

Allergen-milk, soy, soy oil or lecithin



Amaretto Hot Chocolate

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 0G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 220mg

Potassium 170mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber <1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Dry Milk, Cocoa Powder (processed with alkali), Maltodextrin, Natural and Artificial Flavors, Salt, Titanium Dioxide, Potassium Citrate, Sucralose, Soy Lecithin

Allergens- milk, soy, soy oil or lecithin, other sources of gluten



Apples and Cinnamon Oatmeal

Nutrition Info

Serving Size 29.5g

CALORIES 110

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol <5mg

Sodium 190mg

Potassium 120mg

TOTAL CARBS 10G

Carbohydrates 10g

Fiber 2g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Instant Oats, Soy Protein, Milk Protein Isolate, Dried Diced Apples, Baked Apple Flavor, Ground Cinnamon, Xanthan Powder, Sodium Bicarbonate, Salt, Citric Acid, Sucralose.

Allergen-egg, soy, soy oil or lecithin



Bacon and Cheese omelet

Nutrition Info

Serving Size 23g

CALORIES 90

TOTAL FAT 3G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 100mg

Sodium 220mg

Potassium 90mg

TOTAL CARBS 2G

Carbohydrates 2g

Fiber 0g

Total Sugar <1g

Added Sugar 0g

PROTEIN 15G

Whey Protein Concentrate, Eggs, Egg Whites, Textured Vegetable Protein (Soy flour, caramel color, and FD&C Red #3), Natural Flavors, Salt, Yeast Extract. Contains less than 2% of the following: Soybean oil, Beta-carotene color (maltodextrin, gum acacia, sucrose, vegetable oil, sodium ascorbate, beta-Carotene USP, di-alpha-tocopherol, silicon dioxide [anticaking agent]), Tomato powder, Onion powder, Garlic powder, Spices, Sunflower oil (anti-dusting agent), Soy Lecithin.

Kosher-dairy

Allergen- Soy



BBQ Crisps

Nutrition Info

Serving Size 28g

CALORIES 120

TOTAL FAT 4g

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 5mg

Sodium 270mg

Potassium 40mg

TOTAL CARBS 4G

Carbohydrates 4g

Fiber 0g

Total Sugar 2g

Added Sugar 2g

PROTEIN 18G

Milk Protein Isolate, Corn maltodextrin, Salt, Dextrose, Spice, Tomato Powder, Onion Powder, Molasses Powder, Yeast Extract, Paprika, Garlic Powder, Natural Flavor, Silicon Dioxide, Paprika Extractives (for color), High Oleic Sunflower Oil.

Kosher- Dairy

Allergen-milk



Banana Crème Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT 2G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 190mg

Potassium 93mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber 4g

Total Sugar 3g

Added Sugar 2g

PROTEIN 12G

Ingredients: Calcium Caseinate, Nonfat Milk, Sunflower Oil, Maltodextrin, Natural and Artificial Flavors, Modified Cornstarch, Guar Gum, Disodium Phosphate, Sodium Caseinate, Salt, Gum Arabic, Tocopherols (To Protect Flavor), Mono and Diglycerides, Sunflower Lecithin, Sucralose, Carrageenan, Tetrasodium Pyrophosphate, Acesulfame-K, Yellow #5, Yellow #6.

Allergen-milk, soy, soy oil or lecithin, egg



Blueberry Cobbler Cake

Nutrition Info

Serving Size 34g

CALORIES 130

TOTAL FAT 2G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 250mg

Potassium 40mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 7g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Inulin, Soy Protein, Milk Protein, Milk Protein Isolate, Whey Protein, Rice Flour, Egg Whites (dried), Olive Pomace Oil, Triglycerides (medium chain), Natural Flavor, Blueberry, Sodium Bicarbonate, Salt, Xanthan Gum, Sucralose, Caramel Color, Soy Lecithin.

Allergen-milk, soy oil or soy lecithin



Cappuccino

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 1G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 130mg

Potassium 210mg

TOTAL CARBS 4G

Carbohydrates 4g

Fiber 0g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Creamer (Corn Syrup Solids, Coconut Oil, Sodium Caseinate [milk derivative], Dipotassium Phosphate, Mono and Diglycerides), Non-Fat Dry Milk, Instant Coffee, Natural and Artificial Flavor, Salt, Titanium Dioxide, Potassium Citrate, Sucralose, Cellulose Gum, Soy Lecithin.

Kosher-dairy

Allergen-milk, soy oil or soy lecithin, nuts



Caramel Cocoa One a Day Bar

Nutrition Info

Serving Size 1 Bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 4g

Trans Fat 0g

Cholesterol 10mg

Sodium 160mg

Potassium

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 4g

Total Sugar 10g

Added Sugar 9g

PROTEIN 15G

Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Casein, Milk Protein Isolate, Whey), Sugar, Fractionated Palm Kernel and Palm Oil, Cream, Polydextrose, Corn Syrup, Maltitol Syrup, Fructose, Cocoa (Processed With Alkali), Water, Fructooligosaccharide, Nonfat Milk, Milk, Soy Lecithin, Glycerine, Calcium Phosphate, Tapioca Starch, Natural Flavor, Salt, Calcium Carbonate, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Magnesium Oxide, Butterfat, Maltodextrin, Ferric Orthophosphate, Ascorbic Acid, Sucralose, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Paprika Extract (For Color), Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Annatto Extract (For Color), Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen-milk



Caramel Crème Pudding

Nutrition Info

Serving Size

CALORIES 90G

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 100mg

Sodium 240mg

Potassium 90mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 0g

Total Sugar <1g

Added Sugar 0g

PROTEIN 12G

Ingredients: Calcium Caseinate, Nonfat Milk, Fructose, Natural and Artificial Flavors, Modified Cornstarch, Maltodextrin, Sunflower Oil, Disodium Phosphate, Guar Gum, Gum Arabic, Salt, Dipotassium Phosphate, Sodium Caseinate, Sugar, Lactic Acid, Sucralose, Sunflower Lecithin, Caramel Color, Tocopherols (To Preserve Freshness), Mono and Diglycerides, Carrageenan, Yellow #5, Molasses, Red #40, Blue #1.

Allergen-peanut, soy, soy oil or lecithin, milk



Caramel Nut Skinny Bar

Nutrition Info

Serving Size 40g

CALORIES 160

TOTAL FAT 6G

Saturated Fat 3.5g

Trans Fat 6g

Cholesterol 10mg

Sodium 55mg

Potassium 116mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 1g

Total Sugar 4g

Added Sugar 3g

PROTEIN 12G

Ingredients: Chocolate Flavored Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an Emulsifier], Vanilla), Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), Caramel Layer (Maltitol, Sweetened Condensed Milk [Milk Solids, Sugar], Butter, Palm Kernel Oil, Corn Starch, Artificial Flavor), Hydrolyzed Gelatin, Glycerine, Water, Peanut Paste (Peanuts, Salt, Palm Oil), Peanuts, Soy Protein Crisps (Isolated Soy Protein), Palm Kernel Oil, Soy Lecithin (an Emulsifier), Salt, Potassium Sorbate(Preservative).

Allergen-milk, soy, soy oil or lecithin



Cheddar Curls

Nutrition Info

Serving Size 25g

CALORIES 110

TOTAL FAT 4G

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 10mg

Sodium 400mg

Potassium 20mg

TOTAL CARBS 4G

Carbohydrates 4g

Fiber 0g

Total Sugar 1g

Added Sugar 0g

PROTEIN 14G

Ingredients: Milk Protein Isolate, Cheese Seasoning (Tapioca Maltodextrin, Organic Cheddar Cheese [Organic Cultured Pasteurized Milk, Salt, Enzymes, Organic Nonfat Dry Milk, Organic Buttermilk, Salt, and Disodium Phosphate], Organic Whey, Sea Salt, Natural Flavors, Lactic Acid, Paprika, Turmeric), Sunflower Oil, Maltodextrin, Whey Protein Concentrate, Salt, Disodium Inosinate, Disodium Guanylate, Soy Lecithin.

Kosher- Dairy

Allergen-egg, milk, soy oil or lecithin, egg



Cheesecake (Purple Box)

Nutrition Info

Serving Size

CALORIES 120G

TOTAL FAT 4.5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol 0mg

Sodium 170mg

Potassium 83mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 3g

Total Sugar 3g

Added Sugar 2g

PROTEIN 12G

Ingredients: Calcium Caseinate, Cream Cheese (Pasteurized Milk and Cream, Cheese Cultures, Salt, Carob Bean Gum), Nonfat Milk, Fructose, Sugar, Modified Cornstarch, Natural and Artificial Flavors (Includes Soy Lecithin and Egg), Konjac (Thickener), Maltodextrin, Sodium Phosphate, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Lactic Acid, Buttermilk, Milk Protein Isolate, Beta-Carotene (For Color), Salt, Corn Syrup Solids, Sunflower Lecithin, Disodium Phosphate, Sucralose, Tricalcium Phosphate, Monoglycerides.

Allergen- milk, soy, wheat



Cheesesteak Pasta

Nutrition Info

Serving Size

CALORIES 140G

TOTAL FAT 2.5G

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol 5mg

Sodium 480mg

Potassium 170mg

TOTAL CARBS 16G

Carbohydrates 16g

Fiber 3g

Total Sugar 2g

Added Sugar 0g

PROTEIN 12G

Ingredients: Soy Protein Concentrate, Pasta (Durum Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Food Starch, Romano, Cheddar and Parmesan Cheese (Pasteurized Cow's and Sheep's Milk, Cheese Cultures, Salt, Enzymes, Annatto [Color]), Dehydrated Onions, Natural Flavor (Includes Beef), Whey, Buttermilk, Salt, Yeast Extract, Unsalted Butter (Pasteurized Cream, Natural Flavor), Disodium Inosinate and Disodium Guanylate, Guar Gum, Lactic Acid, Caramel Color (Contains Sulfites), Disodium Phosphate, Sodium Phosphate, Safflower Oil, Annatto and Turmeric Extracts (For Color), Yellow #5, Yellow #6.

Allergen- milk, wheat, soy oil or lecithin



Chicken Alfredo

Nutrition Info

Serving Size 33.5g

CALORIES 130

TOTAL FAT 2G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 5mg

Sodium 430mg

Potassium 152mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 1g

Total Sugar 1g

Added Sugar 0g

PROTEIN 15G

Ingredients: Protein Blend (calcium caseinate, hydrolyzed gelatin), Enriched Pasta (durum semolina flour [wheat], niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, and folic acid), Textured Vegetable Protein (soy flour), Modified Corn Starch, Sour Cream (cultured cream, nonfat dry milk), Parmesan Cheese ([Cultured Part-Skim Milk, Salt, Enzymes], disodium phosphate, Salt), Salt, Yeast Extract, Natural Flavor (Maltodextrin, Whey Solids, Natural Parmesan, Cheese Flavor, Salt), Gum Blend (Gum Arabic, Xanthan Gum, Guar Gum), Artificial Flavor (Autolyzed Yeast Extract, Garlic Powder, Yeast Extract, Maltodextrin, Natural Flavor, Sugar, Tricalcium Phosphate, Sunflower Oil, Salt, Modified Food Starch, Corn Syrup Solids), Natural Flavor (Maltodextrin, Modified Butter Oil, Salt, Dehydrated Butter, Guar Gum, Sodium Bicarbonate, Annatto and Turmeric [for color]), Spice, Sunflower Oil, Soy Lecithin.

Kosher-dairy

Allergen-egg, milk, soy, wheat, soy oil or soy lecithin



Chocolate Cake

Serving Size 1 packet (29g)

CALORIES 120

TOTAL FAT 4.5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol 5mg

Sodium 65mg

Potassium 410mg

TOTAL CARBS 9G

Carbohydrates 9g

Fiber 3g

Total Sugar 3g

Added Sugar 0g

PROTEIN 12G

Ingredients: Soy Protein Concentrate, Vital Wheat Gluten, Chocolate Liquor, Sugar, Butter Powder (From Milk), Pasteurized Egg Whites, Cocoa, Wheat Flour, Natural and Artificial Flavors (Includes Tree Nuts [Walnuts]), Nonfat Milk, Maltodextrin, Xanthan Gum, Potassium Bicarbonate, Soy Lecithin, Cocoa Butter, Citric Acid, Gum Arabic, Red #40, Modified Cornstarch, Yellow #5, Monoglycerides, Propylene Glycol Esters of Fatty Acids, Lactic Acid, Corn Syrup Solids, Sucralose, Vanilla, Sodium Caseinate, Blue #1, Propylene Glycol, Sodium Stearate, Acesulfame-K, Diacetylated Tartaric Acid Esters of Monoglycerides, Sulfites (Contains Meta- Bisulfite [To Preserve Freshness]), Tocopherols and Ascorbyl Palmitate (To Preserve Freshness).

Allergen-soy, milk, egg, soy lecithin



Chocolate Caramel Cream Cake

Nutrition Info

Serving Size 34g

CALORIES 130

TOTAL FAT 2.5G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 10mg

Sodium 230mg

Potassium 70mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 6g

Total Sugar 4g

Added Sugar 3g

PROTEIN 15G

Ingredients: Soy Protein, Chicory Root Fiber or Inulin, Milk Protein Isolate, Natural Flavors, Semi-Sweet Chocolate Drops with Vanilla, Rice Flour, Whey Protein Concentrate, Olive Pomace Oil, Egg Whites (Dried), Maltodextrin, Enzyme-Modified Cocoa Butter, Cocoa Powder (processed with alkali), Sodium Bicarbonate, Salt, Xanthan Gum, Sucralose Powder, Soy Lecithin.

Allergen-milk, soy oil or lecithin



Chocolate Marshmallow Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT 1G

Saturated Fat .5g

Trans Fat 0g

Cholesterol 0mg

Sodium 135mg

Potassium 50mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 3g

Total Sugar 7g

Added Sugar 3g

PROTEIN 12G

Ingredients: Calcium Caseinate, Cocoa (Processed With Alkali), Fructose, Sugar, Natural and Artificial Flavors, Nonfat Milk, Chocolate Liquor, Disodium Phosphate, Modified Cornstarch, Corn Syrup, Guar Gum, Cocoa Butter, Maltodextrin, Salt, Sucralose, Sunflower Lecithin, Gum Arabic, Red #40, Yellow #5, Carrageenan, Blue #1, Gelatin, Hexametaphosphate, Acesulfame-K, Soy Lecithin, Vanilla.

Allergen- soy, peanut



Chocolate Peanut Butter Cereal

Nutrition Info

Serving Size 30g

CALORIES 120

TOTAL FAT 4G

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 210mg

Potassium 346mg

TOTAL CARBS 9G

Carbohydrates 9g

Fiber 4g

Total Sugar 1g

Added Sugar 0g

PROTEIN 14G

Ingredients: Cereal Base (Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour), High Oleic Sunflower Oil, Inulin, Peanut Flour, Cocoa Powder (processed with Alkali), Salt, Sugar, Natural Flavor, Creamer (Corn Syrup Solids, Coconut Oil, Sodium Caseinate, Dipotassium Phosphate), Sucralose.

Kosher-Dairy

Allergen- milk, soy oil or lecithin



Chocolate Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 330mg

Potassium 176mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 6g

Total Sugar 3g

Added Sugar 2g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Cocoa (Processed with Alkali), Nonfat Milk, Sodium Caseinate, Natural and Artificial Flavors, Corn Syrup Solids, Sunflower Oil, Salt, Maltodextrin, Sucralose, Soy Lecithin, Gum Arabic, Sunflower Lecithin, Modified Cornstarch, Caramel Color, Tocopherols (To Protect Flavor), Annatto (For Color), Carrageenan, Acesulfame-K. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Tricalcium Phosphate, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Kosher-Dairy

Allergen-milk, soy oil or lecithin



Chocolate Salted Caramel Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 330mg

Potassium 176mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 6g

Total Sugar 3g

Added Sugar 2g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Cocoa (Processed with Alkali), Nonfat Milk, Sodium Caseinate, Natural and Artificial Flavors, Corn Syrup Solids, Sunflower Oil, Salt, Maltodextrin, Sucralose, Soy Lecithin, Gum Arabic, Sunflower Lecithin, Modified Cornstarch, Caramel Color, Tocopherols (To Protect Flavor), Annatto (For Color), Carrageenan, Acesulfame-K. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Tricalcium Phosphate, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Allergen- milk, soy lecithin



Cinnamon Hot Chocolate

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 0G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0g

Sodium 220mg

Potassium 200mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber <1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Dry Milk, Cocoa Powder (processed with alkali), Maltodextrin, Natural and Artificial Flavors, Salt, Titanium Dioxide, Potassium Citrate, Cinnamon, Sucralose, Soy Lecithin.

Kosher-dairy

Allergen- milk, soy, soy oil or soy lecithin, nuts



Cinnamon One a Day bar

Serving Size 1 bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol 0mg

Sodium 220mg

Potassium 70mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 5g

Total Sugar 8g

Added Sugar 7g

PROTEIN 15G

Protein Blend (Soy Protein Isolate, Milk Protein Isolate), Polydextrose, Roasted Soybeans, Sugar, Maltitol Syrup, Fractionated Palm Kernel Oil, Invert Sugar, Water, Nonfat Milk, High Maltose Corn Syrup, Tapioca Starch, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Natural and Artificial Flavor, Maltodextrin, Cinnamon, Nonfat Yogurt Powder (Cultured Nonfat Milk), Calcium Phosphate, Dextrose, Salt, Calcium Carbonate, Soy Lecithin, Glycerine, Magnesium Oxide, Caramel (For Color), Ferric Orthophosphate, Ascorbic Acid, Sucralose, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen-soy



Cinnamon Vanilla Cereal

Nutrition Info

Serving Size 30g

CALORIES 120

TOTAL FAT 3.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 150mg

Potassium 334mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 2g

Total Sugar 1g

Added Sugar 1g

PROTEIN 15G

Ingredients: Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour, High Oleic Sunflower Oil, Granulated Sugar, Cinnamon Ground, Natural Flavor, Salt, Sucralose, Maltodextrin, Modified Food Starch.

Kosher-Dairy

Allergen-milk



Dark Chocolate Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 310mg

Potassium 334mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 2g

Total Sugar 1g

Added Sugar 1g

PROTEIN 15G

Ingredients: Calcium Caseinate, Cocoa (Processed with Alkali), Fructose, Natural and Artificial Flavors, Nonfat Milk, Sodium Caseinate, Sunflower Oil, Maltodextrin, Salt, Red #40, Sucralose, Sunflower Lecithin, Yellow #5, Tocopherols (To Protect Flavor), Mono and Diglycerides, Acesulfame K, Carrageenan, Blue #1. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Kosher-dairy

Allergen-milk, soy, wheat, nuts, soy oil or lecithin, nuts



Dark Chocolate S'mores one a day bar

Serving Size 1 bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3.5g

Trans Fat 0g

Cholesterol <5g

Sodium 180mg

Potassium 200mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 5g

Total Sugar 8g

Added Sugar 0g

PROTEIN 15G

Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Casein, Calcium Caseinate, Partially Hydrolyzed Milk Protein Isolate), Fractionated Palm Kernel and Palm Oil, Sugar, Fructose, Water, Cocoa (Processed With Alkali), Polydextrose, Soy Protein Nuggets (Soy Protein Isolate, Tapioca Starch, Cocoa [Processed With Alkali], Salt), Milk Protein Concentrate, Maltitol Syrup, Corn Syrup, Fructooligosaccharides, Glycerine, Nonfat Milk, High Oleic Sunflower Oil, Natural and Artificial Flavors (Includes Wheat), Maltodextrin, Soy Lecithin, Titanium Dioxide (For Color), Salt, Whey Protein Concentrate, Calcium Carbonate, Sucralose, Carrageenan, Ascorbic Acid, Tocopherols (To Protect Flavor), Ferric Orthophosphate, Nonfat Yogurt Powder (Cultured Nonfat Milk), Butterfat, Alpha Tocopherol Acetate, Soybean Oil, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin B12 (Cyanocobalamin).

Allergen-soy



Dark Cocoa Cereal

Nutrition Info

Serving Size 30.0g

CALORIES 114

TOTAL FAT 3G

Saturated Fat <1g

Trans Fat 0g

Cholesterol 0mg

Sodium 141mg

Potassium 365mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 4g

Total Sugar <1g

Added Sugar 0g

PROTEIN 15G

Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour, Sunflower Oil, Polydextrose, Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Salt, Sucralose

Allergen-soy



Dill Pickle Krinkles

Nutrition Info

Serving Size 33g

CALORIES 130

TOTAL FAT 3G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 370mg

Potassium 466mg

TOTAL CARBS 14G

Carbohydrates 14g

Fiber 0g

Total Sugar 1g

Added Sugar 1g

PROTEIN 12G

Soy Protein Isolate, Potato Flakes, Soy Flour, Potato Starch, Calcium Carbonate, Dill Pickle Seasoning (Vinegar Powder [Maltodextrin, Distilled Vinegar, Modified Food Starch], Dextrose, Dehydrated Garlic and Onion, Salt, Potassium Chloride, Malic Acid, Spices, Spice Extractive, Natural Flavor, Less than 2% Silicon Dioxide [to prevent caking]), High Oleic Sunflower oil.

Kosher-dairy

Allergen-milk, soy, soy oil or lecithin, nuts



Double berry Breakfast one a day bar

Nutrition Info

Serving Size 1 bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 2.5g

Trans Fat 0g

Cholesterol <5g

Sodium 210mg

Potassium 80mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 5g

Total Sugar 7g

Added Sugar 6g

PROTEIN 15G

Protein Blend (Sov Protein Isolate, Calcium Caseinate, Whey Protein Concentrate, Milk Protein Concentrate), Sugar, Polydextrose, Corn Syrup, Roasted Soybeans, Maltitol Syrup, Fractionated Palm Kernel Oil, Natural Flavor, Tapioca Starch, Water, Maltitol, High Oleic Safflower Oil, Dried Cranberries, Nonfat Milk, Soy Lecithin, Calcium Carbonate, Calcium Phosphate, Citric Acid, Yogurt Powder (Nonfat Milk, Lactic Acid), Salt, Magnesium Oxide, Elderberry Juice Concentrate (For Color), Maltodextrin, Nonfat Yogurt Powder (Cultured Nonfat Milk, Sunflower Oil, Sucralose, Ferric Orthophosphate, Ascorbic Acid, Alpha- Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin).

Kosher-dairy

Allergen-milk



Double Chocolate Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT .5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 240mg

Potassium 45mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 3g

Total Sugar 6g

Added Sugar 5g

PROTEIN 12G

Ingredients: Calcium Caseinate, Cocoa (Processed with Alkali), Fructose, Nonfat Milk, Natural and Artificial Flavor, Modified Cornstarch, Disodium Phosphate, Guar Gum, Aspartame*, Salt, Red #40, Yellow #5, Sunflower Lecithin, Carrageenan, Blue #1.

Kosher-dairy

Allergen-milk,soy,wheat,soy oil or lecithin, nuts



Fudge Graham one a day bar

Nutrition Info

Serving Size 1 Bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol < 5g

Sodium 250mg

Potassium 70mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 4g

Total Sugar 8g

Added Sugar 7g

PROTEIN 15G

Protein Blend (Soy Protein Isolate, Whey Protein Concentrate), Roasted Soybeans, Polydextrose, Corn Syrup, Maltitol Syrup, Invert Sugar, Sugar, Fractionated Palm Kernel and Palm Oil, Tapioca Starch, Water, Fructose, Natural and Artificial Flavor (Includes Wheat), Cocoa (Processed with Alkali), Butter (Cream, Salt), Nonfat Milk, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Calcium Phosphate, Soy Lecithin, Lactose, Salt, Dextrose, Magnesium Oxide, Maltodextrin, Calcium Carbonate, Butterfat, Sucralose, Ferric Orthophosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen-soy, soy lecithin, milk



Garlic Mashed Potatoes

Nutrition Info

Serving Size 30.25g

CALORIES 110

TOTAL FAT 0.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 360mg

Potassium 310mg

TOTAL CARBS 16G

Carbohydrates 16g

Fiber 3g

Total Sugar <1g

Added Sugar 0g

PROTEIN 11G

Ingredients: Dehydrated Potato Flakes, Protein Blend (Soy Protein Isolate, Calcium Caseinate, Milk Protein Isolate, Pea Protein Isolate, Whey Protein Concentrate), Natural Flavors, Gum Blend (Cellulose and Guar Gums), Vegetable Broth Seasoning (Yeast Extract, Salt, Tomato Powder, Garlic Powder, Onion Powder, Spices, Sunflower Oil), Nonfat Milk Powder, Dehydrated Sour Cream, Egg Whites Powder, Garlic Powder, Soluble Corn Fiber, Onion Powder, Potassium Citrate, Vitamin Mineral Premix (Vitamin A Palmitate, Beta Carotene, Cholecalciferol, dl-alpha Tocopherol Acetate, Magnesium Oxide, Ascorbic Acid, Reduced Iron, Niacinamide, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Salt, Disodium Inosinate and Disodium Guanylate, Spice, Sunflower and/or Soy Lecithin.

Allergen-soy,soy oil or lecithin, egg



Gingerbread Cookie Cake

Nutrition Info

Serving Size 34g

CALORIES 130

TOTAL FAT 2G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 260mg

Potassium 40mg

TOTAL CARBS 17G

Carbohydrates 17g

Fiber 5g

Total Sugar 6g

Added Sugar 1g

PROTEIN 12G

Ingredients: Soy Protein Isolate, Potato Flakes, Potato Starch, Soy Flour, Calcium Carbonate, Chicory Root or Inulin, Whey Protein Concentrate, Rice Flour, Krystar Fructose, Natural and Artificial Flavors, Dried Egg Whites, Olive Pomace Oil, Double Acting Baking Powder, Maltodextrin, Caramel Color, Ginger or Spice, Salt, Modified Corn Starch, Soy Lecithin, Xanthan Gum, Sucralose, Tricalcium Phosphate.

Allergen-milk, egg, wheat, soy lecithin



Golden Pancake

Nutrition Info

Serving Size 25g

CALORIES 90

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 20mg

Sodium 190mg

Potassium 75mg

TOTAL CARBS 6G

Carbohydrates 6g

Fiber 1g

Total Sugar <1g

Added Sugar <1g

PROTEIN 15G

Ingredients: Whey Protein Concentrate, Whole Wheat Flour, Milk Protein Isolate, Egg Whites, Potato Starch, Guar Gum, Baking Soda (Sodium Bicarbonate), Fructose, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Whole Egg Powder, Citric Acid, Natural and Artificial Flavor, Sucralose, Soy and/or Sunflower Lecithin.

Allergen-milk



Lemon Crème Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 5mg

Sodium 170mg

Potassium 40mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 0g

Total Sugar 2g

Added Sugar 2g

PROTEIN 12G

Ingredients: Calcium Caseinate, Nonfat Milk, Fructose, Modified Cornstarch, Natural and Artificial Flavor, Sunflower Oil, Maltodextrin, Guar Gum, Disodium Phosphate, Dipotassium Phosphate, Sodium Caseinate, Salt, Lactic Acid, Sucralose, Sunflower Lecithin, Mono and Diglycerides, Tocopherols (To Protect Flavor), Carrageenan, Yellow #5, Yellow #6.

Allergen-milk, soy, other sources of gluten



Maple Brown Oatmeal

Nutrition Info

Serving Size 26.6g

CALORIES 100

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol <5mg

Sodium 8g

Potassium 125mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 2g

Total Sugar 0g

Added Sugar 0g

PROTEIN 15G

Ingredients: Instant Oats, Soy Protein Isolate, Milk Protein Isolate, Natural & Artificial Flavors, Salt, Caramel Powder, Sodium Bicarbonate, Sucralose.

Allergen-soy, soy lecithin, milk



Marshmallow Hot Chocolate

Nutrition Info

Serving Size 25g

CALORIES 80

TOTAL FAT 0.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 220mg

Potassium 220mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber 1g

Total Sugar 3g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Cocoa Powder (processed w/alkali), Non-Fat Dry Milk, Natural & Artificial Flavor, Marshmallows (sugar, corn syrup, dextrose, modified corn starch, gelatin, artificial & natural flavor), Salt, Potassium Citrate, Titanium Dioxide, Sucralose & Soy Lecithin.

Kosher-Dairy

Allergen-milk, soy or soy lecithin



Mocha Crème Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0g

Sodium 280mg

Potassium 200mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber <1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Cocoa (Processed with Alkali), Nonfat Milk, Natural and Artificial Flavors, Sodium Caseinate, Corn Syrup Solids, Sunflower Oil, Salt, Maltodextrin, Decaffeinated Instant Coffee, Soy Lecithin, Sucralose, Sunflower Lecithin, Gum Arabic, Modified Cornstarch, Caramel Color, Tocopherols (To Protect Flavor), Annatto (For Color), Carrageenan, Acesulfame-K. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Tricalcium Phosphate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Allergen-soy, soy lecithin,egg, milk, nuts



Peanut Butter Skinny Bar

Nutrition Info

Serving Size 30g

CALORIES 120

TOTAL FAT 5G

Saturated Fat 2.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 190mg

Potassium 79mg

TOTAL CARBS 12G

Carbohydrates 12g

Fiber 4g

Total Sugar 3g

Added Sugar 2g

PROTEIN 10G

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Dried Egg Whites), Coating (Maltitol, Palm Kernel Oil, Milk Protein Isolate, Peanut Flour, Peanuts, Nonfat Dry Milk, Soy Lecithin [an emulsifier], Salt, and Natural Flavor), Chicory Root Extract, Peanuts, Invert Cane Syrup, Natural Flavors, Vegetable Glycerin, Water, Tapioca Starch, Peanut Flour, Palm Kernel Oil, Xylitol, Salt, Xanthan Gum, Stevia.

Kosher-dairy

Allergen-milk, soy, soy oil or lecithin, nuts



Peppermint Cocoa crunch one a day bar

Nutrition Info

Serving Size 1 Bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol 5mg

Sodium 170mg

Potassium 200mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 5g

Total Sugar 8g

Added Sugar 7g

PROTEIN 15G

Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Whey Protein Isolate, Casein, Calcium Caseinate, Milk Protein Isolate), Maltitol Syrup, Cocoa (Processed With Alkali), Fructose, Sugar, Water, Polydextrose, Fractionated Palm Kernel Oil, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Fructooligosaccharide, Glycerine, Soy Lecithin, Natural and Artificial Flavor, Maltodextrin, Nonfat Milk, Calcium Phosphate, Salt, Tapioca Starch, Calcium Carbonate, Butterfat, Magnesium Oxide, Ferric Orthophosphate, Ascorbic Acid, Sucralose, Carrageenan, Tocopherols (To Protect Flavor), Alpha-Tocopherol Acetate, Soybean Oil, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin

Allergen- soy, soy oil or lecithin



Pizza Krinkles

Nutrition Info

Serving Size 32g

CALORIES 130

TOTAL FAT 3G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 400mg

Potassium 305mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 1g

Total Sugar 1g

Added Sugar 0g

PROTEIN 12G

Ingredients: Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour, Pizza Flavor Seasoning (Whey, Dehydrated Tomato, Sea Salt, Spices, Mozzarella Cheese [Milk, Salt, Cultures, Enzymes], Garlic Powder, Onion Powder, Natural Flavors, Yeast Extract, Cane Sugar, Lactic Acid, Paprika Extract [Color], Safflower and/or Sunflower Oil [processing aid], Silicon Dioxide [Processing aid]), High Oleic Sunflower Oil, Maltodextrin.

Allergen- soy, soy oil or lecithin, milk, egg



Rich Chocolate Cream Cake

Nutrition Info

Serving Size 34g

CALORIES 120

TOTAL FAT 3.5G

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol 10mg

Sodium 230mg

Potassium 176mg

TOTAL CARBS 12G

Carbohydrates 12g

Fiber 6g

Total Sugar 3g

Added Sugar 2g

PROTEIN 15G

Ingredients: Soy Protein Isolate, Potato Flakes, Potato Starch, Soy Flour, Calcium Carbonate, Whey Protein Concentrate, Inulin, Cocoa Powder (processed with alkali), Milk Protein Isolate, Semi-Sweet Chocolate Drops with Vanilla, Rice Flour, Natural Flavors, Egg Whites (Dried), Olive Pomace Oil, Maltodextrin, Enzyme-Modified Cocoa Butter, Sodium Bicarbonate, Salt, Sucralose, Xanthan Gum, Soy Lecithin.

Allergen- soy, soy oil or lecithin, milk, egg



Salted Caramel Skinny Bar

Nutrition Info

Serving Size 27g

CALORIES 100

TOTAL FAT 3G

Saturated Fat 2g

Trans Fat 0g

Cholesterol 0mg

Sodium 160mg

Potassium 45mg

TOTAL CARBS 12G

Carbohydrates 12g

Fiber 3g

Total Sugar 6g

Added Sugar 5g

PROTEIN 10G

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Dried Egg Whites), Salted Caramel Flavored Coating (Sugar, Palm Kernel Oil, Nonfat Dry Milk Solids, WholeMilk Solids, Salt, Artificial Color (Yellow Lake #6, Yellow Lake #5, Blue Lake #2), SoyLecithin [an emulsifier], and Natural Flavor), Chicory Root Extract, Vegetable Glycerin, Invert Cane Syrup, Tapioca Starch, Water, Natural Flavors, Xylitol, Palm Kernel Oil, Salt, Caramel Color, Xanthan Gum.

Kosher-dairy

Allergen-milk, soy, soy oil or lecithin, gluten, nuts



Shortbread cookie one a day bar

Nutrition Info

Serving Size 1 bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3.5g

Trans Fat 0g

Cholesterol <5mg

Sodium 250mg

Potassium 70mg

TOTAL CARBS 19G

Carbohydrates 19g

Fiber 5g

Total Sugar 7g

Added Sugar 6g

PROTEIN 15G

Protein Blend (Soy Protein Isolate, Calcium Caseinate, Whey), Polydextrose, Maltitol Syrup, Sugar, Fractionated Palm Kernel Oil, Water, Nonfat Yogurt Powder (Cultured Nonfat Milk), Fructooligosaccharide, Cream Cheese Powder (Cream, Nonfat Milk, Sodium Caseinate, Corn Syrup Solids, Salt, Lactic Acid, Silicon Dioxide, Potassium Phosphate, Sodium Alginate), Glycerine, Fructose, Nonfat Milk, Rice Flour, Tapioca Starch, Soy Lecithin, Natural Flavor, Calcium Phosphate, Calcium Carbonate, Salt, Barley Malt Extract, Magnesium Oxide, Butter (Cream, Salt), Milk, Maltodextrin, Sucralose, Ferric Orthophosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen- soy, soy oil or lecithin, gluten



Skinny Box Salted Pretzel

Nutrition Info

Serving Size

CALORIES 120

TOTAL FAT 3G

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 320mg

Potassium 466mg

TOTAL CARBS 11G

Carbohydrates 11g

Fiber 0g

Total Sugar 1g

Added Sugar 1g

PROTEIN 12G

Ingredients: Soy Protein Isolate, Wheat Flour, Modified Wheat Starch, Soy Flour, Butter, Wheat Gluten, Wheat Protein Isolate, Corn Syrup, Malt Syrup, Pectin, Salt, Baking Powder, Soy Lecithin, Natural Flavors, Yeast.

Kosher-Dairy

Allergen-soy, soy oil or lecithin, other sources of gluten



Skinny Box Sloppy Joe

Nutrition Info

Serving Size

CALORIES 90G

TOTAL FAT .5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 5mg

Sodium 570mg

Potassium 152mg

TOTAL CARBS 12G

Carbohydrates 12g

Fiber 1g

Total Sugar 1g

Added Sugar 0g

PROTEIN 12G

Ingredients: Soy Protein Concentrate, Tomato Powder, Soy Protein Isolate, Dehydrated Onions, Cornstarch, Salt, Maltodextrin, Natural Flavor, Sugar, Dextrose, Yeast Extract, Spices, Garlic Powder, Malt Extract, Chili Pepper, Guar Gum, Dehydrated Bell Peppers, Modified Food Starch, Paprika, Citric Acid, Molasses, Fructose, Disodium Inosinate and Disodium Guanylate, Dried Tomato, Ground Garlic, Dried Onion, Potassium Citrate, Corn Syrup, Caramel Color, Tamarind, Vinegar, Brown Sugar, Sucralose, Extractive of Paprika, Red #40.

Allergen- soy, soy oil or lecithin, egg



Sour Cream Mashed Potatoes

Nutrition Info

Serving Size 30.25g

CALORIES 110

TOTAL FAT 0G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 360mg

Potassium 350mg

TOTAL CARBS 16G

Carbohydrates 16g

Fiber 3g

Total Sugar <1g

Added Sugar 0g

PROTEIN 11G

Ingredients: Dehydrated Potato Flakes, Protein Blend (Calcium Caseinate, Soy Protein Isolate, Whey Protein Concentrate, Pea Protein Isolate), Natural Flavors, Gum Blend (Cellulose and Guar Gums), Nonfat Milk Powder, Egg Whites Powder, Soluble Corn Fiber, Onion Powder, Vegetable Broth Seasoning (Yeast Extract, Salt, Tomato Powder, Garlic Powder, Onion Powder, Spices, Sunflower Oil), Potassium Citrate, Dehydrated Chive Flakes, Garlic Powder, Disodium Inosinate and Disodium Guanylate (I+G), Vitamin Mineral Premix (Vitamin A Palmitate, Beta Carotene, Cholecalciferol, dl-alpha Tocopherol Acetate, Magnesium Oxide, Ascorbic Acid, Reduced Iron, Niacinamide, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Spice, Dehydrated Sour Cream, Sunflower and/or Soy Lecithin.

Kosher-Dairy

Allergen-milk, soy, soy oil or lecithin



Strawberry Crème Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 20mg

Sodium 190mg

Potassium 73mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Whey Protein Isolate, Strawberry Powder, Nonfat Yogurt Powder (Cultured Nonfat Dry Milk, Sodium Citrate, Natural Flavor), Corn Syrup Solids, Sunflower Oil, Natural and Artificial Flavors, Sugar, Nonfat Milk, Malic Acid, Salt, Maltodextrin, Xanthan Gum, Modified Cornstarch, Acacia Gum, Pineapple Juice Solids, Carrageenan, Sodium Caseinate, Soy Lecithin, Sunflower Lecithin, Sucralose, Lactic Acid, Acesulfame K, Dextrose, Cellulose Gum, Tocopherols (To Protect Flavor), Annatto (For Color), Dehydrated Strawberry Juice Concentrate, Guar Gum, Polysorbate 60, Citric Acid, Red #40. Vitamins and Minerals: Dipotassium Phosphate, Magnesium Phosphate, Milk Calcium Complex, Potassium Citrate, Disodium Phosphate, Magnesium Oxide, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin

Kosher-Dairy

Allergen-soy, soy oil or lecithin other sources of gluten



Texas Chili w/Beans

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 540mg

Potassium 70mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 6g

Total Sugar 4g

Added Sugar 3g

PROTEIN 12G

Ingredients: Soy Protein Concentrate, Red Beans*, Tomato Powder, Soy Protein Isolate, Salt, Chili Pepper, Onions*, Bell Peppers*, Modified Food Starch, Malt Extract, Ground Garlic, Citric Acid, Guar Gum, Natural Flavor, Yeast Extract, Maltodextrin, Dextrose, Spices, Soy Lecithin, Paprika Extract, Beet Powder (For Color).

Allergen-soy, soy oil or lecithin



Toffee Crème Pudding

Nutrition Info

Serving Size

CALORIES 90G

TOTAL FAT 2G

Saturated Fat .5g

Trans Fat 0g

Cholesterol <5mg

Sodium 230mg

Potassium 120mg

TOTAL CARBS 6G

Carbohydrates 6g

Fiber 2g

Total Sugar 2g

Added Sugar 0g

PROTEIN 12G

Ingredients: Calcium Caseinate, Toffee Bits (Sugar, Vegetable Oil [Palm Oil, Sunflower Oil], Butter, Almonds, Salt, Soy Lecithin), Nonfat Milk, Gelatin, Natural and Artificial Flavors, Corn Syrup Solids, Sunflower Oil, Cornstarch, Disodium Phosphate, Guar Gum, Salt, Sodium Caseinate, Dipotassium Phosphate, Soy Lecithin, Sunflower Lecithin, Carrageenan, Sucralose, Tetrapotassium Pyrophosphate, Tocopherols (To Protect Flavor), Annatto (For Color), Acesulfame-K, Yellow #5, Yellow #6.

Allergen-milk, soy lecithin



Vanilla Cappuccino

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 1G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 130mg

Potassium 210mg

TOTAL CARBS 4G

Carbohydrates 4g

Fiber 0g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Creamer (Corn Syrup Solids, Coconut Oil, Sodium Caseinate [milk derivative], Dipotassium Phosphate, Mono and Diglycerides), Non-Fat Dry Milk, Instant Coffee, Natural and Artificial Flavor, Salt, Titanium Dioxide, Potassium Citrate, Sucralose, Cellulose Gum, Soy Lecithin.

Allergen-milk, soy, soy oil or lecithin, egg



Vanilla Chocolate Chip Cookie Cake

Nutrition Info

Serving Size 34g

CALORIES 140

TOTAL FAT 3G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 10mg

Sodium 230mg

Potassium 40mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 6g

Total Sugar 3g

Added Sugar 2g

PROTEIN 15G

Ingredients: Inulin, Milk Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate, Potato Flakes, Potato Starch, Soy Flour, Calcium Carbonate, Rice Flour, Semi-Sweet Chocolate Drops with Vanilla, Natural Flavors, Olive Pomace Oil, Egg Whites (Dried), Sodium Bicarbonate, Salt, Xanthan Gum, Sucralose, Soy Lecithin.

Kosher-Dairy

Allergen-milk, soy oil or soy lecithin



Vanilla Crème Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 85mg

Potassium 365mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 4g

Total Sugar <1g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Natural and Artificial Flavors, Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Nonfat Milk, Maltodextrin, Guar Gum, Modified Cornstarch, Salt, Soy Lecithin, Sunflower Lecithin, Sucralose, Tocopherols (To Protect Flavor), Carrageenan, Mono and Diglycerides, Annatto (For Color), Acesulfame-K, Yellow #5, Yellow #6. Vitamins and Minerals: Magnesium Phosphate, Potassium Bicarbonate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Allergen-milk, soy, wheat, other sources of gluten



Zesty Cheese Pasta

Nutrition Info

Serving Size

CALORIES 130G

TOTAL FAT 2G

Saturated Fat 1g

Trans Fat 6g

Cholesterol 10mg

Sodium 490mg

Potassium 116mg

TOTAL CARBS 15G

Carbohydrates 15g

Fiber 1g

Total Sugar 4g

Added Sugar 3g

PROTEIN 12G

Ingredients: Pasta (Durum Semolina [From Wheat], Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Soy Protein Concentrate, Milk Protein Isolate, Romano, Cheddar and Parmesan Cheeses (Pasteurized Cow and Sheep's Milk, Cheese Cultures, Salt, Enzymes, Maltodextrin, Whey Solids, Calcium Chloride), Whey, Salt, Onions*, Natural Flavor, Buttermilk, Chili Pepper, Cornstarch, Modified Food Starch, Maltodextrin, Yeast Extract, Tomato Powder, Red Bell Pepper*, Malt Extract, Unsalted Butter, Spices, Garlic Powder, Guar Gum, Sodium Phosphate, Lactic Acid, Onion Powder, Annatto Extract and Turmeric Extract (For Color), Brown Sugar, Yellow #5, Yellow #6, Oleoresin Paprika, Torula Yeast.