NUTRITIONAL INFORMATION

SPECIALS

Cookie Dough

Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container

Serving size	**1 Donut (85g)**
Amount Per Serving	
Calories	**270**
	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 12g	**24%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

CLASSIC PRONUTS

Blueberry Basil

Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container

Serving size	**1 Donut (75g)**
Amount Per Serving	
Calories	**210**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 12g	**24%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Carrot Cake

Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container

Serving size	**1 Donut (76g)**
Amount Per Serving	
Calories	**240**
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 12g	**24%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

NUTRITIONAL INFORMATION

Chocolate
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (75g)

Amount Per Serving
Calories 220

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Cinnamon Sugar
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (74g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Coconut
Gluten-Friendly
Keto-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (75g)

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Cookies & Cream

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (76g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 14g	28%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Espresso
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (74g)

Amount Per Serving
Calories 220

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Mango Cardamom
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (72g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

NUTRITIONAL INFORMATION

Matcha
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (72g)

Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Mint Chocolate
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (75g)

Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Peanut Butter
Gluten-Friendly

*Contains dairy, peanuts and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (77g)

Amount Per Serving
Calories 220

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	26%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Peanut Butter Cup
Gluten-Friendly

**Contains dairy, peanuts and tree nuts*

Nutrition Facts
1 servings per container
Serving size 1 Donut (80g)

Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

The PRONUT
Gluten-Friendly

*Contains dairy, peanuts and tree nuts

Nutrition Facts
varied (1) servings per container
Serving size 1 Donut (85g)

Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	30%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Pumpkin Spice
Gluten-Friendly
Keto-Friendly

*Contains dairy and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (77g)

Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	28%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

NUTRITIONAL INFORMATION

Red Velvet
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (73g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Strawberries & Cream
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (76g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Ube Pistachio
Gluten-Friendly
Keto-Friendly

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (77g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Vanilla Glaze
Gluten-Friendly

*Contains dairy and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (72g)

Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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NUTRITIONAL INFORMATION

VEGAN PRONUTS

Blueberry Basil
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (74g)

Amount Per Serving

Calories 170

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Carrot Cake
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (75g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	22%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Chocolate
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (74g)

Amount Per Serving

Calories 250

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Cinnamon Sugar
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (72g)

Amount Per Serving

Calories 160

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Cookies & Cream

*Contains peanuts and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (76g)

Amount Per Serving

Calories 220

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Matcha
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts

1 servings per container

Serving size 1 Donut (70g)

Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

NUTRITIONAL INFORMATION

Peanut Butter
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (75g)

Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Peanut Butter Cup
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (75g)

Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

The PRONUT
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (83g)

Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Red Velvet
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts
1 servings per container
Serving size 1 Donut (74g)

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

KETO BAGELS

Keto Everything Bagel
Keto-Friendly
Gluten-Friendly

*Contains tree nuts and dairy

Nutrition Facts
1 servings per container
Serving size 1 Bagel (85g)

Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 22g	28%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	48%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

NUTRITIONAL INFORMATION

PROTEIN BROWNIES

Dark Chocolate Brownie
Gluten-Friendly

*Contains tree nuts and dairy

Nutrition Facts

1 servings per container

Serving size	**1 Brownie (85g)**
Amount Per Serving	
Calories	**290**
	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 14g	
Includes 0g Added Sugars	**0%**
Protein 13g	**26%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

Walnut Brownie
Gluten-Friendly

*Contains tree nuts and dairy

Nutrition Facts

1 servings per container

Serving size	**1 Brownie (85g)**
Amount Per Serving	
Calories	**290**
	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 14g	**28%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

PROTEIN COOKIES

The PRONUT Cookie
Vegan
Gluten-Friendly

*Contains peanuts and tree nuts

Nutrition Facts

1 servings per container

Serving size	**1 Cookie (80g)**
Amount Per Serving	
Calories	**260**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 11g	**22%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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

All products made at 204 Meal Prep

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