

Apple Cinnamon Crunch

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	570
% Daily Value*	
Total Fat 24g	30%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2.7g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 11mg	1%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 86g	29%
Dietary Fiber 16g	54%
Total Sugars 38g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 12.5g	
Vitamin A 48.5 IU	1%
Vitamin C 325 mg	542%
Vitamin B12 75 mcg	3125%
Vitamin B6 .22 mg	11%
Magnesium 129 mg	32%
Selenium 10 mcg	15%
Folate 33 mcg	8%
Zinc 2 mcg	14%
Calcium 150mg	12%
Iron 3.7mg	21%
Potassium 737mg	17%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic oats, organic apples, dates, organic currants, organic almonds, organic macadamia nuts, bananas, organic quinoa, organic strawberries, organic lucuma, organic Ceylon cinnamon, organic chia seeds, organic flaxseeds, raw vanilla, organic ginger, organic herbs & spices, B12

CONTAINS MACADAMIA NUTS & ALMONDS

Berry Medley

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	515
% Daily Value*	
Total Fat 16g	20%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1.65g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45.2mg	2%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 88g	30%
Dietary Fiber 15.7g	53%
Total Sugars 41g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 13g	
Vitamin A 2517 IU	50%
Vitamin C 71 mg	118%
Vitamin B12 75 mcg	3125%
Vitamin B6 .47 mg	24%
Magnesium 163 mg	41%
Selenium 14 mcg	20%
Folate 115 mcg	29%
Zinc 2.9 mcg	19%
Calcium 157mg	13%
Iron 5.3mg	30%
Potassium 1099mg	24%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic oats, bananas, organic currants, organic walnuts, organic wild blueberries, organic dates, organic cherries, organic flaxseed, blackberries, organic strawberries, organic quinoa, organic spinach, organic lemon, organic beets, organic porcini mushrooms, organic kale, turmeric, organic black pepper, organic Ceylon cinnamon, organic mustard seed, coriander, B12

CONTAINS WALNUTS

Black Bean Chunky Tomato

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	490
% Daily Value*	
Total Fat 12g	15%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	21%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 70g	24%
Dietary Fiber 22g	74%
Total Sugars 17g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 22g	
Vitamin A 8734 IU	175%
Vitamin C 59 mg	98%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.3 mg	15%
Magnesium 721 mg	180%
Selenium 15 mcg	21%
Folate 280 mcg	70%
Zinc 1.7 mg	11%
Calcium 160mg	13%
Iron 7.3mg	41%
Potassium 960mg	21%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic black beans, organic sun-dried tomatoes, organic walnuts, organic tomatoes, organic quinoa, organic carrots, organic white onions, organic flaxseeds, green onions, garlic, organic kale, organic porcini mushrooms, organic pumpkin, organic smoked paprika, sea salt, organic cumin, organic miso powder, turmeric, organic black pepper, chipotle powder, organic oregano, lime, B12

CONTAINS WALNUTS

Broccoli Cashew Alfredo

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	650
% Daily Value*	
Total Fat 31g	39%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 70g	24%
Dietary Fiber 14g	47%
Total Sugars 9g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 28g	
Vitamin A 1036 IU	21%
Vitamin C 64 mg	107%
Vitamin B12 75 mcg	3125%
Vitamin B6 1.6 mg	80%
Magnesium 221 mg	55%
Selenium 17 mcg	25%
Folate 100 mcg	25%
Zinc 4.8 mg	32%
Calcium 149mg	12%
Iron 7.3mg	41%
Potassium 1030mg	23%
Vitamin D 0.4mcg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic cashews, organic buckwheat noodles, non-GMO soy curls, organic white onions, broccoli florets, organic sun-dried tomatoes, white button mushrooms, organic nutritional yeast, organic flaxseeds, garlic, organic carrots, organic porcini mushrooms, sea salt, organic celery, shallots, organic miso powder, organic mustard seed, organic turmeric, organic lemon, organic black pepper, organic herbs & spices, B12

CONTAINS CASHEWS AND GMO-FREE SOYBEANS

Cacao Cherry

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	545
% Daily Value*	
Total Fat 23g	29%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 80g	27%
Dietary Fiber 18g	60%
Total Sugars 41g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 15g	
Vitamin A 5480 IU	110%
Vitamin C 47 mg	80%
Vitamin B12 75 mcg	3125%
Vitamin B6 .39 mg	20%
Magnesium 151.45 mg	40%
Selenium 65 mcg	90%
Folate 101 mcg	25%
Zinc 2.17 mcg	15%
Calcium 146mg	12%
Iron 4.6mg	26%
Potassium 1055mg	23%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic dates, organic tart cherries, bananas, organic walnuts, organic cacao nibs, black beans, organic oats, organic flaxseeds, peas, organic sweet potato, organic brazil nut, organic kale, organic spinach, broccoli, turmeric, organic black pepper, organic mustard seed, raw vanilla, organic coconut flour, B12

CONTAINS WALNUTS, AND BRAZIL NUTS

Cacao Raspberry

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 21g	27%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 92g	31%
Dietary Fiber 18g	60%
Total Sugars 33g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 12.5g	
Vitamin A 420 IU	8%
Vitamin C 44 mg	73%
Vitamin B12 75 mcg	3125%
Vitamin B6 .3 mg	17%
Magnesium 135 mg	34%
Selenium 11 mcg	16%
Folate 51 mcg	12.7%
Zinc 3 mcg	20%
Calcium 136mg	11%
Iron 4.4mg	25%
Potassium 789mg	18%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic oats, organic cacao powder, raspberries, organic strawberries, organic dates, bananas, organic pecans, organic almonds, organic quinoa, organic Ceylon cinnamon, organic cardamom, organic chia seeds, organic flaxseeds, raw vanilla, organic kale, organic mustard seed, B12

CONTAINS PECANS & ALMONDS

Creamy Forest Mushroom

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	600
% Daily Value*	
Total Fat 25g	32%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	21%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 74g	25%
Dietary Fiber 20g	67%
Total Sugars 7g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 30g	
Vitamin A 2467 IU	49%
Vitamin C 39 mg	65%
Vitamin B12 75 mcg	3125%
Vitamin B6 8 mg	417%
Magnesium 291 mg	73%
Selenium 17 mcg	25%
Folate 404 mcg	101%
Zinc 7 mcg	46%
Calcium 150mg	12%
Iron 10.1mg	57%
Potassium 990mg	22%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic cashews, organic oats, lentils, organic quinoa, organic nutritional yeast, organic sunflower seed, organic hemp seed, peas, organic flaxseed, crimini mushrooms, organic white onions, organic kale, organic spinach, organic lemon, organic porcini mushrooms, sea salt, parsley, garlic, turmeric, organic miso powder, organic black pepper, organic mustard seed, organic herbs & spices, B12

CONTAINS CASHEWS

Creamy Potato Leek

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 3.0g	4%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 335mg	15%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 68g	23%
Dietary Fiber 18g	60%
Total Sugars 8g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 14g	
Vitamin A 3760 IU	75%
Vitamin C 148 mg	247%
Vitamin B12 75 mcg	3125%
Vitamin B6 1.3 mg	65%
Magnesium 480 mg	120%
Selenium 15 mcg	22%
Folate 192 mcg	48%
Zinc 2.3 mg	15%
Calcium 185mg	15%
Iron 6.7mg	38%
Potassium 2013mg	44%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: potatoes, organic white onions, chickpeas, cauliflower, leeks, green onions, organic rosemary, garlic, organic lemon, organic hemp seeds, organic celery, organic carrots, organic miso powder, organic turmeric, organic black pepper, organic herbs & spices, sea salt, B12

Goji Peach Paradise

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	442
% Daily Value*	
Total Fat 7.8g	10%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 3.7g	19%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 61mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 89g	30%
Dietary Fiber 15g	50%
Total Sugars 44.5g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 11g	
Vitamin A 4656 IU	93%
Vitamin C 10.5 mg	18%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.1 mg	5%
Magnesium 83 mg	21%
Selenium 11 mcg	16%
Folate 14 mcg	3.4%
Zinc 1.7 mg	11.3%
Calcium 111mg	9%
Iron 5mg	28%
Potassium 787mg	18%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic oats, organic peaches, dates, organic goji berries, organic figs, organic apricots, organic coconut, organic quinoa, organic chia seeds, garbanzo beans, organic ginger, vanilla, organic lemon, lime, B12

Green Grail

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	413
% Daily Value*	
Total Fat 14.7g	19%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 67g	23%
Dietary Fiber 15.6g	52%
Total Sugars 36g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 11g	
Vitamin A 5581 IU	112%
Vitamin C 279 mg	465%
Vitamin B12 75 mcg	3125%
Vitamin B6 .55 mg	27.5%
Magnesium 185 mg	46.3%
Selenium 64 mcg	92%
Folate 171 mcg	43%
Zinc 2.4 mcg	16%
Calcium 171mg	14%
Iron 5.0mg	28%
Potassium 1201mg	27%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic spinach, organic kale, organic apple, organic raisins, bananas, organic walnuts, organic flaxseed, organic hemp seeds, organic strawberries, organic lucuma, organic oats, peas, blackberries, raspberries, organic lemon, lime, organic brazil nut, organic amla, turmeric, organic black pepper, organic mustard seed, B12

CONTAINS WALNUTS, AND BRAZIL NUTS

Kale Krush

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 15g	19%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	2%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 77g	26%
Dietary Fiber 15g	50%
Total Sugars 40g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 11g	
Vitamin A 4535 IU	91%
Vitamin C 64 mg	107%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.4 mg	20%
Magnesium 110 mg	27%
Selenium 64 mcg	91%
Folate 86 mcg	21%
Zinc 1.7 mcg	11%
Calcium 131mg	11%
Iron 3mg	17%
Potassium 750mg	17%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic dates, bananas, organic walnuts, organic wild blueberries, organic flaxseeds, organic oats, black beans, organic mango, peas, organic sweet potato, organic kale, organic brazil nut, organic cacao nibs, organic spinach, broccoli, organic lemon, organic amla, raw vanilla, turmeric, organic ginger, organic black pepper, organic mustard seed, organic coconut flour, B12

CONTAINS WALNUTS, AND BRAZIL NUTS

Lentil Tomato Pasta

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	570
% Daily Value*	
Total Fat 7g	9%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 99g	33%
Dietary Fiber 23g	77%
Total Sugars 22g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 29g	
Vitamin A 6992 IU	140%
Vitamin C 180 mg	302%
Vitamin B12 75 mcg	3125%
Vitamin B6 .5 mg	28%
Magnesium 91 mg	22%
Selenium 8 mcg	10%
Folate 215 mcg	54%
Zinc 1 mg	8%
Calcium 247mg	19%
Iron 12mg	67%
Potassium 1709mg	38%
Vitamin D 0.7mcg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic chickpea penne, organic tomato, lentils, organic white onions, great northern bean flakes, organic red bell peppers, white button mushrooms, organic spinach, broccoli, garlic, organic basil, organic flaxseeds, dates, sea salt, organic oregano, organic porcini mushrooms, organic miso powder, turmeric, organic black pepper, organic mustard seeds, organic cayenne pepper, B12

Madras Curry

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 25g	32%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	24%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 74g	25%
Dietary Fiber 20g	67%
Total Sugars 12g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 20g	
Vitamin A 4152 IU	83%
Vitamin C 56 mg	94%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.7 mg	34%
Magnesium 256 mg	64%
Selenium 14 mcg	20%
Folate 182 mcg	45%
Zinc 3.2 mcg	22%
Calcium 130mg	10%
Iron 8mg	45%
Potassium 1065mg	24%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic bulgur, organic coconut, lentils, organic cashews, organic oats, white potato, peas, organic white onions, curry powder, organic tomato, chickpeas, organic mango, organic sweet potato, organic flaxseeds, organic kale, lime, sea salt, organic miso powder, organic mustard seed, organic herbs & spices, B12

CONTAINS CASHEWS AND WHEAT

Mint Chip

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	600
% Daily Value*	
Total Fat 27g	34%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 87g	29%
Dietary Fiber 22g	74%
Total Sugars 40g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 15g	
Vitamin A 5342 IU	107%
Vitamin C 55 mg	90%
Vitamin B12 75 mcg	3125%
Vitamin B6 .4 mg	20%
Magnesium 180 mg	45%
Selenium 66 mcg	95%
Folate 112 mcg	28%
Zinc 2.6 mcg	17%
Calcium 177mg	14%
Iron 5mg	28%
Potassium 1020mg	23%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic peppermint, organic dates, organic cacao nibs, bananas, organic wild blueberries, organic almonds, organic walnuts, organic oats, organic kale, organic spinach, broccoli, black beans, peas, organic coconut, organic sweet potato, organic flaxseeds, organic brazil nut, organic lemon, turmeric, organic black pepper, organic mustard seed, organic herbs & spices, B12

CONTAINS WALNUTS, ALMONDS AND BRAZIL NUTS

Pesto & Peppers Pasta

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	492
% Daily Value*	
Total Fat 19g	24%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2.3g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 334mg	15%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 65g	22%
Dietary Fiber 16.4g	55%
Total Sugars 11.2g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 24.2g	
Vitamin A 2370 IU	47.4%
Vitamin C 165 mg	274.81%
Vitamin B12 75 mcg	3125%
Vitamin B6 2.6 mg	130.9%
Magnesium 232 mg	57.9%
Selenium 7.3 mcg	10.5%
Folate 372 mcg	92.9%
Zinc 4.1 mg	27.5%
Calcium 248.3mg	20%
Iron 9.8mg	55%
Potassium 1348mg	30%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic chickpea rotini, pistachios, organic basil, garlic, peas, organic nutritional yeast, organic hemp seeds, parsley, organic lemon, yellow bell peppers, red bell peppers, organic sun dried tomatoes, sea salt, organic miso powder, organic black pepper, B12*

CONTAINS PISTACHIOS

Smoky Pea

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 12g	15%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	22%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 82g	28%
Dietary Fiber 23g	77%
Total Sugars 27g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 20g	
Vitamin A 20577 IU	412%
Vitamin C 111 mg	185%
Vitamin B12 75 mcg	3125%
Vitamin B6 1.08 mg	54%
Magnesium 257 mg	64%
Selenium 11 mcg	16%
Folate 191 mcg	48%
Zinc 4 mg	27%
Calcium 200mg	16%
Iron 7.3mg	41%
Potassium 1570mg	35%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: peas, carrots, organic celery, organic sweet potato, white potato, organic quinoa, organic oats, organic flaxseeds, organic walnuts, organic sunflower seeds, organic white onion, organic lemon, organic smoked paprika, sea salt, organic miso, turmeric, organic thyme, organic black pepper, garlic, chipotle powder, organic herbs & spices, B12

CONTAIN WALNUTS

Spicy Garlic Bean

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	560
% Daily Value*	
Total Fat 9g	12%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 93g	31%
Dietary Fiber 29g	97%
Total Sugars 18g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 30g	
Vitamin A 17875 IU	358%
Vitamin C 55 mg	91%
Vitamin B12 75 mcg	3125%
Vitamin B6 3.4 mg	169%
Magnesium 557 mg	139%
Selenium 19 mcg	27%
Folate 532 mcg	133%
Zinc 3.2 mg	22%
Calcium 230mg	18%
Iron 11.8mg	66%
Potassium 1850mg	41%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic black beans, lentils, garlic, organic cashews, organic quinoa, organic oats, chickpeas, carrots, organic white onions, green onions, organic flaxseeds, organic kale, organic spinach, crimini mushrooms, organic nutritional yeast, organic tomato, sea salt, organic miso, organic lemon, parsley, turmeric, organic black pepper, organic cayenne pepper, organic mustard seed, organic herbs & spices, B12

CONTAINS CASHEWS

Super Berry

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 13g	17%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 64g	22%
Dietary Fiber 15g	50%
Total Sugars 33g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 12g	
Vitamin A 4727 IU	94.5%
Vitamin C 74 mg	123%
Vitamin B12 75 mcg	3125%
Vitamin B6 .5 mg	24%
Magnesium 135 mg	34%
Selenium 64 mcg	92%
Folate 106 mcg	26%
Zinc 2.2 mcg	15%
Calcium 195mg	15%
Iron 4.4mg	25%
Potassium 1050mg	23%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: banana, organic cherries, organic flaxseeds, organic wild blueberries, black beans, organic oats, organic walnuts, blackberries, organic sweet potato, peas, organic brazil nut, organic beets, organic kale, organic lemon, organic spinach, broccoli, turmeric, organic mustard seed, organic black pepper, B12

CONTAINS WALNUTS, AND BRAZIL NUTS

Sweet Potato Dal

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 18g	23%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	18%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 85g	29%
Dietary Fiber 24g	80%
Total Sugars 22g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 25g	
Vitamin A 14875 IU	298%
Vitamin C 79 mg	131%
Vitamin B12 75 mcg	3125%
Vitamin B6 .6 mg	29%
Magnesium 161 mg	40%
Selenium 14.3 mcg	20%
Folate 359 mcg	90%
Zinc 1.8 mg	12%
Calcium 180mg	14%
Iron 10.6mg	59%
Potassium 1120mg	25%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: sweet potato, lentils, organic cashews, organic tomato, organic coconut, curry powder, organic quinoa, organic oats, organic flaxseed, green onion, organic white onion, garlic, organic kale, organic lemon, turmeric, sea salt, organic miso powder, organic black pepper, organic herbs & spices, B12

CONTAINS CASHEWS

Tex-Mex

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	620
% Daily Value*	
Total Fat 15g	19%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	24%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 98g	33%
Dietary Fiber 21g	70%
Total Sugars 20g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 25g	
Vitamin A 6192 IU	124%
Vitamin C 101 mg	168%
Vitamin B12 75 mcg	3125%
Vitamin B6 1 mg	51%
Magnesium 546 mg	137%
Selenium 15 mcg	21%
Folate 214 mcg	53%
Zinc 3.6 mcg	24%
Calcium 230mg	18%
Iron 10.1mg	57%
Potassium 1040mg	23%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic bulgur, organic corn grits, organic black beans, organic tomato, organic white onions, organic oats, chickpeas, peas, organic kale, organic pepitas, organic cashews, organic mango, green onions, organic sunflower seeds, organic sweet potato, chipotle powder, garlic, organic beets, organic flaxseeds, organic nutritional yeast, organic mustard seed, sea salt, organic cumin, organic miso powder, organic porcini mushrooms, turmeric, organic black pepper, organic herbs & spices, organic lemon, B12

CONTAINS CASHEWS AND WHEAT

Thai Veggie Noodle

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 13g	17%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 371mg	17%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 55g	19%
Dietary Fiber 16g	54%
Total Sugars 16g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 16g	
Vitamin A 7833 IU	157%
Vitamin C 155 mg	259%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.71 mg	35%
Magnesium 154 mg	39%
Selenium 4.5 mcg	6%
Folate 130 mcg	33%
Zinc 2 mcg	13.5%
Calcium 128mg	10%
Iron 4.25mg	24%
Potassium 952mg	21%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Full Ingredients: organic pea vermicelli, non-GMO soy curls, green beans, cabbage, cauliflower, organic hemp seeds, shallots, organic sesame seeds, organic carrots, organic red bell peppers, dates, organic coconut, garlic, organic ginger, curry powder, coriander, organic tomato, lime, organic miso powder, sea salt, green chilis, organic mustard seed, organic herbs & spices, B12

CONTAINS GMO-FREE SOYBEANS

Tropical Bliss

LeafSide Nutrition Facts

1 serving per pack

Serving size **1 pack**

✓ **100% Whole Foods Plant-Based⁺**

Amount per serving

Calories **410**

% Daily Value*

Total Fat 15g 19%

✓ [healthy whole plant fats \(read more\)](#)

Added Oil or Fat 0g

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 22mg 1%

✓ [salt-free, or low-salt rule \(read more\)](#)

Total Carbohydrate 64g 22%

Dietary Fiber 12g 40%

Total Sugars 38g

✓ [healthy whole plant sugars \(read more\)](#)

Added Sugars 0g

Protein 10g

Vitamin A 3864 IU 77%

Vitamin C 126 mg 211%

Vitamin B12 75 mcg 3125%

Vitamin B6 .3 mg 15%

Magnesium 92 mg 23%

Selenium 64 mcg 92%

Folate 73 mcg 18%

Zinc 1.4 mcg 9.6%

Calcium 130mg 10%

Iron 3mg 17%

Potassium 690mg 15%

Vitamin D 0mcg 0%

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

Full Ingredients: organic pineapple, bananas, organic mango, organic flaxseeds, black beans, organic walnuts, organic oats, organic coconut, organic peas, organic sweet potato, organic brazil nut, organic kale, organic collard greens, organic lemon, broccoli, organic amla, turmeric, organic mustard seed, organic black pepper, organic ginger, lime, B12

CONTAINS WALNUTS, AND
BRAZIL NUTS

Vanilla Cinn-sation

LeafSide Nutrition Facts

1 serving per pack

Serving size **1 pack**

✓ **100% Whole Foods Plant-Based⁺**

Amount per serving

Calories **518**

% Daily Value*

Total Fat 19.7g 25%

✓ [healthy whole plant fats \(read more\)](#)

Added Oil or Fat 0g

Saturated Fat 2.2g 12%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 44mg 2%

✓ [salt-free, or low-salt rule \(read more\)](#)

Total Carbohydrate 82.9g 28%

Dietary Fiber 15g 50%

Total Sugars 43g

✓ [healthy whole plant sugars \(read more\)](#)

Added Sugars 0g

Protein 10.7g

Vitamin A 64.6 IU 1.3%

Vitamin C 61 mg 102%

Vitamin B12 75 mcg 3125%

Vitamin B6 0.6 mg 28.5%

Magnesium 132 mg 33%

Selenium 63 mcg 91%

Folate 98 mcg 25%

Zinc 2.5 mg 16.7%

Calcium 94mg 8%

Iron 2.9mg 17%

Potassium 957mg 21%

Vitamin D 0mcg 0%

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

Full Ingredients: organic dates, organic oats, bananas, organic pecans, organic raisins, cauliflower, organic flaxseed, organic maca, organic brazil nut, organic Ceylon cinnamon, raw vanilla, organic cardamom, organic nutmeg, organic coconut flour, B12

CONTAINS PECANS, AND BRAZIL
NUTS