

Apple Cinnamon Crunch

Berry Medley

Black Bean Chunky Tomato

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.	

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.	

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

CONTAINS MACADAMIA NUTS, ALMONDS

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, organic coriander, B12

CONTAINS WALNUTS

Full Ingredients: organic black beans, organic tomatoes, organic walnuts, organic quinoa, organic carrots, organic white onions, green onions, organic flaxseeds, garlic, organic kale, organic porcini mushrooms, organic pumpkin, sea salt, organic smoked paprika, organic cumin, organic miso, turmeric, organic black pepper, chipotle, lime, herbs and spices, B12

CONTAINS WALNUTS

Broccoli Cashew Alfredo

Cacao Cherry

Cacao Raspberry

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%

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	572
% Daily Value*	
Total Fat 23g	29%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 5.21g	27%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 72mg	4%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 86g	29%
Dietary Fiber 20g	67%
Total Sugars 43g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 15g	
Vitamin A 5988 IU	120%
Vitamin C 93 mg	155%
Vitamin B12 75 mcg	3125%
Vitamin B6 .42 mg	21%
Magnesium 170 mg	43%
Selenium 55 mcg	79%
Folate 112 mcg	28%
Zinc 2.4 mcg	16%
Calcium 158mg	13%
Iron 5mg	28%
Potassium 1175mg	26%
Vitamin D 0mcg	0%

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%

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

CONTAINS CASHEWS AND NON-GMO SOYBEANS

Full Ingredients: organic dates, organic tart cherries, bananas, organic walnuts, organic cacao nibs, organic black beans, organic oats, organic flaxseeds, peas, organic sweet potatoes, organic Brazil nut, organic kale, organic spinach, organic camu camu, organic Ceylon cinnamon, broccoli, turmeric, organic mustard seeds, raw vanilla, organic black pepper, B12

CONTAINS WALNUTS AND BRAZIL NUTS

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

CONTAINS PECANS AND ALMONDS

Creamy Forest Mushroom

Creamy Potato Leek

Goji Peach Paradise

LeafSide	
Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	595
% 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 468mg	21%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 73g	25%
Dietary Fiber 19g	64%
Total Sugars 7g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 29g	
Vitamin A 2467 IU	49%
Vitamin C 39 mg	65%
Vitamin B12 75 mcg	3125%
Vitamin B6 7 mg	332%
Magnesium 287 mg	72%
Selenium 17 mcg	25%
Folate 362 mcg	90%
Zinc 6.4 mcg	43%
Calcium 150mg	12%
Iron 10mg	56%
Potassium 990mg	22%
Vitamin D 0mcg	0%

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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%

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LeafSide	
Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	412
% Daily Value*	
Total Fat 7.4g	10%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 57mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 82g	28%
Dietary Fiber 13.6g	46%
Total Sugars 40.3g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 10.6g	
Vitamin A 4408 IU	88.2%
Vitamin C 10 mg	16.6%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.1 mg	4.5%
Magnesium 77 mg	19.5%
Selenium 11 mcg	15.3%
Folate 13 mcg	3.2%
Zinc 1.6 mg	10.7%
Calcium 10mg	1%
Iron 4.5mg	25%
Potassium 705mg	16%
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, organic crimini mushrooms, organic white onions, organic kale, organic porcini mushrooms, organic lemon, sea salt, organic spinach, organic smoked paprika, garlic, organic miso, organic rosemary, turmeric, organic black pepper, organic mustard seeds, organic fennel, herbs & spices, B12

CONTAINS CASHEWS AND HEMP SEEDS

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

CONTAINS HEMP SEEDS

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

Golden Garlic Bean

Green Grail

Kale Krush

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	484
% Daily Value*	
Total Fat 13g	17%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2.3g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 482mg	21%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 73g	25%
Dietary Fiber 21g	70%
Total Sugars 14g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 20.5g	
Vitamin A 16232 IU	325%
Vitamin C 56 mg	94%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.7 mg	35%
Magnesium 166 mg	42%
Selenium 14 mcg	20%
Folate 80 mcg	20%
Zinc 2.8 mg	18%
Calcium 176mg	14%
Iron 7.9mg	44%
Potassium 1170.9mg	26%
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.	

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 14g	18%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1.6g	8%
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 183 mg	46%
Selenium 54 mcg	78%
Folate 171 mcg	43%
Zinc 2.4 mcg	16%
Calcium 170mg	14%
Iron 5mg	28%
Potassium 1198mg	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.	

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: navy beans, organic cashews, carrots, organic white onions, organic quinoa, garlic, organic kale, organic tomatoes, organic crimini mushrooms, organic celery, organic miso, sea salt, organic lemon, red bell peppers, turmeric, organic black pepper, organic rosemary, organic mustard seeds, organic cayenne pepper, herbs & spices, B12

CONTAINS CASHEWS

Full Ingredients: organic raisins, bananas, organic walnuts, organic apples, organic oats, organic flaxseeds, organic strawberries, organic spinach, organic hemp seeds, organic lucuma, blackberries, peas, organic kale, organic raspberries, organic Brazil nut, organic lemon, organic amla, lime, turmeric, organic mustard seeds, organic black pepper, B12

CONTAINS WALNUTS, BRAZIL NUTS AND BRAZIL NUTS

Full Ingredients: organic dates, bananas, organic walnuts, organic wild blueberries, organic flaxseeds, organic oats, black beans, organic mangoes, organic kale, peas, organic sweet potatoes, organic cacao nibs, organic Brazil nut, broccoli, organic amla, turmeric, raw vanilla, organic lemon, organic mustard seeds, organic ginger, organic black pepper, organic coconut, B12

CONTAINS WALNUTS AND BRAZIL NUTS

Lentil Tomato Pasta

Madras Curry

Mint Chip

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.	

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based⁺	
Amount per serving	
Calories	616
% Daily Value*	
Total Fat 15g	19%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 4.1g	21%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 474mg	21%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 96g	32%
Dietary Fiber 21g	70%
Total Sugars 19g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 30g	
Vitamin A 5093 IU	102%
Vitamin C 126 mg	209%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.85 mg	42%
Magnesium 328 mg	82%
Selenium 7.2 mcg	10%
Folate 174 mcg	43%
Zinc 4.15 mcg	27%
Calcium 220mg	17%
Iron 6.93mg	39%
Potassium 2103mg	46%
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.	

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based⁺	
Amount per serving	
Calories	568
% Daily Value*	
Total Fat 25g	32%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 6.6g	33%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 28mg	2%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 84g	29%
Dietary Fiber 23g	77%
Total Sugars 34g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 15g	
Vitamin A 2835 IU	57%
Vitamin C 47 mg	78%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.45 mg	23%
Magnesium 206 mg	51%
Selenium 75 mcg	106%
Folate 109 mcg	27%
Zinc 2.8 mcg	19%
Calcium 210mg	17%
Iron 5mg	28%
Potassium 996mg	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 chickpea penne, organic tomatoes, lentils, organic white onions, great northern beans, organic red bell peppers, white mushrooms, broccoli, organic spinach, garlic, organic flaxseeds, dates, sea salt, organic porcini mushrooms, organic miso, turmeric, organic black pepper, organic mustard seeds, organic cayenne pepper, herbs & spices, B12

Full Ingredients: garbanzo beans, quinoa, organic tomatoes, organic hemp seeds, peas, white potatoes, curry, organic kale, dates, organic white onions, organic red chilies, sea salt, organic miso, organic cumin, organic smoked paprika, organic ginger, organic fennel, organic mustard seeds, kaffir lime, turmeric, organic black pepper, B12

CONTAINS HEMP SEEDS

Full Ingredients: organic dates, organic cacao nibs, bananas, organic almonds, organic oats, organic flaxseeds, great northern beans, organic peppermint, peas, organic hemp seeds, organic Brazil nut, organic kale, organic lucuma, organic collard greens, organic chlorella, raw vanilla, broccoli, organic mustard seeds, organic coconut, B12

CONTAINS ALMONDS, BRAZIL NUTS AND HEMP SEEDS

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based⁺	
Amount per serving	
Calories	492
<small>% Daily Value*</small>	
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%
<small>* 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.</small>	

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based⁺	
Amount per serving	
Calories	500
<small>% Daily Value*</small>	
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%
<small>* 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.</small>	

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based⁺	
Amount per serving	
Calories	393
<small>% Daily Value*</small>	
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 134 mg	34%
Selenium 54 mcg	78%
Folate 106 mcg	26%
Zinc 2.2 mcg	15%
Calcium 195mg	15%
Iron 4.4mg	25%
Potassium 1044mg	23%
Vitamin D 0mcg	0%
<small>* 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.</small>	

Full Ingredients: organic chickpea rotini, pistachios, organic tomatoes, red & yellow bell peppers, garlic, peas, organic basil, organic hemp seeds, organic nutritional yeast, organic lemon, sea salt, organic miso, organic black pepper, herbs & spices, B12

CONTAINS PISTACHIOS AND HEMP SEEDS

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

CONTAIN WALNUTS

Full Ingredients: bananas, organic cherries, organic wild blueberries, black beans, organic walnuts, organic oats, organic flaxseeds, blackberries, organic sweet potatoes, peas, organic Brazil nut, organic beets, organic kale, organic lemon, organic spinach, broccoli, turmeric, organic mustard seeds, organic black pepper, B12

CONTAINS WALNUTS AND BRAZIL NUTS

Sweet Potato Dal

Tex-Mex

Thai Veggie Noodle

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	606
% Daily Value*	
Total Fat 12g	15%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1.9g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 495mg	22%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 106g	36%
Dietary Fiber 22g	74%
Total Sugars 16g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 23.6g	
Vitamin A 27449 IU	548%
Vitamin C 93 mg	155%
Vitamin B12 150 mcg	2502%
Vitamin B6 0.94 mg	47%
Magnesium 199 mg	50%
Selenium 12 mcg	17%
Folate 326 mcg	81%
Zinc 4 mg	27%
Calcium 242mg	19%
Iron 9.5mg	53%
Potassium 1754mg	39%
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.	

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 203 mcg	51%
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.	

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based ⁺	
Amount per serving	
Calories	375
% 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 370mg	17%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 53g	18%
Dietary Fiber 15g	50%
Total Sugars 15g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 16g	
Vitamin A 7243 IU	145%
Vitamin C 131 mg	219%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.66 mg	33%
Magnesium 152 mg	38%
Selenium 4.5 mcg	6%
Folate 121 mcg	30%
Zinc 2 mcg	13%
Calcium 126mg	10%
Iron 4mg	23%
Potassium 912mg	20%
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: lentils, sweet potatoes, fonio, organic cashews, organic tomatoes, organic flaxseeds, organic kale, green onions, organic white onions, curry, garlic, organic miso, sea salt, organic cumin, organic ginger, organic mustard seeds, lime, turmeric, organic black pepper, jalapenos, herbs & spices, B12

CONTAINS CASHEWS

Full Ingredients: organic black beans, organic bulgur, organic corn grits, organic tomatoes, organic oats, organic cashews, organic sunflower seeds, organic pepitas, organic white onions, organic flaxseeds, garbanzo beans, organic kale, organic mangoes, garlic, peas, organic sweet potatoes, organic beets, sea salt, organic cumin, organic smoked paprika, organic porcini mushrooms, organic fennel, green onions, organic miso, organic black pepper, organic mustard seeds, turmeric, organic nutritional yeast, organic red chilies, organic chipotle, organic lemon, herbs & spices, B12

CONTAINS CASHEWS AND WHEAT

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

CONTAINS HEMP SEEDS AND NON-GMO SOYBEANS

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based⁺	
Amount per serving	
Calories	374
<small>% Daily Value*</small>	
Total Fat 5g	7%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	1%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 78g	26%
Dietary Fiber 12g	40%
Total Sugars 53g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 7g	
Vitamin A 1794 IU	36%
Vitamin C 185 mg	308%
Vitamin B12 75 mcg	3125%
Vitamin B6 .6 mg	27%
Magnesium 118 mg	30%
Selenium 4 mcg	6%
Folate 76 mcg	19%
Zinc 1.2 mcg	7.9%
Calcium 136mg	11%
Iron 3.7mg	21%
Potassium 1072mg	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: bananas, organic pineapples, dragon fruits, oranges, organic flaxseeds, great northern beans, organic oats, guavas, organic beets, passion fruits, organic kale, broccoli, organic sweet potatoes, organic amla, turmeric, organic mustard seeds, organic black pepper, B12

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based⁺	
Amount per serving	
Calories	515
<small>% Daily Value*</small>	
Total Fat 19.4g	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 130 mg	33%
Selenium 56 mcg	81%
Folate 98 mcg	25%
Zinc 2.5 mg	16.7%
Calcium 94mg	8%
Iron 2.9mg	17%
Potassium 955mg	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 flaxseeds, organic Brazil nut, organic maca, organic Ceylon cinnamon, raw vanilla, organic cardamom, organic nutmeg, organic coconut, B12

CONTAINS PECANS AND BRAZIL NUTS