat 15g	19%	**Total Carb.** 0g
Sat. Fat 12g	60%	Fiber 0g
Trans Fat 0g		Total Sugars 0g
Cholest. 20mg	7%	Incl. 0g Added Sugars
Sodium 260mg	11%	**Protein** 10g

Supplement Facts
Serving Size 1 Packet (10 g)
Servings Per Container About 20

	Amount Per Serving	% Daily Value
Calories	40	
Protein	9 g	
Sodium	70 mg	3%
Collagen	9 g	**
Chondroitin sulfate	390 mg	**
Hyaluronic acid	50 mg	**

**Daily Value not established.

Available on Amazon and most grocery stores

Grab & Go

Nutrition Facts

1 serving per bag

Serving size 1 oz (28g)

Amount per Serving

Calories 150

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	17%

Nutrition Facts

12 servings per container

Serving size 2 cups (42g)

Amount per serving

Calories 190

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Erythritol 8g	
Protein 11g	22%

Nutrition Facts

Serving Size 1 BG

Servings Per Container 1

Amount Per Serving

Calories 140

	% Da
Total Fat 5g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 10mg	
Sodium 340mg	
Total Carbohydrate 5g	
Dietary Fiber 1g	
Protein 19g	

Calories: 250

Added Sugars 0g

Calcium 150mg

Cholesterol 30mg

Dietary Fiber 9g

ERYTHRITOL 6g

Iron 0.4mg

Potassium 100mg

Protein 15g

Saturated Fat 10g

Sodium 220mg

Total Carbohydrate 19g

Total Fat 17g

Total Sugars 1g

Available on Amazon and most grocery stores

Nutrition Facts

2.0000 Servings Per Container (Santa Catarina Tuna Filet in Oregano & Oil, 4 ct)

Serving Size	2.10 Oz(60g)
Amount Per Serving	
Calories	**106**
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 0.3g	
Trans Fat 0g	
Cholesterol 6mg	
Sodium 270mg	11%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 16g	

Calories 120

Calories from Fat 70

% DV*		
11%	**Total Fat**	7g
8%	Saturated Fat	1.5g
	Trans Fat	0g
7%	**Cholesterol**	20mg
5%	**Sodium**	120mg
0%	**Total Carbohydrates**	0g
0%	Dietary Fiber	0g
	Sugars	0g
	Protein	13g

Nutrition Facts

Serv. Size: 1 Pouch (74g)
Servings Per Container: 1

Amount Per Serving	
Calories 70	Calories from Fat 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 35mg	10%
Sodium 620mg	26%
Potassium 190mg	5%
Total Carbohydrate 0g	0%
Fiber 0g	0%
Protein 15g	27%

Nutrition Facts

1 Serving Per Container
Serv Size 1 container (80g)

Calories per serving 140

Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
Total Fat 6g	8%	Monounsat. Fat 4.5g		Dietary Fiber 0g	0%
Saturated Fat 1g	5%	**Cholesterol** 40mg	13%	Total Sugars 0g	
Trans Fat 0g		**Sodium** 240mg	10%	Incl. 0g of Added Sugars	0%
Polyunsat. Fat 0g		**Total Carb** 0g	0%	**Protein** 22g	40%

Vitamin D 0mcg 0% • Calcium 6mg 0% • 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.

Nutrition Facts

Serv. Size 1 bar (43g)
Servings 1
Calories 200
Fat Cal. 110

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 12g	19%	**Total Carb.** 10g	3%
Sat. Fat 5g	25%	Fiber 1g	4%
Cholest. 30mg	9%	Sugars 8g	
Sodium 220mg	9%	**Protein** 11g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6% • Niacin 25% • Vitamin B12 20%

INGREDIENTS: Organic Bison, Uncured Bacon (Pork, Brown Sugar, Vinegar), Dried Cranberries (Cranberries, Apple Juice Concentrate), Lactic Acid*, Celery Powder, Sea Salt.

**Not from dairy.

Available on Amazon and most grocery stores

Nutrition Facts

4 servings per container
Serving size 1 shake (325 mL)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	17%
Total Carb. 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 30g	60%

Nutrition Facts

Serving Size 11 fl. oz. (330mL)
Servings per Container 1

Calories	100
Total Fat	1.5g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	10mg
Sodium	190mg
Potassium	610mg
Total Carbohydrate	5g
Dietary Fiber	4g
Sugars	0g
Protein	20g

Nutrition Facts

Serving size 1 Shake (325 mL)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 6g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	30%

COLD-BREW

Nutrition Facts

Serving Size 1 bottle (12 fl oz)

Amount Per Serving

Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 8g	36%
Sodium 100mg	4%
Total Carbohydrates 8g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 12g	17%

Calcium 15% • Iron 15%

Not a significant source of trans fat, cholesterol, vitamin A or vitamin C

* Percent daily value based on a 2,000 calorie diet

Nutrition Facts

Serving Size: 1 Bottle (340g)
Servings Per Container: 1

Amount Per Serving

Calories 80	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10g	

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Available on Amazon and most grocery stores

Nutrition Facts

1 serving per container
Serving Size 1 Bottle (340mL)

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	36%

Nutrition Facts

1servings per container
Serving size 11 FL OZ(325ml)

Amount per serving	
Calories	**130**
	% DailyValue*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
TransFat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	24%

Nutrition Facts

12 servings per container
Serving size 1 Carton (11 FL OZ)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	28%

Nutrition Facts

4 serving per container
Serving size 11 fl oz (330mL)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 20g	32%

Nutrition Facts

1 serving per container
Serving size 12 fl oz (355mL)

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 7g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carb 10g	3%
Dietary Fiber 5g	20%
Total Sugars 4g	
Inc. 4g Added Sugars	8%
Protein 20g	

Available on Amazon and most grocery stores

Nutrition Facts

Serving Size 1 package

Amount Per Serving	
Calories 180	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 450mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars Less than 1g	
Protein 13g	25%

Nutrition Facts

Serving Size 1 Package (79g)
Servings Per Container 1

Amount Per Serving	
Calories 330	Calories from Fat 240
	% Daily Value*
Total Fat 26g	40%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1050mg	44%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 18g	36%

Nutrition Facts

Serving Size 1 Bag (18g)
Servings Per Container 32

Amount Per Serving	
Calories 100	Fat Cal. 80
	% DV*
Total Fat 9g	14%
Sat. Fat 0.5g	3%
Trans Fat 0g	
Polyunsat. Fat 2g	
Monounsat. Fat 5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 130mg	4%
Total Carb. 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

Nutrition Facts

Serving Size 1 pack (30.6g)
Servings Per Container 7.0

Amount Per Serving	
Calories 180.0	Calories from Fat 170cal
	% Daily Values*
Total Fat 16	20%
Saturated Fat 2.0g	10.0%
Trans Fat 0.0g	
Cholesterol 0.0mg	0.0%
Sodium 55.0mg	2.0%
Total Carbohydrates 8	3%
Dietary Fiber 2.0g	9.0%
Sugars 0.0g	
Protein 6.0g	

Available on Amazon and most grocery stores

Calories 240	Calories from Fat 190
	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 9g	**44%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 1080mg	**45%**
Total Carbohydrate 2g	**1%**
Dietary Fiber less than 1g	**3%**
Sugars 0g	
Protein 13g	**21%**

Available at Target

Nutrition Facts

12 servings per container
Serving size 1 packet (43g)

Calories 230

*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 a general nutrition advice.

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 8g	**40%**
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
Cholesterol less than 5mg	**2%**
Sodium 110mg	**5%**
Total Carbohydrate 15g	**5%**
Not a significant source of trans fat, added sugars and vitamin D.	

	% Daily Value*
Dietary Fiber 2g	**7%**
Total Sugars 2g	
Sugar Alcohol 10g	
Protein 10g	**20%**
Calcium 120mg	10%
Iron 0.7mg	4%
Potassium 150mg	4%
Vitamin E 3.5mg	25%

Nutrition Facts

4 servings per container
Serving size 1 bag (38g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 370mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	20%

Nutrition Facts

Serving Size 1 pouch (42g/about 23 crisps)
Servings Per Container 1

Amount Per Serving
Calories 190 Calories from Fat 70

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 740mg	31%
Total Carbohydrate 8g	3%
Dietary Fiber 6g	22%
Sugars 2g	
Protein 22g	42%

Nutrition Facts

1 Serving per container
Serving size 1 Bag (21g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 12g	24%

Available on Amazon and most grocery stores

Nutrition Facts
Serving Size 4 pieces (85g)
Servings Per Container: About 1

Amount Per Serving	
Calories 300 Calories from Fat 220	
	% Daily Value*
Total Fat 25g	38%
Saturated Fat 12g	62%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 360mg	15%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	34%

Nutrition Facts
Serving Size 21 g
Servings Per Container 6

Amount Per Serving	
Calories 70.0	Calories from Fat 50cal
	% Daily Values*
Total Fat 6g	8%
Saturated Fat 4.0g	20.0%
Trans Fat 0.0g	
Cholesterol 20.0mg	7.0%
Sodium 160.0mg	7.0%
Total Carbohydrates 0g	0%
Dietary Fiber 0.0g	0.0%
Sugars 0.0g	
Protein 5.0g	

Nutrition Facts
Serving Size 1 oz (28g)
Servings Per Container About 2

Amount Per Serving	
Calories 70 Calories from Fat 10	
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 500mg	21%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	26%
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet.

Available at most grocery stores

Nutrition Facts
12 servings per container
Serving size 1 package (28g)

Amount per serving	
Calories	140
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 440mg	19%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars less than 1g	
Includes less than 1g Added Sugars	1%
Protein 9g	18%
Vitamin D 0mcg 0% • Calcium 70mg 6%	
Iron 0.4mg 2% • Potassium 110mg 2%	

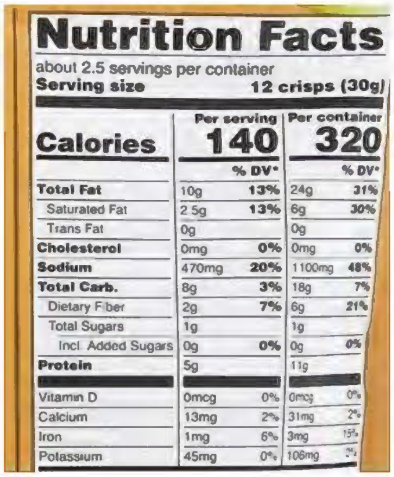
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
1 serving per container
Serving size 1 Package (28g)

Amount per serving	
Calories	130
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%

Available on Amazon

Snacks



Nutrition Facts

about 2.5 servings per container

Serving size 12 crisps (30g)

	Per serving		Per container	
Calories	140		320	
		% DV*		% DV*
Total Fat	10g	13%	24g	31%
Saturated Fat	2.5g	13%	6g	30%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	470mg	20%	1100mg	48%
Total Carb.	8g	3%	18g	7%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	1g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	5g		11g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	13mg	2%	31mg	2%
Iron	1mg	6%	3mg	15%
Potassium	45mg	0%	108mg	2%

Other Flavors: Spicy Jalepeno, Black Pepper.
Available at Walmart, HEB, Target

Nutrition Facts

About 3 servings per container

Serving size 7 pops (28g)

	Per serving		Per package	
Calories	150		450	
		% DV*		% DV*
Total Fat	9g	12%	28g	36%
Saturated Fat	1g	5%	3g	15%
Trans Fat	0g		0g	
Polyunsaturated Fat	2.5g		8g	
Monounsaturated Fat	6g		17g	
Cholesterol	0mg	0%	0mg	0%
Sodium	280mg	12%	840mg	37%
Total Carb.	9g	3%	28g	10%
Dietary Fiber	4g	14%	12g	43%
Total Sugars	1g		3g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	7g	8%	20g	24%

Other Flavors: Broccoli & Cheddar, Sour Cream & Onion.
Available at Amazon, www.madeinnature.com.

Nutrition Facts

	150	300
Calories		

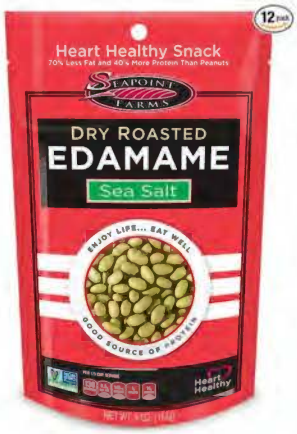
Other Flavors: Asiago & Pepper Jack, Cheddar, Bacon BBQ, Tomato Basil.
Available at Walmart, HEB, Target.

Available on Amazon and some grocery stores

Nutrition Facts

Serving Size 1.00 oz
Servings Per Container 2

Amount Per Serving	
Calories 130	
	% Daily Value
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	



Nutrition Facts

About 4 servings per container
Serving size **1/3 cup (30g)**

Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 6g	**22%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 14g	**20%**

Nutrition Facts

6 servings per container
Serving Size **1oz (28g)**

Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 280mg	**12%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 4g	**14%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 8g	**14%**

Available on Amazon and some grocery stores

Available at Central Market

Nutrition Facts

Serving Size 1/2 oz. (14g)
Servings Per Container 5

Amount Per Serving

Calories 80	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 140mg	**6%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	Not a significant source of protein.

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

About 2 servings per container
Serving size: about 14 pieces (28.3g)

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 390mg	**17%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 329mg	25%
Iron 0mg	0%
Potassium 32mg	0%

*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.

Nutrition Facts

About 2 servings per container
Serving size: about 14 pieces (28.3g)

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 360mg	**16%**
Total Carbohydrates 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 10g	
Vitamin D 0mcg	0%
Calcium 377mg	30%
Iron 0mg	0%
Potassium 33mg	0%

*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.

Nutrition Facts

About 2 servings per container
Serving size: about 14 pieces (28.3g)

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 350mg	**15%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 349mg	25%
Iron 0mg	0%
Potassium 38mg	0%

*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.

Available on Amazon and some grocery stores

Perfect for Pantry

Nutrition Facts

14 servings per container

Serving size 1 slice (28g)

Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 10mg	3%
Sodium 150mg	7%
Total Carbohydrates 7g	2%
Dietary Fiber 4g	16%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 5g	7%

Nutrition Facts

Serving Size 1 Pita (1 oz.) 28.3g

Servings per container 8

Amount Per Serving	
Calories 50	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	18%
Sugars 0g	
Protein 5g	

Available at most grocery stores

Total Fat 6g	9%
Saturated Fat 3g	15%
Cholesterol 85mg	28%
Sodium 310mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Includes 0g Added Sugars	
Protein 10g	

Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 35mg	12%
Sodium 130mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Includes 0g Added Sugars	
Protein 4g	

Available on Amazon and some grocery stores

Serving Size	1.00 tortilla(36g)
Amount Per Serving	
Calories	**50**
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Potassium 104mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 8g	29%
Total Sugars 0g	
Protein 5g	

Available at Amazon, HEB.

Nutrition Facts

Serving Size 30 g
Servings Per Container About 15

Amount Per Serving	
Calories 180cal	Calories from Fat 120cal
	% Daily Values*
Total Fat 15	19%
Saturated Fat 1.5g	7.00%
Trans Fat 0g	
Cholesterol 0.00mg	0.00%
Sodium 0mg	0.00%
Total Carbohydrates 1	0%
Dietary Fiber 1g	4.00%
Sugars 0g	
Protein 10	

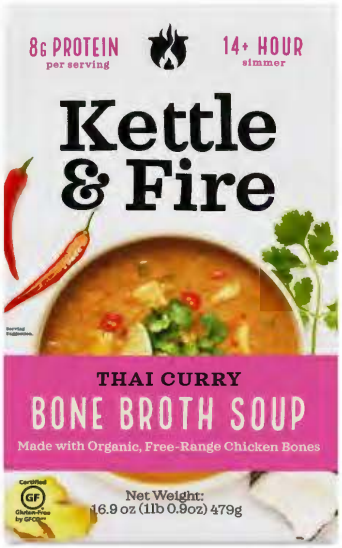
Available at Target, Walmart.

Nutrition Facts

About 2 servings per container

Serving size	**1 cup (245g)**
Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
Cholesterol 40mg	13%
Sodium 570mg	25%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 18g	
Vitamin A	8%
Vitamin C	10%
Calcium	20%
Iron	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.



Nutrition Facts

2 servings per container

Serving size	**1 cup (245g)**
Amount Per Serving	
Calories	**150**
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 610mg	27%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 434mg	10%

*The % Daily Value (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.

Available at Target, Walmart.

Available at Whole Foods, Amazon, Fresh Market, you local grocery store.

Nutrition Facts Servings: 16, **Serv. Size: 1 oz (28g),** Amount Per Serving: **Calories 10**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 150mg (7% DV), **Total Carb.** 2g (1% DV), Fiber 0g (0% DV), Total Sugars <1g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, Vit. D (0% DV), Calcium (4% DV), Iron (0% DV), Potas. (0% DV).

Nutrition Facts
8 servings per container
Serving Size 2 oz(57g)

Amount Per Serving
Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% · Calcium	
Iron 0mg 0% · Potas.	

*The % Daily Value (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.

Nutrition Facts
15 servings per container
Serving size 2 Tbsp (30g)

Amount per serving
Calories 5

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 51mg	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.

Available at most grocery stores

Nutrition Facts

Serving Size 1/2 oz. (14g)
Servings Per Container 24

Amount Per Serving	
Calories 80	Calories from Fat 45
	%Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 260mg	**13%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 10g	Not A Significant Source Of Protein

Nutrition Facts

Serving Size 1 slice prepared (18g mix)
Servings Per Container 12

	Per Serving		As Prepared	
Calories	**90**		**130**	
	% Daily Value*		% Daily Value*	
Total Fat	7g*	9%	11g	14%
Saturated Fat	0.5g	3%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	50mg	17%
Sodium	105mg	5%	120mg	5%
Total Carbohydrate	6g	2%	6g	2%
Dietary Fiber	5g	14%	5g	14%
Total Sugars	1g		1g	
Added Sugars	0g	0%	0g	0%
Protein	3g		4g	

Nutrition Facts

Serving Size 6 Pork Skins (14g)
Servings Per Container: 16

Amount Per Serving	
Calories 70	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 200mg	**8%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 10g	

Nutrition Facts

12 servings per container
Serving size **One 3-inch biscuit (49g)**

	Dry Mix		Prepared	
Calories	**100**		**190**	
	% Daily Value*		% Daily Value*	
Total Fat	8g	10%	16g	21%
Saturated Fat	1.5g	8%	6g	30%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	70mg	23%
Sodium	240mg	10%	260mg	11%
Total Carbohydrate	10g	4%	10g	4%
Dietary Fiber	8g	29%	8g	29%
Total Sugar	1g		1g	
Includes Added Sugars	0g	0%	0g	0%
Protein	3g		5g	

Available on Amazon

Nutrition Facts

1 servings per container

Serving size **1 pouch (42g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 6g	**21%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Sugar Alcohol 3g	
Protein 5g	

Nutrition Facts

Serving Size 1 Packet (1.0 Fl Oz)
Servings Per Container

Calories 210.00	
Total Fat 22.00 g	
Saturated Fat 4.00 g	
Trans Fat 0.00 g	
Cholesterol 0.00 mg	
Sodium 30.00 mg	
Total Carbohydrate 4.00 g	
Sugars 2.00 g	
Dietary Fiber 3.00 g	
Protein 2.00 g	

Nutrition Facts

Serving Size 2 Tablespoons (28g)
Servings Per Container 16

Calories 170.00	
Calories from Fat 130.00	
Total Fat 15.00 g	
Saturated Fat 1.00 g	
Trans Fat 0.00 g	
Cholesterol 0.00 mg	
Sodium 25.00 mg	
Total Carbohydrate 7.00 g	
Sugars 3.00 g	
Dietary Fiber 3.00 g	
Protein 6.00 g	

Available on Amazon and some grocery stores

Supplement Facts

Serving Size 2 Scoops (20 g)
Servings Per Container About 28

	Amount Per Serving	% Daily Value
Calories	70	
Protein	18 g	0%*
Vitamin C (ascorbic acid)	90 mg	100%
Sodium	110 mg	5%
Hydrolyzed collagen (from bovine hide)	20 g	**
Hyaluronic Acid (from sodium hyaluronate)	80 mg	**

Nutrition Facts

Serving Size 2 Scoops (46g)
Servings Per Container About 10

Amount Per Serving	
Calories 150 Calories from Fat 40	
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat <0.5g	**2%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Potassium 60mg	**2%**
Total Carbohydrate 15g	**4%**
Dietary Fiber 5g	**20%**
Sugars 0g	
Erythritol 5g	
Protein 21g	**42%**

Nutrition Facts

About 17 servings per container
Serving size 1/3 cup (27g)

Amount per serving	
Calories	**90**
	% Daily Value
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 70mg	**3%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Calcium 482mg	35%
Iron 1mg	6%
Potassium 186mg	4%

Available on Amazon and some grocery stores

Healthy Fats

Nutrition Facts
4 servings per container
Serving size 1 mini cup (57g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	

Available at most grocery stores

Nutrition Facts Servings: About 8, **Serv. size: 2 Tbsp (30mL),** Amount per serving: **Calories 130,** **Total Fat** 14g (18% DV), Sat. Fat 1.5g (8% DV), *Trans* Fat 0g, Polyunsat. Fat 2g, Monounsat. Fat 10g, **Cholest.** 0mg (0% DV), **Sodium** 210mg (9% DV), **Total Carb.** 1g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g

Available on Amazon & most grocery stores

Nutrition Facts
Serving Size: 2 Tbsp. (30 mL)
Servings per Container: About 9

	Amount Per Serving
Calories	140
Fat Calories	130
Total Fat	16 g
Saturated Fat	2.5 g
Cholesterol	5 mg
Sodium	140 mg
Total Carbohydrate	1 g
Protein	0 g

Available on Amazon & most grocery stores

Nutrition Facts

Serving Size 1 oz (28 g)

Amount Per Serving	
Calories 186	
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 4g	21%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	8%
Vitamin A 0% • Vitamin C	0%
Calcium 3% • Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

5 servings per container
Serving size 1 oz (28g/about 24 nuts)

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 15g	20%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	5%

Nutrition Facts

40 servings per container
Serving size
1 oz (28g/about 1/4 cup)

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 120mg	2%

* The % Daily Value (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.

Nutrition Facts

Serving Size 30 g
Servings Per Container About 15

Amount Per Serving	
Calories 180cal	Calories from Fat 120cal
	% Daily Values*
Total Fat 15	19%
Saturated Fat 1.5g	7.00%
Trans Fat 0g	
Cholesterol 0.00mg	0.00%
Sodium 0mg	0.00%
Total Carbohydrates 1	0%
Dietary Fiber 1g	4.00%
Sugars 0g	
Protein 10	

Available on Amazon & some grocery stores

Nutrition Facts

Serving Size 1 Packet (1.0 Fl Oz)
Servings Per Container

Calories	210.00
Total Fat	22.00 g
Saturated Fat	4.00 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	30.00 mg
Total Carbohydrate	4.00 g
Sugars	2.00 g
Dietary Fiber	3.00 g
Protein	2.00 g

Nutrition Facts

10 servings per container
Serving size
1 pack (32g)

Calories per serving	**190**
	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**5%**
Total Carb. 7g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Incl. 0g Added Sugars	**0%**
Protein 9g	**11%**

Serving Size	**1 packet**
AMOUNT PER 1 PACKET	
Calories	**188**
Calories from Fat 160	
% DV*	
28% **Total Fat** 18g	
10% Saturated Fat 2g	
Trans Fat 0g	
0% **Cholesterol** 0mg	
0% **Sodium** 0mg	
2% **Total Carbohydrates** 6g	
8% Dietary Fiber 2g	
Sugars 1g	
Protein 5g	

Nutrition Facts

24 servings per container
Serving size 1 square (35g)

	Per 1 Square		Per 2 Squares	
Calories	170		340	
		% DV*		% DV*
Total Fat	12g	15%	24g	31%
Saturated Fat	5g	25%	10g	50%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	55mg	2%	105mg	5%
Total Carb.	12g	4%	24g	9%
Dietary Fiber	4g	16%	8g	32%
Total Sugars	5g		10g	
Incl. Added Sugars	3g	6%	6g	12%
Protein	6g	11%	12g	22%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	2%	30mg	2%
Iron	1.4mg	8%	2.8mg	15%
Potassium	190mg	4%	380mg	8%

* The % Daily Value (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.

Available on Amazon & most grocery stores

Nutrition Facts

2.0000 Servings Per Container (Santa Catarina Tuna Filet in Oregano & Oil, 4 ct)

Serving Size 2.10 Oz(60g)

Amount Per Serving

Calories 106

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 0.3g	
Trans Fat 0g	
Cholesterol 6mg	
Sodium 270mg	11%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 16g	

Calories 120

Calories from Fat 70

% DV*	
11%	**Total Fat** 7g
8%	Saturated Fat 1.5g
	Trans Fat 0g
7%	**Cholesterol** 20mg
5%	**Sodium** 120mg
0%	**Total Carbohydrates** 0g
0%	Dietary Fiber 0g
	Sugars 0g
	Protein 13g

Nutrition Facts

Servings: 1.5 (Drained)

Serv. size: 3 ounces (85g),

Calories per serving 200,

Total Fat 14g (18% DV), Sat. Fat 2g (10% DV), *trans* Fat 0g, **Cholest.** 20mg (7% DV), **Sodium** 180mg (8% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 20g (40% DV),

Available on Amazon & most grocery stores

Low Carb Treats

Nutrition Facts

6 servings per container

Serving size	**1 Ounce**
Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 13g	46%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.08mg	6%
Potassium 0mg	0%

*The % Daily Value (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: Dark Chocolate (Unsweetened Chocolate, Cocoa Butter), Soluble Corn Fiber, Almonds, Sea Salt, Sunflower Lecithin, Monk Fruit Extract, Madagascar Bourbon Vanilla Beans. Processed in a facility that has products containing dairy, tree nuts, and peanuts.

Available at www.choczero.com

Nutrition Facts

Serving Size 1/2 Cup (64g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 115mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Sugar Alcohol 5g	
Protein 5g	10%
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 0.50 cup
Servings Per Container 4

Amount Per Serving	
Calories 150	
	% Daily Value
Total Fat 14g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	

Percent Daily Values are based on a 2,000 calorie diet.

Available at most grocery stores

Nutrition Facts

About 2 servings per container
Serving size **About 8 pieces (30g)**

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Erythritol 6g	
Protein 4g	8%

Nutrition Facts

Serving Size 30.00 g
Servings Per Container 3

Amount Per Serving	
Calories 130	
	% Daily Value
Total Fat 11g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	24%
Protein 3g	

Available on Amazon & some grocery stores

Nutrition Facts

1 serving per container
Serving size 1 brownie (2oz)

Calories per serving 120

Amount/serving	%DV	Amount/serving	%DV
Total Fat 10g	13%	**Total Carb.** 20g	7%
Sat. Fat 0g	0%	Fiber 9g	32%
Trans Fat 0g		Total Sugars 0g	
Cholest. 0mg	0%	Sugar Alcohol 10g	
Sodium 132mg	2%	**Protein** 5g	10%

Vitamin D 0% • Potassium 0% • Calcium 0% • Iron 0%

Available at Amazon, www.thinslimfoods.com

Nutrition Facts

30 servings per container
Serving size 1 piece (14g/0.5 oz)

Amount per serving	
Calories	**90**
	% Daily Value *
Total Fat 8g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 1g	

Available at Costco & www.chocxo.com

Nutrition Facts

Serving size ¼ package (12g)
Servings per container 4

Amount Per Serving	As Packaged	½ Cup (100ml) Prepared*
Calories	25	70
Calories from Fat	0	0
	% Daily Values**	
Total Fat 0.1g***	0%	0%
Saturated Fat 0g	0%	0%
+Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 300mg	13%	13%
Total Carbohydrate 10g	3%	8%
Dietary Fiber 1.7g	6%	6%
Sugar 0g		
Sugar Alcohols 4g		
Protein 0g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	0%	0%

* ½ cup prepared using fat free milk contains 12g total carbohydrate (6g sugars)
** Percent Daily Values based on a 2,000 calorie diet.
*** Amount in dry mix.

NUTRITION FACTS

Serving size: 0 17 OZ (5 g)
Servings per sachet: 4

Amount Per Serving	1 Serv as Packaged
Calories	5
Calories from Fat	0
	% DV**
Total Fat 0g*	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 22mg	1%
Total carbohydrates <1g	0%
Starch 0g	
Sugar 0g	
Polyols 2g	
Dietary Fiber <1g	2%
Protein 0g	

Nutrition Facts

3 servings per container
Serving Size 1 oz (28g/1/3 of bar)

Amount Per Serving	
Calories	**180**
	% DV*
Total Fat 13g	17%
Sat. Fat 8g	40%
Trans Fat 0g	
Cholest. 0mg	0%
Sodium 0mg	0%
Total Carb. 11g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Incl. 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.5mg	8%
Potassium 260mg	6%

*The % Daily Value (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.

Available on Amazon & some grocery stores

Healthy Carb Swaps

Nutrition Facts

6 servings per container
Serving size 1/3 Crust (45g)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	

Nutrition Facts

Serving Size 1.50 oz
Servings Per Container 4

Amount Per Serving	
Calories 180	
	% Daily Value
Total Fat 13g	20%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 390mg	16%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 13g	

Available at Whole Foods & Walmart

Available at most grocery stores

Calories	70
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes Added Sugars 0g	0%
Protein 1g	

Available at Thrive Market

Total Fat 6g	9%
Saturated Fat 3g	15%
Cholesterol 85mg	28%
Sodium 310mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Includes 0g Added Sugars	
Protein 10g	

Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 35mg	12%
Sodium 130mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Includes 0g Added Sugars	
Protein 4g	

Available on Amazon & Whole Foods

Healthy Carb Swaps

1 wrap (28g)

Calories	30
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	170mg
Carbohydrates	1g
Dietary Fiber	<1g
Total Sugars	0g
Protein	5g

Nutrition Facts

Serving Size 1 wrap (5.33 g)
12 servings per container

Amount Per Serving	
Calories	**8**
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 25mg	1%
Total Carbs. 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	

Nutrition Facts

About 2 servings per container
Serving Size 3 oz (85g)
Calories per serving 5

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carbohydrate 3g	1%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 0mg	0%	Protein 0g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0mg 0% • Potassium 0mg 0%

Amount Per Serving

Calories	**15**
Calories from Fat	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	
Sodium 5mg	0%
Potassium 0mg	0%
Total Carbohydrate 4g	
Dietary Fiber 3g	11%
Total Sugars 0g	0%
Added Sugars 0g	0%
Protein 0g	0%

Available on Amazon & some grocery stores

Healthy Carb Swaps

Nutrition Facts
About 13 servings per container
Serving size ¾ cup frozen (85g)
½ cup prepared

Amount per serving	
Calories	**20**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 164mg	4%
Vitamin C 41mg	45%

* The % Daily Value (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.

Nutrition Facts
4 servings per container
Serving size 3/4 cup (85g)

Amount per serving	
Calories	**15**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 224mg	4%

* The % Daily Value (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.

Nutrition Facts

About 3 servings per container
Serving size 75g

Amount per serving	
Calories	20
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes Added Sugars 0g	0%
Protein 1g	2%

Nutrition Facts
3 servings per container
Serving size (75g)

Amount Per Serving	
Calories	**20**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 60mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%

Available at most grocery stores

Tortillas

Nutrition Facts

8 servings per container

Serving size **1 Tortilla (45g)**

Amount per serving

Calories **50**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 11g	39%
Soluble Fiber 0g	
Insoluble Fiber 11g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	

Nutrition Facts

8 Servings per container

Serving Size **1 tortilla (33g)**

Amount per serving

Calories **60**

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 13g	5%
Dietary Fiber 10g	36%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	

Nutrition Facts

Serving Size: 1 Tortilla (62g)

Servings Per Container 8

Amount Per Serving

Calories 90 Calories from Fat 25

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 19g	6%
Dietary Fiber 13g	52%
Sugars 1g	
Protein 8g	

Available on Amazon & some grocery stores

Nutrition Facts

8 Servings per container
Serving Size **1 tortilla (43g)**

Amount per serving
Calories **60**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 15g	54%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	

Nutrition Facts

6 Servings per container
Serving Size **1 tortilla (43g)**

Amount per serving
Calories **70**

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 12g	43%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	

Nutrition Facts

7 servings per container
Serving size **4 tortilla (43g)**

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	

Nutrition Facts

8 Servings per container
Serving Size **1 tortilla (43g)**

Amount per serving
Calories **80**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 17g	6%
Dietary Fiber 12g	43%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	

Nutrition Facts

6 Servings per container
Serving Size **2 tortillas(47g)**

Amount per serving
Calories **70**

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 15g	54%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	

Available on Amazon & some grocery stores

Sweeteners

Nutrition Facts

Serving Size: 5 drops (0.208 ml) per 8 oz. of liquid or to taste
Servings Per Bottle: 288

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugar 0g	0%
Protein 0g	0%

Not a significant source of Vitamin A, Vitamin C, Calcium, and Iron

*Percent Daily Values are based on 2,000 calorie diet

Ingredients: Purified Water, Organic Stevia Leaf Extract, Natural Flavors, Vanilla Extract

Available on Amazon & most local grocery stores

Nutrition Facts

85 servings per container
Serving Size 1 tsp (4g)

Amount per serving
Calories 0

	% Daily Value*
Total Fat 0g	0%
Sodium 0g	0%
Total Carb 4g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Erythritol 4g	
Protein 0g	0%

Not a significant source of Sat. Fat, Trans Fat, Cholest., Fiber, Vitamin D, Calcium, Iron or Potassium.

*The % Daily Value (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: Erythritol, oligosaccharides and natural flavors.

Nutrition Facts

113 servings per container
Serving Size 1 tsp (3g)

Amount per serving
Calories 0

	% Daily Value*
Total Fat 0g	0%
Sodium 0g	0%
Total Carb 3g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Erythritol 3g	
Protein 0g	0%

Not a significant source of Sat. Fat, Trans Fat, Cholest., Fiber, Vitamin D, Calcium, Iron or Potassium.

*The % Daily Value (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: Erythritol, oligosaccharides and natural flavors.

Nutrition Facts

85 servings per container
Serving Size 1 tsp (4g)

Amount per serving
Calories 0

	% Daily Value*
Total Fat 0g	0%
Sodium 0g	0%
Total Carb 4g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Erythritol 4g	
Protein 0g	0%

Not a significant source of Sat. Fat, Trans Fat, Cholest., Fiber, Vitamin D, Calcium, Iron or Potassium.

*The % Daily Value (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: Erythritol, prebiotic oligosaccharides, vegetable glycerin, fruit juice concentrate (for color), and natural flavors.

SWERVE SUGAR REPLACEMENTS
Available at Amazon & most grocery stores

Stay Hydrated

Available at Amazon & some grocery stores

Supplement Facts

Serving Size 1 Scoop (7 g) (0.24 oz)
Servings Per Container About 45

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Sodium	140 mg	6%
Calcium	18 mg	2%
Magnesium	5 mg	1%
Potassium (as Potassium Citrate Monohydrate)	33 mg	1%
Zinc (as Zinc HVP Chelate)	0.16 mg	1%
Biotin	0.3 mcg	1%
Vitamin B12 (as Cyanocobalamin)	0.3 mcg	13%
Folate	12 mcg DFE (7 mcg Folic Acid)	3%
Niacin (as Nicotinic Acid)	0.3 mg	2%
Pantothenic Acid (as Calcium D-Pantothenate)	0.27 mg	5%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.3 mg	18%
Riboflavin	0.3 mg	23%
Thiamine (as Thiamine Hydrochloride)	0.3 mg	25%
L-Leucine	1202 mg	**
L-Isoleucine	544 mg	**
L-Valine	544 mg	**
Glycine	460 mg	**
L-Glutamine	973 mg	**
Taurine	135 mg	**
Calcium Carbonate from *Lithothamnion spp.* (Aquamin™)	36.8 mg	**
Magnesium Citrate	13.6 mg	**
Choline (as Choline Bitartrate)	300 mcg	**
Inositol	300 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Supplement Facts:

Serving Size: 2.8 grams (approx. 1 scoop)
Servings Per Container: 70

	Amount Per Serving:	% Daily Value:
Calories	**10**	
Total Carbohydrate	2 g	1%*
Vitamin C (as Acerola Berry Extract)	70 mg	78%
Calcium (as Tri-Calcium Citrate)	35 mg	3%
Potassium (as Tri-Potassium Citrate)	160 mg	3%
Stevia Leaf Extract	60 mg	†
Pink Himalayan Sea Salt	25 mg	†
Bamboo Stem Extract	25 mg	†
Trace Ionic Sea Minerals	12 mg	†

* Daily Value is based on a 2,000-calorie diet.
† Daily value not established.

Other Ingredients: Organic Rice Syrup Solids, Non-GMO Citric Acid, Natural Watermelon Flavor.

Available on Amazon

Stay Hydrated

Nutrition Facts

12 servings per container

Serving size 1 stick pack

Amount per serving **Calories**	Citrus Salt (6g)		Raspberry Salt (6g)		Orange Salt (6g)	
	10		10		10	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	1000mg	43%	1000mg	43%	1000mg	43%
Total Carbohydrate	2g	1%	2g	1%	2g	1%
Dietary Fiber	0g	0%	0g	0%	0g	0%
Total Sugars	0g		0g		0g	
Includes Added Sugars	0g	0%	0g	0%	0g	0%
Protein	0g	0%	0g	0%	0g	0%
Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%	0mg	0%
Iron	0mg	0%	0mg	0%	0mg	0%
Potassium	200mg	4%	200mg	4%	200mg	4%
Magnesium	60mg	15%	60mg	15%	60mg	15%

* The % Daily Value (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.

INSTRUCTIONS:
Mix 1 stick pack with 16oz of water.

...or get creative and send us your ideas for how to stay salty at ideas@DrinkLMNT.com

Ingredients: Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavors, Stevia Leaf Extract.

Ingredients: Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavors, Stevia Leaf Extract.

Ingredients: Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavors, Stevia Leaf Extract.

Available at Amazon

pink lemonade

Nutrition Facts

Serving size 1 Scoop / Stickpack

Amount per serving **Calories**	0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Calcium 65mg	6%
Potassium 250mg	6%
Vitamin C 100mg	110%
Phosphorus 70mg	6%
Magnesium 100mg	25%
Zinc 1mg	8%
Manganese 0.2mg	8%
Chloride 78mg	4%

Not a significant source of Vitamin D and Iron

Ingredients: citric acid, magnesium citrate, potassium phosphate, potassium aspartate, calcium citrate, natural flavors, calcium ascorbate, salt, rebaudioside A (organic stevia leaf extract), color blend (beet juice and annatto extract), zinc citrate, manganese citrate and cherry juice powder.

Available at Amazon and some grocery stores

Stay Hydrated

Nutrition Facts

30 servings per container
Serving size 1 scoop(3g)
Calories per serving 0

Amount/Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%

Amount/Serving	% Daily Value*
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	

*The % Daily Value (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.

Vitamin D 0% • Calcium 2% • Iron 0% • Potassium 2% • Magnesium 15% • Chloride 6%

Ingredients: Sodium citrate, citric acid, magnesium phosphate, natural flavors, potassium citrate, salt, Rebaudioside A (stevia extract), tricalcium phosphate.
Manufactured in a facility that also processes milk, soy, egg, wheat, peanuts and tree nuts.
Manufactured for The UCAN Company, Woodbridge, CT, 06525, USA

Available on Amazon

Available on Amazon & most grocery stores

SUPPLEMENT FACTS

Serving Size 16 fl oz (475ml)
Servings Per Tab 1

Amount Per Serving	
Calories 8	
Calories from Fat 0	
	%Daily Value*
Total Fat 0g	
Sodium 359mg	14%
Potassium 101mg	2%
Total Carb 1g	1%
Sugars 0g	
Protein 0g	
Vitamin C 38mg	62%
Riboflavin .5mg	30%
Calcium 13mg	2%
Magnesium 25mg	6%

*Percent Daily Values are based on a 2000 calorie diet.

Not a significant source of other nutrients.

Condiments

Nutrition Facts Servings: About 16, **Serv. size: 1 Tbsp (15g),** Amount per serving:
Calories 15, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 220mg (10% DV), **Total Carb.** 3g (1% DV), Fiber 0g (0% DV), Total Sugars 3g (Incl. 2g Added Sugars, 4% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

Nutrition Facts

Serving Size 1 Tbsp (15 g)

Servings Per Container 21

Amount Per Serving	
Calories 10	
	% Daily Value*
Total Fat 0g	%
Sodium 105mg	5%
Total Carbohydrates 2g	1%
Total Sugars 1g	
Added Sugars 0g	%
Protein 0g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Available on Amazon & most grocery stores

Marinades

Nutrition Facts
Serving Size 2 Tbsp (30g)
Servings Per Container 12

Amount Per Serving	
Calories 90	Calories from Fat 80
	% Daily Value *
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	

Nutrition Facts
about 40 servings per container
Serving size 1 Tbsp. (18g)

Amount per serving	
Calories	10
	% DV*
Total Fat 0g	0%
Sodium 980mg	41%
Total Carbohydrate <1g	0%
Protein 2g	
Potassium 130mg	2%

*%DV = % Daily Value

Nutrition Facts
189 servings per container
Serving size 1 tsp (5mL)

Amount per serving	
Calories	5
	% Daily Value
Total Fat 0g	0%
Sodium 310mg	13%
Total Carbohydrate 0g	0%
Protein 1g	<1%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

Nutrition Facts
About 23 Servings Per Container
Serving size 1 Tbsp (15g)

Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0.5g	1%
Sodium 130mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

*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.

Available on Amazon and most grocery stores

Sauces & Dips

Nutrition Facts

6 servings per container
Serving size 1/2 cup (125g)

Amount per serving	
Calories	25
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	14%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	

Nutrition Facts

about 5 servings per container
Serving Size 1/2 cup (125g)

Amount per serving	
Calories	80
	% Daily Value*
Total Fat 6g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.2mg	0%
Potassium 370mg	8%

* The % Daily Value (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.

Nutrition Facts

About 23 servings per container
Serving Size 1 Tbsp (15g)

Amount per serving	
Calories	15
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 1mg	0%

*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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1/4 Cup (61g)
Servings Per Container About 7

Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrates 4g	1%
Dietary Fiber 0g	0%
Total Sugars <1g	
Added Sugars 0g	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

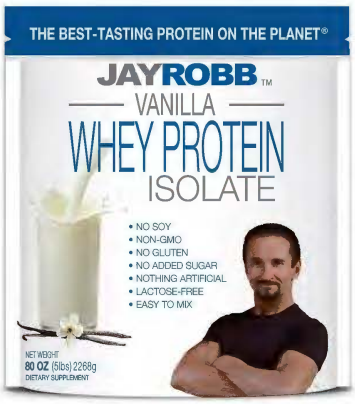
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Available on Amazon and most grocery stores

Sauces & Dip

Available at Amazon & some grocery stores

Protein Powders



Supplement Facts
Serving Size: 1 scoop (30g)
Serving Per Container: 75 (approximate)

Amount Per Serving	%Daily Values †
Calories 110	
Calories From Fat 0	
Total Fat 0g	0%
Cholesterol <5mg	<1%
Total Carbohydrate 2g	<1%
Sugars <1g	*
Protein 25g	50%
Calcium 125mg	10%
Sodium 70mg	3%
Potassium 180mg	5%

† Percent Daily Values are based on a 2,000 calorie diet Your daily values may be higher or lower depending on your calorie needs.
* Not established

Nutrition Facts
About 42 servings per container
Serving size 1 Scoop (21g)

Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1.3mg	8%
Potassium 176mg	4%

* The % Daily Value (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.

Nutrition Facts
Serving Size 2 scoops (28g)
Servings Per Container about 12

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 50mg	2%
Potassium 190mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 20g	
Vitamin A 2% •	Vitamin C 0%
Calcium 10% •	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Organic dairy whey protein concentrate, Organic cocoa* (processed with alkali), Organic stevia leaf extract, Sunflower lecithin.
*Fair Trade Certified™ by Fair Trade USA
CONTAINS MILK.
Gluten Free, Non GMO, rBGH Free, rBST Free, Non Denatured*
Packaged in a plant that handles, stores and processes milk, egg, soy, and wheat.
STORE IN A COOL, DRY PLACE
Wisconsin Specialty Protein
Reedsburg, WI 53959
1-888-252-7408
teraswhey.com
CERTIFIED ORGANIC BY MOSA
50002-e

NUTRITION FACTS
Servings Per Container: 28
Serving Size: 1 Scoop (32g)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 4mcg	20%
Calcium 138mg	10%
Iron 1mg	6%
Potassium 193mg	4%

*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts
About 24 servings per container
Serving size 1 Scoop (16.9g)

Amount per serving	
Calories	**80**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 77mg	2%

* The % Daily Value (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.

Nutrition Facts
Serving size 1 scoop (29g)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	20%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 4.6mg	25%
Potassium 90mg	2%
Vitamin A 60mcg	6%
Vitamin C 6mg	6%
Vitamin K 67mcg	60%

* 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.

Available at Amazon & some grocery stores

Protein Powders

Total Fat 3g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 40mg	
Sodium 140mg	
Total Carbohydrate 7g	
Dietary Fiber 0g	
Total Sugars 4g	
Includes 2g Added Sugars	
Protein 25g	

Nutrition Facts

About 9 servings per container
Serving Size 1 Scoop (26g)

Amount per serving
Calories 100

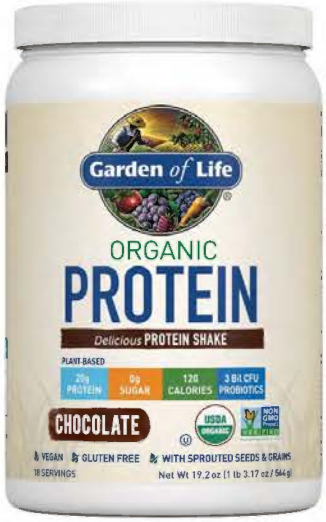
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Nutrition Facts

About 15 servings per container
Serving size 2 Scoops (39 g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 20g	32%



Nutrition Facts

18 servings per container approximately
Serving size 1 scoop (30g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	27%

Nutrition Facts

20 servings per container
Serving size 1 scoop (30g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 25g	50%

Nutrition Facts

30 Servings Per Container
Serving Size 1 Scoop (30g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	

Available at Amazon & some grocery stores

Protein Bars

DARK CHOCOLATE NUTS & SEA SALT

Nutrition Facts

Serving size 1 bar (40g)

Calories per serving 180

Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat 15g	**19%**	**Total Carb.** 16g	**6%**
Sat. Fat 3g	**15%**	Fiber 7g	**25%**
Trans Fat 0g		Total Sugars 5g	
Polyunsaturated Fat 3.5g		Incl. 4g of Added Sugars	**8%**
Monounsaturated Fat 7g		Sugar Alcohol 0g	
Cholesterol 0mg	**0%**	**Protein** 6g	
Sodium 140mg	**6%**		

Vitamin D 0% • Calcium 4% • Iron 6% • Potassium 4%

Amount Per Serving		% DV*
Calories	195	
Calories From Fat	95	
Total Fat	11 g	17%
Saturated Fat	4 g	20%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	80 mg	3%
Potassium	100 mg	3%
Total Carbohydrate	10 g	3%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	15 g	30%

Nutrition Facts

Serving Size 46g 1bar
Servings Per Container 12

Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	3%
Potassium 150mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 14g	56%
Sugars 4g	
Protein 12g	24%

Nutrition Facts

Serving Size 1 Bar (60g)
Servings Per Container 10

Amount Per Serving	
Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 0g	
Sugar Alcohol 12g	
Other Carb. 9g	
Protein 20g	38%

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 15%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Available at Amazon and most grocery stores

Nutrition Facts

12 Servings Per Container
Serving Size **1 Bar (45g)**

Amount Per Serving
Calories **220**

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	12%

Nutrition Facts

12 servings per container
Serving size **1 bar (31g)**

Amount Per Serving
Calories **170**

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes <1g Added Sugars	0%
Sugar Alcohol 2g	
Protein 10g	20%

Calories: 160

Total Fat 7g

Saturated Fat 6g

Trans Fat 0g

Cholesterol 10mg

Sodium 140mg

Total Carbohydrate 30g

Dietary Fiber 10g

Sugars 1g

Added Sugars 0g

Erythritol 4g

Protein 16g

Nutrition Facts

12 servings per container
Serving size **1 bar (60g)**

Amount per serving
Calories **190**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 16g	57%
Total Sugars 1g	
Includes 0g Added Sugars	
Sugar Alcohol 5g	
Protein 22g	

Nutrition Facts

12 servings per container
Serving size **1 bar (60g)**

Amount per serving
Calories **220**

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	28%
Soluble Fiber 6g	
Insoluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 5g	
Protein 20g	36%

Available on Amazon & most grocery stores

Creamers

Supplement Facts
Serving Size 2 Scoops (24 g)
Servings Per Container About 12

	Amount Per Serving	% Daily Value
Calories	140	
Calories from Fat	80	
Total Fat	9 g	14%*
Saturated Fat	9 g	45%*
Total Carbohydrate	4 g	1%*
Total Sugars	1 g	
Protein	10 g	
Sodium	55 mg	2%
Collagen peptides (from bovine hide)	10 g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet
*Daily Value not established.

Nutrition Facts
13 Servings Per Container
Serving Size 3 TBSP

Amount Per Serving	
Calories	**50**
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 10mg	0%
Total Carbohydrate	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	

Available on Amazon & some grocery stores

Nutrition Facts
Serving Size 1 Tbsp (15 mL)
Servings Per Container About 32

Amount Per Serving	
Calories 10	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Sat Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb <1g	0%
Dietary Fiber 0g	0%
Sugars <1g	
Protein 0g	
Vitamin A 0% • Vitamin C	0%
Calcium 0% • Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts
50 servings per container
Serving size **1 tbsp (15 mL)**

Amount per serving	
Calories	**10**
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Nutrition Facts
About 32 servings per container
Serving size 1 Tbsp (15mL)

Amount per serving	
Calories	**50**
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 3.5g	**17%**
Cholesterol 20mg	**7%**
Sodium 5mg	**0%**
Total Carbohydrate <1g	**1%**
Protein 1g	

*The % Daily Value (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.

Nutrition Facts
About 63 servings per container
Serving size 2Tbsp (30mL)

Amount per serving	
Calories	**40**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 15mg	**4%**
Sodium 15mg	**1%**
Total Carbohydrate 1g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (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.

Available at your local grocery store

Dietary Fat

Nutrition Facts

20 servings per container
Serving Size 1 Tbsp (13g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Nutrition Facts

Serving Size - 1Tbsp (14g)
Servings Per Container 38

Amount Per Serving

Calories 100	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat (g) 0g	
Cholesterol 40mg	13%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Protein 0g	
Vitamin A	8%

* Percent Daily Values are based on a 2,000 calorie diet.

SALTED SWEET CREAM BUTTER
INGREDIENTS: PASTEURIZED CREAM, SALT.
CONTAINS MILK.

this oil shines in baked goods.

Nutrition Facts

33 Servings Per Container
Serving Size 1 Tbsp (15 mL)

Amount Per Serving
Calories 130

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated 11g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0mg 0% • Potas. 0mg 0%

*The % Daily Value (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.

Nutrition Facts Servings Per Container: about 33, **Serv. Size: 1 Tbsp (14g)**, Amount Per Serving: **Calories 130**, **Total Fat** 14g (18% DV), Sat. Fat 2g (10% DV), *Trans* Fat 0g, Monounsat. Fat 10g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 0g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g, Incl. 0g Added Sugars (0% DV), **Protein** 0g, Vitamin D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0mg (0% DV), Potassium 0mg (0% DV). %DV = % Daily Value

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 63

	Amount Per Serving	% Daily Value
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%*
Saturated Fat	14 g	70%*
Trans Fat	0 g	†
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	0 g	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Nutrition Facts
Valeur nutritive

Per 1 tablespoon (15 ml)
Pour 1 cuillerée à soupe (15 ml)

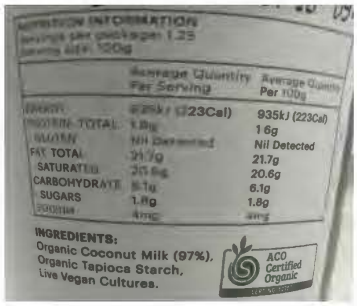
	% Daily Value* / % valeur quotidienne*
Calories 130	
Fat / Lipides 14 g	19 %
Saturated / saturés 14 g + Trans / trans 0 g	70 %
Carbohydrates / Glucides 0 g	
Protein / Protéines 0 g	
Sodium 0 mg	0 %

Not a significant source of fibre, sugars, cholesterol, potassium, calcium or iron
Source négligeable fibres, sucres, cholestérol, potassium, calcium et fer

*5% or **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Available at your local grocery store

Yogurt



Serving Size: 1 cup
Serving Per Container: 1
Amount :

Calories: 80

Total Fat 2g
Saturated Fat 1g
Trans Fat 0g
Cholesterol 5mg
Sodium 35mg
Total Carbohydrate 3g
Dietary Fiber 0g
Sugars 2g
Added Sugars 0g
Protein 12g

Nutrition Facts
Serving size 1 container (150g)
Servings per container 1

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 4g	**14%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vit. D 0% •	Calcium 10%
Iron 10% •	Potas. 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

Nutrition Facts
Serving Size 1 Container (150g)
Servings Per Package 4

Amount Per Serving
Calories 110 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 65mg	**3%**
Potassium 210mg	**6%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 6g	**24%**
Sugars 6g	
Protein 15g	**30%**

Serving Size: 1 Container
Amount Amount per serving:

Calories: 60

Total Fat 0g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 10mg
Sodium 65mg
Total Carbohydrate 5g
Dietary Fiber 1g
Sugars 0g
Added Sugars 0g
Protein 11g

Serving Per Container: 1
Amount Amount per serving:

Calories: 170

Total Fat 4g
Saturated Fat 1.5g
Trans Fat 0g
Cholesterol 15mg
Sodium 190mg
Total Carbohydrate 9g
Dietary Fiber 0g
Sugars 3g
Added Sugars 0g
Sugar Alcohol 2g
Protein 25g

Available at your local grocery store

Milk

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container 4

Amount Per Serving	
Calories 30	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 160mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	4%
Sugars 0g	
Protein 1g	

Vitamin A 10%	Vitamin C 0%
Calcium 45%	Iron 4%
Vitamin D 25%	Vitamin E 50%
Riboflavin 2%	Phosphorus 2%
Magnesium 4%	Zinc 0%
Copper 2%	Manganese 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

4 servings per container
Serving size 1 cup (240mL)

Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	

Vitamin D 0mcg	0%
Calcium 450mg	35%
Iron 1mg	6%
Potassium 210mg	4%
Vitamin E 5mg	35%
Phosphorus 30mg	2%
Magnesium 25mg	6%

*The percent Daily Value (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.

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container 8

Amount Per Serving	
Calories 30	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 160mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	4%
Sugars 0g	
Protein 1g	

Vitamin A 10%	Vitamin C 0%
Calcium 45%	Iron 4%
Vitamin D 25%	Vitamin E 50%
Riboflavin 2%	Phosphorus 2%
Magnesium 4%	Zinc 0%
Copper 2%	Manganese 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container 4

Amount Per Serving	
Calories 40	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium 170mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	4%
Sugars 0g	
Protein 1g	

Vitamin A 10%	Vitamin C 0%
Calcium 45%	Iron 4%
Vitamin D 25%	Vitamin E 50%
Riboflavin 2%	Phosphorus 2%
Magnesium 4%	Zinc 0%
Copper 2%	Manganese 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Available at your local grocery store

Nutrition Facts

6 servings per container
Serving size 8 fl oz (240 mL)

Amount per serving	
Calories	**45**
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 430mg	35%
Iron 1mg	6%
Potassium 40mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Nutrition Facts

4 Servings Per Container
Serving size 8 fl oz (240mL)

Amount per serving	
Calories	**35**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 430mg	35%
Iron 1mg	6%
Potassium 30mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container About 7

Amount Per Serving	
Calories 150	Calories from Fat 80
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Potassium 400mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 13g	26%

Vitamin A 20%	• Calcium 40%
Vitamin D 25%	• Riboflavin 20%
Vitamin B12 20%	• Phosphorus 25%
Magnesium 6%	• Zinc 10%

Not a significant source of Vitamin C & Iron

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container 4

Amount Per Serving	
Calories 45	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 4g†	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 40mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 0g	

Vitamin A	10%	• Vitamin C	0%
Calcium	10%	• Iron	0%
Vitamin D	30%	• Folate	6%
Vitamin B_{12}	50%	• Magnesium	10%
Zinc	4%	• Selenium	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

5 servings per container
Serving size 1/3 Cup (80mL)

Amount Per Serving	
Calories	**150**
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	<1%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	

Vitamin D 0mcg 0% • Calcium 11mg <1%
Iron 3mg 14% • Potassium 103mg 2%

* The % Daily Value (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.

Available at your local grocery store

Drink Responsibly

Available at your local grocery or liquor store

Nutrition Facts
1 serving per container
Serving size 1 can (473 mL/1 pt.)

Amount per serving
Calories 140

	% DV*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 2g	1%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	0%

Not a significant source of total fat, saturated fat, *trans* fat, cholesterol, dietary fiber, protein, vitamin D, calcium, iron and potassium.

*%DV = % Daily Value

CONTAINS LESS THAN 1% JUICE

Nutrition Facts
1 serving per container
Serving size 1 can (12 fl oz)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 2g	1%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	0%

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts
1 serving per container
Serving size 12 FL.OZ. (355mL)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 2g	<1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	<1%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (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.

Drink Responsibly

Various FitVine Wines
Available at Central Market,
www.fitvinewine.com

Dry Farm Wines
Available www.Dryfarmwines.com

Available on Amazon & some grocery stores

Nutrition Facts	
Serving Size 4 Fl Oz	
Servings Per Container 6	
Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	
Sodium 55mg	2%
Total Carbohydrates 5g	2%
Sugars 0g	
Sugar Alcohol 4g	
Protein 0g	0%

* Percent Daily Values are based on a 2,000 calorie diet

Available on Amazon & some grocery stores

Nutrition Facts	
Serving Size 4 Fl Oz	
Servings Per Container 6	
Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	
Sodium 55mg	2%
Total Carbohydrates 5g	2%
Sugars 0g	
Sugar Alcohol 4g	
Protein 0g	0%

* Percent Daily Values are based on a 2,000 calorie diet

Available on Amazon

Beverages


Pepino
La Croix
Curate
Kiwi Sandia
La Croix
Curate
MANGO
SPARKLING WATER
La Croix
La Croix
Curate


WATERLOO
SPARKLING WATER
GRAPEFRUIT
WATERLOO
SPARKLING WATER
BLACK CHERRY
WATERLOO
SPARKLING WATER
WATERMELON


Refreshingly Natural
POLAR
100% NATURAL
SELTZER
CALORIE-FREE
CRANBERRY LIM
Refreshingly Natural
POLAR
100% NATURAL
SELTZER
CALORIE-FREE
BLACK CHERRY
POLAR
SELTZER
LIME
POLAR
SELTZER


bubly
sparkling water
limebubly
lime flavor with other
natural flavors


DEER PARK
Sparkling
DEER PARK
Sparkling
DEER PARK
Sparkling
DEER PARK
Sparkling
TRIPLE BERRY
DEER PARK
Sparkling


LIMITLESS
LIMITLESS
LIMITLESS
WATERMELON
LIMITLESS
GINGER MINT

Beverages


KEVITA
MASTER BREW
KOMBUCHA
PINEAPPLE
PEACH
LIVE PROBIOTICS


KEVITA
SPARKLING PROBIOTIC
DRINK
Mojita
Lime Mint Coconut


S.PELLEGRINO
12 PACK
750 mL Bottles
S.PELLEGRINO
SPARKLING NATURAL MINERAL WATER
12 Pack 750 mL Bottles


Topo Chico
Nutrition Facts
Topo Chico
MINERAL WATER
WWW.TOPOCHICO.COM


BLACK CHERRY
GRAPE
GINGER ALE
GINGER ROOT BEER
COLA
zevia
ZERO CALORIE SODA


TRUE lemon
real flavour from real fruit
la vraie saveur des vrais fruits
Crystallized Lemon Flavour
Saveur de citron cristallisé
For Water, Tea & Beverages
Pour eau, thé et boissons
32 Packets Sachets
0 Calories, 0 g Sugar / 0 calories, 0 g de sucre
Unsweetened / Sans sucre ajouté
26 g


MUSHROOM HOT CACAO MIX
USDA ORGANIC
MUSHROOM
HOT CACAO MIX
CHILL
10
PACKETS

Helpful Tools

SodaStream

Veggie Spiralizer

Veggie Chopper

Mandolin

Nutri Bullet

Food Scale

Sous Vide Wand

Fuel


Artisana
ORGANICS
RAW ALMON
RAW CASH
RAW TAHINI
RAW PEC
RAW WALNUT
NUT BUTTER WITH CASHEW


CREAMY
NATURAL
MaraNatha.
CALIFORNIA
ALMOND
BUTTER


RX NUT BUTTER
1 Egg White
27 Peanuts
1/2 Date
No B.S.
Vanilla
Almond Butter
Honey
Cinnamon
Peanut Butter


12 x 80ml (2.7floz)
www.vespapower.com
CV-25
VESPA
All-Natural
Amino Acid Supplement
SAFE & NATURAL ENERGY
STIMULANT FREE
12 PACK
SAFE & NATURAL ENERGY
STIMULANT FREE
VESPA CV-25


YUMBUTTER
PEANUT
+ CHIA + HEMP SEEDS + GOJI
CASHEW
ORGANIC
SUPERFOOD
SUNFLOWER
ALMOND
ESPRESSO
PROTEIN


ucan
chocolate peanut butter
naturally flavored
anytime
energy bar
SuperStarch


ucan
chocolate
natural flavors
energy
bar
SuperStarch


FUDGE BROWNIE
COOL CITRUS
SALTED CARAMEL APPLE
VFUEL
ENDURANCE GEL
MOUNTAIN BERRY
VANILLA
RASPBERRY LEMONADE
THE 1st TRUE ENDURANCE GEL
Superior Performance
Superior Digestion
Superior Recovery
NET WT. 32g


Strawberries
hüma
CHIA ENERGY GEL
GLUTEN FREE
VEGAN FRIENDLY