Apple & Cinnamon Soy Puffs

Nutrition Facts

Servings Size 1 packet (38g)
Servings per package 7

Amount Per Serving	
Calories 150	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 150mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 15g	28%
Vitamin A 0%	Vitamin C 2%
Calcium 35%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy protein isolate, tapioca flour, sugar, sunflower oil, resistant maltodextrin, oligofructose (chicory root extract), apple peel powder, calcium carbonate, cinnamon, natural and artificial flavours, sucralose (non-nutritive sweetener).

Contains soy and wheat
Manufactured in a facility that processes egg, milk, sesame and tree nuts.

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Banana Pudding Mix

Nutrition Facts

Servings Size 1 packet (24,0g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 10%
Calcium 50%	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:

	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, **soy** protein isolate, natural flavour, sea salt, xanthan gum, skim milk powder, colour, sucralose, silicon dioxide, potassium acesulfame.

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BBQ Ridges

Nutrition Facts

Servings Size 1 packet (40g)
Servings per package 7

Amount Per Serving	
Calories 170	Calories from Fat 45
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 15g	30%
Vitamin A 8%	Vitamin C 15%
Calcium 8%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein concentrate, (derived from milk), wheat, triticale, oat, rye, millet, barley, buckwheat, brown rice, seasoning (sugar, salt, spices and spice extractives (including paprika), maltodextrin, garlic, dextrose, tomato, onion, hydrolyzed soy protein, annatto color, natural flavor, silicon dioxide), sunflower oil.

Contains milk, soybeans and wheat.

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BBQ Soy Nuts

Nutrition Facts

Servings Size 1 packet (30g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Potassium 400mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 11g	22%
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soybeans, BBQ seasoning, (salt, sugar, yeast, spice, onion powder, tomato powder, garlic powder, citric acid, artificial flavor, silicon dioxide), sunflower oil.

Contains soy.
Manufactured in a facility that processes milk, wheat, eggs, sesame and tree nuts.

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Blueberry Cran-Granata Drink

Nutrition Facts

Servings Size 1 packet (25g)
Servings per package 7

Amount Per Serving	
Calories 80	Calories from Fat 0
	% 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 0g	0%
Sugars less than 1g	
Protein 17g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Collagen protein, fruit juice powders (blueberry, cranberry, pomegranate), citric acid, natural flavors, malic acid, contains 2 percent or less of acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), calcium gluconate, calcium citrate, silicon dioxide.

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Blueberry Pudding Mix

Nutrition Facts

Servings Size 1 packet (29g)
Servings per package 7

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	4%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 8%
Calcium 40%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, whey protein isolate (milk), karaya gum, blueberry juice powder, dehydrated blueberry, natural and artificial flavors, contains 2 percent or less of sea salt, citric acid, sucralose (non-nutritive sweetener), silicon dioxide.

Contains Milk.

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Broccoli and Cheese Soup

Nutrition Facts

Servings Size 1 packet (36g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0.5g	
Cholesterol 20mg	7%
Sodium 500mg	21%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 18g	36%
Vitamin A 20%	Vitamin C 10%
Calcium 35%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, cheese powder [cheddar and blue cheese (pasteurized cultured milk, sea salt, annatto extract color enzyme), whey (milk), skim milk, soybean oil, buttermilk, disodium phosphate, butter (cream, sea salt, water), natural flavor, citric acid, lactic acid, annatto color, yellow 5 lake], whey protein isolate (whey (milk), soy lecithin), broccoli, yeast extract, cheese flavor [dehydrated cheese (pasteurized cultured milk, sea salt, enzymes), sea salt, buttermilk, maltodextrin, calcium silicate (as an anti-caking agent), hydrolyzed casein (milk)], guar gum, potassium chloride.

Contains milk and soybeans.

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Butterscotch Pudding Mix

Nutrition Facts

Servings Size 1 packet (26g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 4%
Calcium 40%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, soy protein isolate, guar gum, natural flavor, contains 2 percent or less of sea salt, beta-carotene color, caramel color, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener).

Contains Milk and soybeans

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Cappuccino Drink Mix

Nutrition Facts

Servings Size 1 packet (28g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 25%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, whey protein isolate (whey (milk),soy lecithin), skim milk, decaffeinated coffee, natural flavor, caramel color, contains 2 percent or less of sea salt, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), xanthan gum, silicon dioxide.

Contains milk and soybeans.

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Caramel Crunch Bar

Nutrition Facts

Servings Size 1.4 oz (42g)
Servings per package 7

Amount Per Serving	
Calories 150	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 5g	
Sugar Alcohols 7g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 30%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy nuggets (isolated soy protein, rice starch), brown rice syrup, white coating (maltitol, fractionated palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin), caramel (maltitol syrup, modified palm kernel oil, skim milk powder, whey protein concentrate, water soy lecithin, disodium phosphate, natural flavor, salt cream (cream, milk cellulose gel, milk solids, carrageenan, cellulose gum), glycerine, slated butter, carrageenan, dextrose), polydextrose, soy protein nuggets (soy protein isolate, rice flour, and salt), isolated soy protein, dextrose, dextrin, glycerin, high oleic sunflower oil, n&a caramel toffee flavor, sea salt, soy lecithin (as emulsifier).

Contains milk and soy.
May also contain egg, wheat, peanuts, tree nuts and fish.

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Caramel Nut Protein Bar

Nutrition Facts

Servings Size 1.45 oz (41g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130mg	5%
Potassium 60mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Sugar Alcohols 8g	
Protein 14g	29%
Vitamin A 0%	Vitamin C 0%
Calcium 6%	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:

	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (soy protein isolate, hydrolyzed gelatin, whey protein concentrate, acid casein, milk protein isolate, milk protein concentrate), maltitol syrup, glycerin, sugar, peanuts, palm and palm kernel oil, water, natural and artificial flavors, malted milk powder (barley malt, wheat, milk, sodium bicarbonate, salt), fructooligosaccharide, cocoa powder, butter, soy lecithin, canola oil, maltitol, cram, sorbitol, mono- and diglycerides, pectin, Vanilla extract, salt, gellan gum, dicalcium phosphate, sodium phosphate, sodium citrate, sucralose (non-nutritive sweetener), carrageenan, tocopherol (antioxidant).

Contains soy, milk, peanuts and wheat.
Manufactured in a facility that processes egg, sesame and tree nuts.

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Chicken a la King flavored Pottage

Nutrition Facts

Servings Size 1 packet (32g)
Servings per package 7

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 630mg	26%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 18g	36%
Vitamin A 6%	Vitamin C 6%
Calcium 2%	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:

	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy protein isolate, dehydrated vegetables (peas, carrots, corn mushrooms, onions), textured wheat protein (wheat gluten, wheat starch, sodium phosphate, soybean oil, titanium dioxide, tocopherols), artificial flavor, enriched pasta (durum flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate (vitamin B1), riboflavin (vitamins B2), folic acid), sea salt, yeast extract, contains 2 percent or less of spices, corn starch, xanthan gum, silicon dioxide.

Contains wheat (gluten), milk, eggs and soybeans.

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Chicken Noodle Soup Mix

Nutrition Facts

Servings Size 1 packet (30g)
Servings per package 7

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 590mg	25%
Potassium 360mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Hydrolyzed collagen, whey protein isolate (milk), enriched noodles (durum flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), natural and artificial flavors, sea salt, yeast extract, contains 2 percent or less of chicken meat, spices, beta-carotene color, soy lecithin, maltodextrin (corn), potassium chloride, silicon dioxide.

Contains wheat (gluten), milk, eggs and soybeans.

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Chicken Soup Mix

Nutrition Facts

Servings Size 1 packet (28g)
Servings per package 7

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 870mg	36%
Potassium 420mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%
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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy protein isolate, artificial flavor, sea salt, potassium chloride, contains 2 percent or less of dehydrated vegetables (onion, garlic), autolyzed yeast extract, celery salt, spices, turmeric, beta-carotene color, xanthan gum, sodium bicarbonate, silicon dioxide.

Contains soybeans.
May contain milk and eggs.

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Choco Peanut Butter Bars

Nutrition Facts

Servings Size 1.4 oz (41g)
Servings per package 7

Amount Per Serving	
Calories 150	Calories from Fat 40
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 7g	
Sugar Alcohol 4g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy Nuggets (isolates soy protein, rice starch), dark chocolate coating (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, and vanilla), organic brown right syrup, chocolate layer (maltitol syrup, modified palm kernel oil, skim milk powder, chocolate liquor, water, glycerine, cocoa, soy lecithin, disodium phosphate, salt, carrageenan, vanilla extract), polydextrose, soy protein nuggets (soy protein isolate, rice flour and salt), soy protein isolate, organic agave syrup, glycerin, peanut flour, peanut oil, natural & artificial flavors, organic gum acacia, sea salt, soy lecithin (as emulsifier).

Contains milk, soybeans and wheat.
Manufactured in a facility that processes egg, tree nuts, peanuts, sesame and fish.

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Choco Raspberry Bars

Nutrition Facts

Servings Size 1.4 oz (40g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 0
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Sugar Alcohol 0g	
Protein 15g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy nuggets (isolated soy protein, rice starch), chocolate coating (maltitol, fractionated palm kernel oil, cocoa powder, inulin, soya lecithin, acesulfame K, vanilla, and sucralose), soy protein nuggets (soy protein isolate, rice flour, malt extract, and salt), polydextrose, organic brown rice syrup, isolated soy protein, organic agave syrup, dextrose, dextrin, glycerin, high oleic sunflower oil, natural flavor, dextrose, dextrin, beet juice concentrate, soy lecithin (as emulsifier).

Contains soy and milk.
May contain traces of egg, wheat, peanuts, tree nuts and fish.

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Product of Canada

Chocolate Chip Cookies

Nutrition Facts

Servings Size 1 packet (53g)
Servings per package 7

Amount Per Serving	
Calories 180	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	36%
Sugars 3g	
Sugar Alcohols 8g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, soy protein isolate, polydextrose, maltitol syrup, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), inulin, oils (canola, palm and soybean), glycerin, calcium caseinate (milk), whey protein isolate (milk), lactitol, oat flakes (gluten), contains 2 percent or less of natural and artificial flavors, glucono-delta-lactone, sodium bicarbonate, salt, diacetyl tartaric acid esters of mono- and diglycerides, guar gum, potassium sorbate, tocopherols, sucralose (non-nutritive sweetener).

Contains gluten (oats), milk and soybeans.

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Chocolate Drink Mix

Nutrition Facts

Servings Size 1 packet (33g)
Servings per package 7

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	8%
Potassium 450mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 35%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, cocoa processed with alkali, skim milk, whey protein isolate (milk), artificial flavor, contains 2 percent or less of chocolate (cocoa, sugar, salt, carrageenan, sodium caseinate, artificial flavor), sea salt, xanthan gum, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), silicon dioxide.

Contains milk.

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Chocolate Pancake Mix

Nutrition Facts

Servings Size 1 packet (44g)
Servings per package 7

Amount Per Serving	
Calories 180	Calories from Fat 18
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Potassium 230mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Oat flour, calcium caseinate (derived from **milk**), whey protein concentrate (derived from milk), **soy** protein isolate, albumen powder (**egg** white, yeast, citric acid), oat bran, cocoa processed with alkali, natural chocolate flavor, chicory root inulin, fructose, contains 2 percent or less of natural flavors, cream of tartar, sodium bicarbonate, sea salt, silicon dioxide.

May also contain wheat.

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Chocolate Drink UHT

Nutrition Facts

Servings Size 1 carton (236 ml)
Servings per package 6

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Potassium 350mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 25%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Filtered water, protein blend (milk protein isolate, calcium caseinate, whey protein concentrate), cocoa powder (processed with alkali), sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, sodium phosphate, DATEM (diacetyl tartaric acid esters of mono and diglycerides), potassium phosphate, carrageenan, sucralose and acesulfame-potassium (non-nutritive sweeteners).

Contains Milk.
Manufactured in a facility that processes soy, egg, wheat, sesame and tree nuts.

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Cran-Granata Protein Bar

Nutrition Facts

Servings Size 1.41 oz (40g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Potassium 150mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend [soy protein isolate, whey protein concentrate (derived from milk)], maltitol syrup, maltitol, fructooligosaccharide, tapioca starch (wheat), sugar, palm kernel oil, cranberries, glycerin, apple juice concentrate, blueberries, water natural and artificial flavors, cranberry juice concentrate, pomegranate arils, mono- and diglycerides, canola oil, citric acid, salt vanilla extract, sunflower oil, sucralose (non-nutritive sweetener), soy lecithin, tocopherol.

Contains soy, milk and wheat.
Manufactured in a facility that processes egg, sesame, peanuts and tree nuts.

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Chocolate Soy Snacks

Nutrition Facts

Servings Size 1 packet (35g)
Servings per package 7

Amount Per Serving	
Calories 150	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Potassium 190mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 15g	29%
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (soy protein isolate, whey protein concentrate (milk)), sugar, modified palm kernel oil, cocoa (processed with alkali), tapioca starch, rich flour, calcium carbonate, soy lecithin, natural and artificial flavors, sucralose (non-nutritive sweetener).

Contains milk, wheat and soy.
Manufactured in a facility that processes peanuts and tree nuts.

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Cookies n' Cream Bars

Nutrition Facts

Servings Size 1.45 oz (41g)
Servings per package 7

Amount Per Serving	
Calories 150	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Sugar Alcohol 5g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 35%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Brown rice syrup, soy nuggets (isolated soy protein, rice starch), white coating (maltitol, fractionated palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin), soy protein isolate, organic agave syrup, cookies crumbs (sugar, gluten free flour blend (corn flour, potato starch, rice flour, tapioca starch, soy flour, potato flour, carrageenan, acacia gum, xanthan gum), palm oil, canola oil, cocoa powder, invert sugar, natural flavor, corn starch, egg whites, sodium bicarbonate, sea salt, soy lecithin, ammonium bicarbonate). glycerin, cocoa powder, high oleic sunflower oil, artificial flavor, natural flavor, soy lecithin (as emulsifier).

Contains egg, milk and soybeans.
May also contain peanut, tree nuts and wheat.

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Crepe Mix

Nutrition Facts

Servings Size 1 packet (39g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 8%
Calcium 15%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Oat bran flour, calcium caseinate (derived from **milk**), oat bran, milk protein concentrate, **soy** protein isolate, albumin protein, sea salt, silicon dioxide.

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Crispy Cereal

Nutrition Facts

Servings Size 1 packet (29g)
Servings per package 7

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy crisp (soy protein isolate, rice flour, barely malt extract (gluten), salt), milk protein concentrate, skim milk, whey protein isolate (whey (milk), soy lecithin), sucralose (non-nutritive sweetener), silicon dioxide.

Contains milk, soybeans and gluten.

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Dill Pickle Zippers

Nutrition Facts

Servings Size 1 packet (42.5g)
Servings per package 7

Amount Per Serving	
Calories 190	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Potassium 130mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 10%
Calcium 2%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (soy protein isolate, whey protein isolate (milk), sodium caseinate), potato flour, sunflower oil, soy flour, potato starch, maltodextrin, sodium diacetate, dextrose, natural and artificial flavors, salt, citric acid, calcium carbonate, dill, malic acid, mono-diglycerides, tocopherol, dill oil.

Contains soy and milk.
Manufactured in a facility that processes eggs, wheat, sesame and tree nuts.

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Fine Herbs & Cheese Omelet

Nutrition Facts

Servings Size 1 packet (35g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 630mg	26%
Potassium 250mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber less than 1g	4%
Sugars 3g	
Protein 18g	36%
Vitamin A 30%	Vitamin C 100%
Calcium 6%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Egg whites (egg whites, yeast, citric acid), eggs, cheddar cheese powder [cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), whey (milk), maltodextrin, soybean oil, salt, buttermilk, citric acid, disodium phosphate, natural flavor, lactic acid, silicon dioxide], red bell pepper, green bell pepper, natural flavor, contains 2 percent or less of onion, garlic, spices, gum (cellulose, xanthan, carrageenan), sodium bicarbonate, beta-carotene color, silicon dioxide.

Contains milk and eggs.

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Dark Chocolate Pudding

Nutrition Facts

Servings Size 1 packet (31g)
Servings per package 7

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	10%
Potassium 480mg	14%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 35%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, cocoa processed with alkali, soy protein isolate, guar gum, contains 2 percent or less of natural flavor, sea salt, caramel color, sucralose (non-nutritive sweetener), silicon dioxide.

Contains Milk and soybeans.

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Double Chocolate Bars

Nutrition Facts

Servings Size 1.4 oz (41g)
Servings per package 7

Amount Per Serving	
Calories 150	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 6g	
Sugar Alcohol 4g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy Nuggets (isolates soy protein, rice starch), organic brown rice syrup, dark chocolate coating (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin and vanilla), chocolate layer (maltitol syrup, modified palm kernel oil, skim milk powder, chocolate liquor, water, glycerine, cocoa, soy lecithin, disodium phosphate, salt, carrageenan, vanilla extract), soy protein nuggets (soy protein isolate, rice flour and salt), soy protein isolate, polydextrose, glycerin, high oleic sunflower oil, cocoa powder, cocoa butter, cocoa extract, natural flavor, sea salt, vanilla extract, soy lecithin (as emulsifier).

Contains milk and soy.
May also contain egg, peanut, tree nuts and wheat.

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Soy Nuts Garlic & Onion

Nutrition Facts

Servings Size 1 packet (30g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 400mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 11g	22%
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soybeans, onion and garlic seasoning (salt, sugar, autolysed yeast, yeast onion powder, spice garlic powder, vegetable oil, silicon dioxide), sunflower oil.

May contain milk, wheat, eggs, peanuts and tree nuts.

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Leek Soup Mix

Nutrition Facts

Servings Size 1 packet (27g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 0.7g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	8%
Sodium 970mg	40%
Potassium 450mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	4%
Sugars less than 1g	
Protein 19g	38%
Vitamin A 10%	Vitamin C 8%
Calcium 2%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy protein isolate, sea salt, onion, natural leek flavor, leek, potassium chloride, contains 2 percent or less of autolyzed yeast extract, xanthan gum, sodium bicarbonate, silicon dioxide.

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Lemon Pudding Mix

Nutrition Facts

Servings Size 1 packet (26g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 210mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 2%
Calcium 50%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, guar gum, contains 2 percent or less of sea salt, natural flavor, citric acid, sucralose (non-nutritive sweetener), FD&C Yellow # 5 color.

Contains Milk.

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Maple Oatmeal

Nutrition Facts

Servings Size 1 packet (37g)
Servings per package 7

Amount Per Serving	
Calories 130	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars less than 1g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	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:

	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Oat flakes, soy protein isolate, milk protein concentrate, whey protein isolate (milk), contains 2 percent or less of artificial flavor, sea salt, xanthan gum, sucralose (non-nutritive sweetener), sodium bicarbonate, silicon dioxide.

Contains milk and soybeans.

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Lemon Poppy Seed Bars

Nutrition Facts

Servings Size 1.41 oz (40g)
Servings per package 7

Amount Per Serving	
Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 6g	
Sugar Alcohol 5g	
Protein 15g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 40%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy nuggets (isolated soy protein, rice starch), white coating (maltitol, fractionated palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin), liquid polydextrose, organic brown rice syrup, organic agave syrup, soy protein nuggets (soy protein isolate, rice flour, malt extract, and salt), isolated soy protein, dextrose, dextrin, glycerin, poppy seeds, high oleic sunflower oil, natural flavor, soy lecithin (as emulsifier).

Contains soy and milk.
May also contain egg, wheat, peanuts, tree nuts and fish.

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Lemon Soy Puffs

Nutrition Facts

Servings Size 1 packet (36g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Potassium 110mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (soy protein isolate, whey protein isolate), sugar, palm kernel oil, tapioca starch, rice flour, yogurt powder (cultured non-fat milk solids), citric acid, calcium carbonate, natural flavors, soy lecithin, salt lemon juice powder, turmeric extract (color), tocopherol.

Contains soy and milk.
Manufactured in a facility that processes egg, wheat, sesame, tree nuts and peanuts.

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Milk Chocolate Pudding

Nutrition Facts

Servings Size 1 packet (31g)
Servings per package 7

Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 110mg	5%
Potassium 290mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 2%
Calcium 50%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, cocoa processed with alkali, natural flavor, guar gum, caramel color, chocolate (cocoa, sugar, salt, carrageenan, sodium caseinate, artificial flavor), sea salt, sucralose (non-nutritive sweetener).

Contains Milk.

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Mushroom Soup Mix

Nutrition Facts

Servings Size 1 packet (27,4g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	8%
Sodium 1015mg	42%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy protein isolate, **milk** protein concentrate, whey protein isolate (derived from milk), sea salt, dehydrated mushroom, natural flavour, mushroom powder, xanthan gum, yeast extract, sodium bicarbonate, spices mix (turmeric, garlic, mustard, white pepper), silicon dioxide, color (beta-carotene).

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Orange Drink Mix

Nutrition Facts

Servings Size 1 packet (23g)
Servings per package 7

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 2%
Calcium 10%	Iron 36%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein isolate (milk), malic acid, citric acid, natural and artificial flavors, contains 2 percent or less of sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), beta-carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin.

Contains milk and soybeans. May contain fish.

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Peanut Butter Protein Bar

Nutrition Facts

Servings Size 1.48 oz (42g)
Servings per package 7

Amount Per Serving	
Calories 170	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Omega-6 0.1g	
Omega-3 0.3g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 110mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Sugar Alcohols 3g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (soy protein isolate, whey protein isolate, reduced mineral whey powder, milk protein concentrate), organic cane sugar, peanuts, glycerin, tapioca starch, peanut butter, inulin, water, sugar, palm and palm kernel oil, clarified brown rice syrup, natural and artificial flavors (contain sesame), partially defatted peanut flour, maltitol syrup, chia oil (Salvia hispancia), malted malted milk powder (barley malt, wheat, milk, sodium bicarbonate, salt), salt, calcium carbonate, soy lecithin, butter, cream, sorbitol, sucralose (non-nutritive sweetener), tocopherol, mono- and diglycerides, sodium phosphate, sodium citrate, carrageenan.

Contains soy, milk, peanuts, sesame and wheat.
Manufactured in a facility that processes egg and tree nuts.

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Product of Canada

Omelet Mix

Nutrition Facts

Servings Size 1 packet (28g)
Servings per package 7

Amount Per Serving	
Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 440mg	18%
Potassium 270mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%
Vitamin A 4%	Vitamin C 2%
Calcium 2%	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:

	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Egg whites (egg whites, yeast, citric acid), eggs, natural flavor, contains 2 percent or less of garlic, spices, autolyzed yeast extract, gums (cellulose, xanthan, carrageenan), sodium bicarbonate, sea salt, beta-carotene color, silicon dioxide.

Contains eggs.

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Peach & Mango Drink Mix

Nutrition Facts

Servings Size 1 packet (26g)
Servings per package 7

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%
Vitamin A 0%	Vitamin C 4%
Calcium 10%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein isolate (milk), malic acid, natural flavors, citric acid, contains 2 percent or less of acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), beta-carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin.

Contains milk and soybeans.
May contain fish.

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Peanut Soy Puffs

Nutrition Facts

Servings Size 1 packet (35g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium 135mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend [soy protein isolate, whey protein isolate, reduced mineral whey powder[, sugar, palm and palm kernel oil, partially defatted peanut flour, tapioca starch, rice flour, natural and artificial flavors, salt, soy lecithin, calcium carbonate, citric acid.

Contains soy, milk, wheat, peanuts and sesame.
Manufactured in a facility that processes tree nuts.

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Pina Colada Drink Mix

Nutrition Facts

Servings Size 1 packet (24g)
Servings per package 7

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Potassium 100mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 18g	21%
Vitamin A 0%	Vitamin C 0%
Calcium 6%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein isolate, hydrolyzed gelatin, citric acid, natural and artificial flavors, carrageenan, cellulose, xanthan gum, potassium citrate, silicon dioxide, sucralose and acesulfame-potassium (non-nutritive sweeteners), soy lecithin.

Contains milk and soybeans.
Manufactured in a facility that processes egg, wheat, sesame and tree nuts

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Pink Lemonade Drink Mix

Nutrition Facts

Servings Size 1 packet (24g)
Servings per package 7

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%
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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein isolate (derived from **milk**), citric acid, contains 2 percent or less of natural lemonade flavor, acesulfame potassium (non-nutritive sweetener), beet powder color, sucralose (non-nutritive sweetener), malic acid, silicon dioxide.

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Raspberry Jelly Mix

Nutrition Facts

Servings Size 1 packet (26g)
Servings per package 7

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Hydrolyzed collagen, beet powder color, citric acid, natural and artificial flavor, sucralose (non-nutritive sweetener), tricalcium phosphate.

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Pineapple & Banana Drink Mix

Nutrition Facts

Servings Size 1 packet (24g)
Servings per package 7

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 2%
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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein isolate (derived from milk), natural pineapple flavor, malic acid, citric acid, contains 2 percent or less of natural banana flavor, beat-carotene color, acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), silicon dioxide.

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Product of Canada

Potato Puree Mix

Nutrition Facts

Servings Size 1 packet (30g)
Servings per package 7

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars less than 1g	
Protein 18g	36%
Vitamin A 2%	Vitamin C 10%
Calcium 15%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Calcium caseinate (milk), milk protein concentrate, whey protein (milk), potato flakes, egg whites, inulin, contains 2 percent or less of chive, onion, sea salt, dehydrated butter, butter oil, soybean oil, yeast and yeast extract, guar gum, xanthan gum, spices, maltodextrin, sodium bicarbonate, annato and turmeric colors, mono- and diglycerides, sunflower lecithin, sodium phosphate, citric acid, ascorbly palmitate, silicon dioxide.

Contains milk, eggs and soybeans.

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Sea Salt & Vinegar Ridges

Nutrition Facts

Servings Size 1 packet (40g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 750mg	31%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars less than 1g	
Protein 16g	32%
Vitamin A 0%	Vitamin C 0%
Calcium 12%	Iron 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	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein concentrate, (derived from milk), wheat, triticale, oat, rye, millet, barley, buckwheat, brown rice, sunflower oil, sea salt, sodium diacetate, vinegar, maltodextrin, malic acid, citric acid, sodium citrate, tricalcium phosphate.

Contains milk and wheat.

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Product of Canada

Southwest Cheese Curls

Nutrition Facts

Servings Size 1 packet (40g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	24%
Potassium 230mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 15%
Calcium 6%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy protein isolate, dehydrated potato, potato starch, cheese seasoning [cheddar cheese (**milk**, salt, bacterial cultures, rennet), whey (derived from milk), buttermilk, salt disodium phosphate], maltodextrin, buttermilk, spices, natural butter flavor, onion, garlic, red bell pepper, yeast extract, lactic acid, FD&C Yellow #5 and #6, silicon dioxide, sunflower oil, calcium carbonate.

Distributed by:
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Product of Canada

Spaghetti Bolognese Mix

Nutrition Facts

Servings Size 1 packet (46g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg0	2%
Sodium 620mg	26%
Potassium 460mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 18g	36%
Vitamin A 20%	Vitamin C 25%
Calcium 6%	Iron 20%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Enriched pasta (wheat durum flour, niacin, ferrous sulfate (iron), thiamine monoitrate, riboflavin, folic acid), textured soy protein (soy protein concentrate, malt extract), textured wheat protein (wheat gluten, wheat flour, sodium phosphate, caramel color, tocopherol), dehydrated vegetables (tomato, mushroom, onion, garlic, celery, red bell pepper), soy protein isolate, tomato powder, yeast extract, hydrolyzed vegetable protein (hydrolyzed corn protein, soy protein, wheat gluten, safflower oil), modified potato starch, sugar, contains 2 percent or less of natural flavor, spices, salt, annatto color, canthaxanthin color, sucralose (non-nutritive sweetener), guar gum, citric acid, silicon dioxide.

Contains wheat (gluten) and soybeans.

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Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Tomato & Basil Soup Mix

Nutrition Facts

Servings Size 1 packet (29g)
Servings per package 7

Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 0mg	0%
Sodium 650mg	27%
Potassium 170mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 6%
Calcium 25%	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:

	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (milk protein isolate, soy protein isolate, hydrolyzed gelatin, sodium caseinate), modified corn starch, natural and artificial flavours, dehydrated vegetables (onion, tomato, garlic), hydrolyzed plant protein (wheat), salt, sunflower oil, maltodextrin, lycopene extract, citric acid, dipotassium phosphate, basil, spices, malic acid, xanthan gum, guar gum, sodium alginate, silicon dioxide, caramel colour, mono- and diglycerides, tocopherols, soy lecithin, sucralose (non-nutritive sweetener).

Contains milk, soy and wheat.
Manufactured in a facility that processes eggs, wheat, sesame and tree nuts.

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Product of Canada

Soy Patty Mix

Nutrition Facts

Servings Size 1 packet (36g)
Servings per package 7

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 630mg	26%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 18g	36%
Vitamin A 6%	Vitamin C 4%
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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Textured soy (soy flour, caramel color), whey protein concentrate (milk), soy protein isolate, seasoning (natural flavor, gum arabic, lactic acid, barley gluten), salt, dehydrated onion, spices, dehydrated tomato, natural smoke flavor [(grill flavor (from partially hydrogenated soybean / cottonseed oil), modified food starch, corn syrup solids, tricalcium phosphate (mfg aid)], yeast extract, sugar dehydrated garlic, artificial flavor (maltodextrin, gum acacia), spice extractive (mono and diglycerides, fractionated coconut oil), dehydrated vegetables (tomato, onion, chive), gums (guar, carrageenan, konjac), autolyzed yeast extract, caramel color.

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Product of Canada

Strawberry Pudding Mix

Nutrition Facts

Servings Size 1 packet (26g)
Servings per package 7

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 4%
Calcium 40%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, soy protein isolate, guar gum, natural flavor, contains 2 percent or less of sea salt, beta-carotene color, caramel color, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener).

Contains Milk and soybeans

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Product of Canada

Vanilla Drink Mix

Nutrition Facts

Servings Size 1 packet (26g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 35%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, whey protein isolate (milk), inulin, contains 2 percent or less of natural and artificial flavors, sea salt, xanthan gum, sucralose (non-nutritive sweetener), soy lecithin, silicon dioxide.

Contains milk and soybeans.

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Product of Canada

Vanilla Drink UHT

Nutrition Facts

Servings Size 1 carton (236 ml)
Servings per package 6

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Potassium 160mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 25%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Filtered water, protein blend (milk protein isolate, whey protein concentrate and calcium caseinate), sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, DATEM (diacetyl tartaric acid ester of mono and diglycerides), sodium phosphate, potassium phosphate, carrageenan, sucralose and acesulfame-potassium (non-nutritive sweeteners), color (turmeric, annatto).

Contains Milk.
Manufactured in a facility that processes soy, egg, wheat, sesame and tree nuts.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Vegetable Chili Mix

Nutrition Facts

Servings Size 1 packet (33g)
Servings per package 7

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 730mg	30%
Potassium 360mg	10%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 15g	30%
Vitamin A 10%	Vitamin C 10%
Calcium 6%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Textured soy protein (soy protein concentrate, malt extract), textured wheat protein (wheat gluten, wheat flour, sodium phosphate, caramel color, tocopherol), dehydrated vegetables (onion, red bell pepper, garlic, tomato), soy protein isolate, red beans, natural flavor, modified potato starch, spices, slat tomato powder, contains 2 percent or less of paprika, sugar, paprika oleoresin color, caramel color, canthaxanthin color, guar gum, silicon dioxide.

Contains wheat (gluten) and soybeans.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Vanilla Peanut Bars

Nutrition Facts

Servings Size 1.48 oz (42g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Potassium 140mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Sugar Alcohol 7g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (soy protein isolate, whey protein concentrate, milk protein concentrate), maltitol syrup, guar, glycerin, peanuts, fructooligosaccharides, water, fractionated palm and palm kernel oil, organic cane sugar, dairy product solids, partially defatted peanut flour, tapioca starch (contains wheat), peanut oil, natural and artificial flavors, maltitol, butter, cream, color, soy lecithin, mono- and diglycerides, salt, pectin, sucralose (non-nutritive sweetener), sodium phosphate, sodium citrate, calcium carbonate, gellan gum, carrageenan, tocopherol (antioxidant).

Contains soy, milk, peanuts and wheat.
Manufactured in a facility that processes egg and tree nuts.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

White Cheddar Ridges

Nutrition Facts

Servings Size 1 packet (40g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 750mg	31%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 10%
Calcium 10%	Iron 25%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Pea protein isolate, potato flakes, white cheddar cheese seasoning [cheese blend ((whey (derived from milk), cheddar cheese (cultured milk, salt enzymes)), maltodextrin, canola oil, salt, disodium phosphate, blue cheese (cultured milk, salt, enzymes)), skim milk, citric acid, silicon dioxide), whey (derived from milk), salt, natural flavor, autolyzed yeast extract, onion, garlic, yeast extract, lactic acid, xanthan gum, silicon dioxide)], potato starch, sunflower oil, salt, calcium carbonate.

Allergens: Contains milk.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Vanilla Pudding Mix

Nutrition Facts

Servings Size 1 packet (26g)
Servings per package 7

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 250mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 2%
Calcium 40%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, soy protein isolate, natural flavor, guar gum, contains 2 percent or less of sea salt, caramel color, beta-carotene color, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener).

Contains Milk and soybeans

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Product of Canada

White-Choco Cinnamon Bars

Nutrition Facts

Servings Size 1.4 oz (40g)
Servings per package 7

Amount Per Serving	
Calories 160	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 5g	
Sugar Alcohol 7g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy Nuggets (isolates soy protein, rice starch), brown rice syrup, white chocolate (maltitol, fractionated palm kernel oil, milk protein isolate, milk fat, soy lecithin, and artificial flavor), soy protein nuggets (soy protein isolate, rice flour, and salt), soy protein isolate, glycerin, organic agave syrup, high oleic sunflower oil, ground cinnamon, natural flavor, soy lecithin (as emulsifier).

Contains milk, soybeans and wheat.
Manufactured in a facility that processes egg, tree nuts, peanuts, sesame and fish.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

White Choco Crispy Bar

Nutrition Facts

Servings Size 1.4 oz (42g)
Servings per package 7

Amount Per Serving	
Calories 150 Calories from Fat 40	
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 140mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 5g	
Sugar Alcohol 4g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 30%	Iron 15%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Soy nuggets (isolated soy protein, rice starch), brown rice syrup, white chocolate coating (sugar, fractionated palm kernel oil, non fat milk powder, whey powder, soy lecithin (as emulsifier) and vanilla), vanilla layer (maltitol syrup, modified vegetable oil (palm oil, palm kernel oil), skim milk powder, whey protein concentrate, color, soy lecithin, natural flavor, salt disodium phosphate, carrageenan, dextrose), polydextrose, soy protein nuggets (soy protein isolate, rice flour, and slat), isolated soy protein, glycerin, high oleic sunflower oil, natural flavor, soy lecithin (as emulsifier).

Contains soy, milk, peanuts and wheat.
Manufactured in a facility that processes egg and tree nuts.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Wildberry Yogurt Mix

Nutrition Facts

Servings Size 1 packet (28g)
Servings per package 7

Amount Per Serving	
Calories 90 Calories from Fat 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 2%
Calcium 40%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Milk protein concentrate, whey protein isolate (derived from milk), albumen powder (**egg** white, yeast, citric acid), natural and artificial flavors, ascorbic acid, fruits (raspberry, strawberry and blueberry), contains 2 percent or less of xanthan gum, sea salt, microsristalline cellulose, citric acid, acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), silicon dioxide.

Distributed by:
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178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Chicken Flavored Soy Patty

Nutrition Facts

Servings Size 1 packet (35g)
Servings per package 7

Amount Per Serving	
Calories 120 Calories from Fat 20	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 350mg	15%
Potassium 300mg	9%
Total Carbohydrate 7g	2%
Dietary Fiber less than 1g	4%
Sugars 1g	
Protein 18g	36%
Vitamin A 2%	Vitamin C 2%
Calcium 6%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Textured wheat protein (wheat gluten, wheat start, sodium phosphate, soybean oil, titanium dioxide, tocopherol), whey protein concentrate (milk), artificial flavor, soy protein isolate, yeast extract, contains 2 percent or less of onion, garlic, chive, sea salt, spices, gums (carrageenan, guar and konjac), silicon dioxide.

Contains wheat (gluten), milk, eggs, soybeans and mustard.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Stawberry Wafers

Nutrition Facts

Servings Size 2 wafers (41g)
Servings per package 7

Amount Per Serving	
Calories 200 Calories from Fat 80	
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Potassium 15mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 15g	25%
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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate), wheat flour, modified palm and palm kernel oil, sugar, fructose, cocoa butter, milk, soy lecithin, natural and artificial flavors, pea protein isolate, soy flour, sunflower oil, water, beet red, salt, sodium bicarbonate, sucralose (non-nutritive sweetener), citric acid, corn flour.

Contains milk, wheat and soybeans.
Manufactured in a facility that processes tree nuts.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Lemon Tea Drink Mix

Nutrition Facts

Servings Size 2 wafers (27.5g)
Servings per package 7

Amount Per Serving	
Calories 90 Calories from Fat 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 18g	32%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Whey protein isolate, gum arabic, inulin, natural and artificial flavors, fructose, color (caramel, vegetable and fruit source), citric acid, soy lecithin, cilicon dioxide, malic acid, acesulfame-potassium and sucralose (non-nutritive sweeteners).

Contains milk and soy.
Manufactured in a facility that processes egg, wheat, sesame and tree nuts.

Distributed by:
Laboratories C.O.P. Inc.
178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Product of Canada

Vanilla Crispy Squares

Nutrition Facts

Servings Size 1 bar (1.36 oz / 38 g)
Servings per package 7

Amount Per Serving	
Calories 140 Calories from Fat 25	
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 100mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Protein blend (soy protein isolate, whey protein isolate), brown rice syrup, tapioca starch, rice crisps (rice, sugar, salt, malt [corn flour, malted barley], niacinmide, thiamine hydrochloride, pyridoxine hydrochloride, d-calcium pantothenate, folic acid, iron BHT [antioxidant]), glycerin, palm and palm kernel oil, water, sugar, vegetable oil (canola, soybean), natural and artificial flavors, dried egg albumn, calcium carbonate, agar-agar, yogurt powder (cultured non-fat milk solids), salt, citric acid, soy lecithin, sucralose (non-nutritive sweetener), tocopherols.

Contains soy, milk, egg and gluten.
Manufactured in a facility that processes wheat and sesame.

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Mango Drink -Ready to Serve

Nutrition Facts

Servings Size 8.5fl oz (250ml) per bottle
Servings per package 1

Amount Per Serving	
Calories 150	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Potassium 105mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 20g	40%
Vitamin A 60%	Vitamin C 70%
Calcium 20%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Serve Chilled. Shake well. Refrigerate after opening and consume within 24 hours. Ingredients: Filtered water, whey protein isolate (milk), mango puree, cream, gum blend (pectin, carageenan, locust bean gum), fructooligosaccharide, inulin, calcium lactate, diacetyl tartaric acid esters of mono- diglycerides (DATEM), natural and artificial flavors, beat-carotene, color (vegetable and fruit juice), monopotassium phosphate, sodium diphosphate, lactic acid, sucralose (non- nutritive sweetener), calcium ascorbate, acesulfame - potassium (non-nutritive sweetener).
Notice: When used for a weight reduction: use only as directed and outlined in the Ideal Protein Weight Loss Method and Protocol. Do not use in diets supplying less than 400 calories per day without medical supervision.

Aseptically processed. Manufactured in a facility that processes soy, egg and wheat.

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Strawberry - Banana Drink

Nutrition Facts

Servings Size 1 bottle (300ml)
Servings per package 1

Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 15g	
Vitamin A 0%	Vitamin C 45%
Calcium 6%	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Water, banana and strawberry purees, whey protein concentrate, hydrolyzed collagen, apple juice concentrate, inulin, natural flavor, pectin, citric acid, ascorbic acid (vitamin C), sucralose (non-nutritive sweetener), FD&C Red No. 40, FD&C Yellow No. 5.

Contains milk.

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Rotini Pasta

Nutrition Facts

Servings Size 1 packet (42g)
Servings per package 1

Amount Per Serving	
Calories 150	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 290mg	12%
Potassium 110mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	20%
Sugars less than 1g	
Protein 20g	40%
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 20%

* 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
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Pea protein isolate, enriched durum wheat flour (durum wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), wheat protein isolate, inulin, whole eggs, soy protein isolate, sodium phosphate, lactic acid.

Contains: Wheat (gluten), eggs and soybeans.

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