

## Apple Cinnamon Crunch

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>591</b>
% Daily Value*	
<b>Total Fat</b> 23g	29%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 12mg	1%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 86g	29%
Dietary Fiber 16g	54%
Total Sugars 36g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 12g	
Vitamin A 49 IU	1%
Vitamin C 325 mg	361%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.3 mg	16%
Magnesium 140 mg	33%
Selenium 11 mcg	20%
Folate 36 mcg	9%
Zinc 2 mcg	20%
Calcium 152mg	12%
Iron 4mg	23%
Potassium 757mg	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 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

## Berry Medley

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>522</b>
% Daily Value*	
<b>Total Fat</b> 16g	20%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 89g	30%
Dietary Fiber 15g	50%
Total Sugars 38g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 13g	
Vitamin A 2515 IU	84%
Vitamin C 71 mg	78%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.5 mg	28%
Magnesium 171 mg	40%
Selenium 14 mcg	26%
Folate 120 mcg	30%
Zinc 3 mcg	27%
Calcium 163mg	13%
Iron 5mg	28%
Potassium 1133mg	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: 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, organic turmeric, organic black pepper, organic Ceylon cinnamon, organic mustard seed, organic coriander, B12

CONTAINS WALNUTS

## Black Bean Chunky Tomato

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>486</b>
% Daily Value*	
<b>Total Fat</b> 13g	17%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 469mg	21%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 73g	25%
Dietary Fiber 23g	77%
Total Sugars 17g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 23g	
Vitamin A 8774 IU	290%
Vitamin C 59 mg	62%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.5 mg	29%
Magnesium 727 mg	173%
Selenium 16 mcg	28%
Folate 291 mcg	73%
Zinc 2 mg	16%
Calcium 160mg	13%
Iron 6mg	34%
Potassium 1397mg	31%
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 tomatoes, organic walnuts, organic quinoa, organic carrots, organic white onions, organic flaxseeds, garlic, organic kale, organic porcini mushrooms, organic pumpkin, sea salt, organic smoked paprika, organic cumin, organic miso, organic turmeric, organic black pepper, chipotle, lime, herbs and spices, B12

CONTAINS WALNUTS

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>382</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 65mg	3%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 78g	26%
Dietary Fiber 20g	67%
Total Sugars 37g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 10g	
Vitamin A 3120 IU	193%
Vitamin C 187 mg	208%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.6 mg	31%
Magnesium 128 mg	37%
Selenium 73 mcg	133%
Folate 120 mcg	30%
Zinc 2 mcg	22%
Calcium 180mg	14%
Iron 6mg	34%
Potassium 1174mg	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.	

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, organic turmeric, organic mustard seeds, organic black pepper, B12

CONTAINS WALNUTS AND BRAZIL NUTS

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>686</b>
% Daily Value*	
<b>Total Fat</b> 32g	40%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 407mg	18%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 78g	26%
Dietary Fiber 15g	50%
Total Sugars 9g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 30g	
Vitamin A 1036 IU	35%
Vitamin C 64 mg	71%
Vitamin B12 75 mcg	3125%
Vitamin B6 1.1 mg	65%
Magnesium 211 mg	50%
Selenium 17 mcg	30%
Folate 85 mcg	21%
Zinc 5 mg	41%
Calcium 169mg	13%
Iron 7mg	39%
Potassium 1078mg	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 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

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>582</b>
% Daily Value*	
<b>Total Fat</b> 24g	30%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 72mg	4%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 87g	29%
Dietary Fiber 20g	67%
Total Sugars 40g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 15g	
Vitamin A 5988 IU	200%
Vitamin C 93 mg	104%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.4 mg	25%
Magnesium 174 mg	42%
Selenium 75 mcg	136%
Folate 113 mcg	28%
Zinc 2 mcg	22%
Calcium 166mg	13%
Iron 5mg	28%
Potassium 1216mg	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 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, organic turmeric, organic mustard seeds, raw vanilla, organic black pepper, B12

CONTAINS WALNUTS AND BRAZIL NUTS

## Cacao Raspberry

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>591</b>
% Daily Value*	
<b>Total Fat</b> 21g	27%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	1%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 92g	31%
Dietary Fiber 18g	60%
Total Sugars 29g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 12g	
Vitamin A 420 IU	14%
Vitamin C 44 mg	49%
Vitamin B12 75 mcg	3125%
Vitamin B6 .4 mg	21%
Magnesium 141 mg	34%
Selenium 11 mcg	20%
Folate 52 mcg	13%
Zinc 3 mcg	28%
Calcium 142mg	11%
Iron 4mg	23%
Potassium 821mg	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 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, cardamom, organic mustard seeds, organic coconut, B12

CONTAINS PECANS AND ALMONDS

## Creamy Forest Mushroom

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>592</b>
% Daily Value*	
<b>Total Fat</b> 25g	32%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 446mg	20%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 73g	25%
Dietary Fiber 19g	64%
Total Sugars 7g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 29g	
Vitamin A 2566 IU	86%
Vitamin C 39 mg	43%
Vitamin B12 75 mcg	3125%
Vitamin B6 7 mg	390%
Magnesium 285 mg	68%
Selenium 17 mcg	30%
Folate 374 mcg	94%
Zinc 7 mcg	65%
Calcium 148mg	12%
Iron 10mg	56%
Potassium 988mg	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, 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, organic turmeric, organic black pepper, organic mustard seeds, organic fennel, herbs & spices, B12

CONTAINS CASHEWS AND HEMP SEEDS

## Creamy Potato Leek

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>333</b>
% Daily Value*	
<b>Total Fat</b> 3g	4%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 348mg	16%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 66g	22%
Dietary Fiber 18g	60%
Total Sugars 8g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 13g	
Vitamin A 3751 IU	125%
Vitamin C 128 mg	128%
Vitamin B12 75 mcg	3125%
Vitamin B6 1.3 mg	78%
Magnesium 470 mg	112%
Selenium 17 mcg	31%
Folate 172 mcg	43%
Zinc 2 mg	21%
Calcium 190mg	15%
Iron 6mg	34%
Potassium 1923mg	42%
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: white potatoes, organic white onions, cauliflower, garbanzo beans, leeks, green onions, carrots, garlic, organic hemp seeds, organic celery, organic rosemary, sea salt, organic lemon, organic turmeric, organic black pepper, organic miso, herbs & spices, B12

CONTAINS HEMP SEEDS

## Goji Peach Paradise

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>448</b>
% Daily Value*	
<b>Total Fat</b> 7g	9%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 58mg	3%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 85g	29%
Dietary Fiber 14g	47%
Total Sugars 41g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 11g	
Vitamin A 4411 IU	147%
Vitamin C 10 mg	11%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.1 mg	8%
Magnesium 83 mg	20%
Selenium 12 mcg	21%
Folate 15 mcg	4%
Zinc 2 mg	15%
Calcium 82mg	7%
Iron 4mg	23%
Potassium 619mg	14%
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 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

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>482</b>
% Daily Value*	
<b>Total Fat</b> 13g	17%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 442mg	20%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 72g	24%
Dietary Fiber 22g	74%
Total Sugars 14g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 21g	
Vitamin A 16387 IU	546%
Vitamin C 58 mg	64%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.7 mg	44%
Magnesium 154 mg	37%
Selenium 13 mcg	25%
Folate 104 mcg	26%
Zinc 3 mg	26%
Calcium 180mg	14%
Iron 8mg	45%
Potassium 1236mg	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: 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, organic turmeric, organic black pepper, organic rosemary, organic mustard seeds, organic cayenne pepper, herbs & spices, B12

CONTAINS CASHEWS

## Green Grail

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>413</b>
% Daily Value*	
<b>Total Fat</b> 14g	18%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 57mg	3%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 67g	23%
Dietary Fiber 16g	54%
Total Sugars 32g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 11g	
Vitamin A 5755 IU	191%
Vitamin C 278 mg	309%
Vitamin B12 75 mcg	3125%
Vitamin B6 .6 mg	32%
Magnesium 186 mg	45%
Selenium 55 mcg	74%
Folate 194 mcg	49%
Zinc 2 mcg	22%
Calcium 179mg	14%
Iron 5mg	28%
Potassium 1238mg	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 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, organic turmeric, organic mustard seeds, organic black pepper, B12

CONTAINS WALNUTS, BRAZIL NUTS AND BRAZIL NUTS

## Kale Krush

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>466</b>
% Daily Value*	
<b>Total Fat</b> 15g	19%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 34mg	2%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 78g	26%
Dietary Fiber 14g	47%
Total Sugars 36g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 11g	
Vitamin A 5151 IU	171%
Vitamin C 70 mg	77%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.4 mg	25%
Magnesium 117 mg	28%
Selenium 73 mcg	133%
Folate 62 mcg	16%
Zinc 2 mcg	16%
Calcium 130mg	10%
Iron 3mg	17%
Potassium 845mg	19%
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 mangoes, organic kale, peas, organic sweet potatoes, organic cacao nibs, organic Brazil nut, broccoli, organic amla, organic turmeric, raw vanilla, organic lemon, organic mustard seeds, organic ginger, organic black pepper, organic coconut, B12

CONTAINS WALNUTS AND BRAZIL NUTS

## Lentil Tomato Pasta

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>562</b>
% Daily Value*	
<b>Total Fat</b> 10g	13%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 395mg	18%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 99g	33%
Dietary Fiber 25g	84%
Total Sugars 22g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 30g	
Vitamin A 6786 IU	226%
Vitamin C 200 mg	222%
Vitamin B12 75 mcg	3125%
Vitamin B6 .9 mg	56%
Magnesium 122 mg	29%
Selenium 6 mcg	11%
Folate 261 mcg	65%
Zinc 2 mg	19%
Calcium 247mg	19%
Iron 10mg	56%
Potassium 2585mg	57%
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, organic turmeric, organic black pepper, organic mustard seeds, organic cayenne pepper, herbs & spices, B12

## Madras Curry

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>573</b>
% Daily Value*	
<b>Total Fat</b> 15g	19%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 426mg	19%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 88g	30%
Dietary Fiber 21g	70%
Total Sugars 19g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 28g	
Vitamin A 5092 IU	170%
Vitamin C 126 mg	139%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.8 mg	49%
Magnesium 305 mg	72%
Selenium 6 mcg	11%
Folate 160 mcg	40%
Zinc 4 mcg	34%
Calcium 214mg	17%
Iron 7mg	39%
Potassium 2039mg	45%
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: 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

## Mint Chip

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>568</b>
% Daily Value*	
<b>Total Fat</b> 25g	32%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 28mg	2%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 84g	29%
Dietary Fiber 23g	77%
Total Sugars 34g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 15g	
Vitamin A 2835 IU	95%
Vitamin C 47 mg	52%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.5 mg	27%
Magnesium 206 mg	49%
Selenium 75 mcg	136%
Folate 109 mcg	109%
Zinc 3 mcg	26%
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 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

## Pesto &amp; Peppers Pasta

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>467</b>
% Daily Value*	
<b>Total Fat</b> 19g	24%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 334mg	15%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 65g	22%
Dietary Fiber 16g	54%
Total Sugars 11g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 24g	
Vitamin A 2370 IU	79%
Vitamin C 165 mg	183%
Vitamin B12 75 mcg	3125%
Vitamin B6 3 mg	155%
Magnesium 202 mg	48%
Selenium 6 mcg	11%
Folate 372 mcg	93%
Zinc 4 mg	38%
Calcium 251mg	20%
Iron 10mg	56%
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 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

## Smoky Pea

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based <sup>+</sup>	
Amount per serving	
<b>Calories</b>	<b>494</b>
% Daily Value*	
<b>Total Fat</b> 12g	15%
✓ <a href="#">healthy whole plant fats (read more)</a>	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 508mg	23%
✓ <a href="#">salt-free, or low-salt rule (read more)</a>	
<b>Total Carbohydrate</b> 82g	28%
Dietary Fiber 23g	77%
Total Sugars 23g	
✓ <a href="#">healthy whole plant sugars (read more)</a>	
<b>Added Sugars</b> 0g	
<b>Protein</b> 19g	
Vitamin A 22032 IU	734%
Vitamin C 110 mg	122%
Vitamin B12 75 mcg	3125%
Vitamin B6 1.2 mg	69%
Magnesium 263 mg	63%
Selenium 11 mcg	20%
Folate 194 mcg	48%
Zinc 4 mg	39%
Calcium 207mg	16%
Iron 7mg	39%
Potassium 1708mg	38%
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 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, organic turmeric, organic black pepper, organic chipotle, herbs & spices, B12

CONTAIN WALNUTS

## Sweet Potato Dal

## Tex-Mex

## Thai Veggie Noodle

## LeafSide Nutrition Facts

1 serving per pack

**Serving size** 1 pack✓ 100% Whole Foods Plant-Based<sup>+</sup>

Amount per serving

**Calories** 606

% Daily Value\*

**Total Fat** 12g 15%✓ [healthy whole plant fats \(read more\)](#)**Added Oil or Fat** 0g**Saturated Fat** 2g 10%**Trans Fat** 0g**Cholesterol** 0mg 0%**Sodium** 492mg 22%✓ [salt-free, or low-salt rule \(read more\)](#)**Total Carbohydrate** 106g 36%**Dietary Fiber** 23g 77%**Total Sugars** 17g✓ [healthy whole plant sugars \(read more\)](#)**Added Sugars** 0g**Protein** 24g

Vitamin A 27450 IU 915%

Vitamin C 93 mg 104%

Vitamin B12 75 mcg 3125%

Vitamin B6 0.9 mg 55%

Magnesium 199 mg 47%

Selenium 12 mcg 21%

Folate 326 mcg 81%

Zinc 4 mg 37%

Calcium 242mg 19%

Iron 9mg 50%

Potassium 1755mg 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.

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, organic turmeric, organic black pepper, jalapenos, herbs & spices, B12

CONTAINS CASHEWS

## LeafSide Nutrition Facts

1 serving per pack

**Serving size** 1 pack✓ 100% Whole Foods Plant-Based<sup>+</sup>

Amount per serving

**Calories** 619

% Daily Value\*

**Total Fat** 17g 22%✓ [healthy whole plant fats \(read more\)](#)**Added Oil or Fat** 0g**Saturated Fat** 2g 10%**Trans Fat** 0g**Cholesterol** 0mg 0%**Sodium** 528mg 23%✓ [salt-free, or low-salt rule \(read more\)](#)**Total Carbohydrate** 98g 33%**Dietary Fiber** 23g 77%**Total Sugars** 18g✓ [healthy whole plant sugars \(read more\)](#)**Added Sugars** 0g**Protein** 26g

Vitamin A 6644 IU 221%

Vitamin C 110 mg 109%

Vitamin B12 75 mcg 3125%

Vitamin B6 1 mg 64%

Magnesium 565 mg 134%

Selenium 16 mcg 29%

Folate 264 mcg 66%

Zinc 4 mcg 37%

Calcium 236mg 19%

Iron 9mg 50%

Potassium 1728mg 38%

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 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, organic turmeric, organic nutritional yeast, organic red chilies, organic chipotle, organic lemon, herbs & spices, B12

CONTAINS CASHEWS AND WHEAT

## LeafSide Nutrition Facts

1 serving per pack

**Serving size** 1 pack✓ 100% Whole Foods Plant-Based<sup>+</sup>

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** 330mg 15%✓ [salt-free, or low-salt rule \(read more\)](#)**Total Carbohydrate** 53g 18%**Dietary Fiber** 16g 54%**Total Sugars** 15g✓ [healthy whole plant sugars \(read more\)](#)**Added Sugars** 0g**Protein** 16g

Vitamin A 7603 IU 253%

Vitamin C 142 mg 157%

Vitamin B12 75 mcg 3125%

Vitamin B6 0.7 mg 44%

Magnesium 157 mg 37%

Selenium 5 mcg 9%

Folate 144 mcg 36%

Zinc 2 mcg 19%

Calcium 146mg 12%

Iron 5mg 28%

Potassium 1085mg 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 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<sup>+</sup>**

Amount per serving

**Calories** **379**

% Daily Value\*

**Total Fat** 5g 7%✓ [healthy whole plant fats \(read more\)](#)**Added Oil or Fat** 0g

Saturated Fat 01g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%**Sodium** 17mg 1%✓ [salt-free, or low-salt rule \(read more\)](#)**Total Carbohydrate** 78g 26%

Dietary Fiber 11g 37%

Total Sugars 49g

✓ [healthy whole plant sugars \(read more\)](#)**Added Sugars** 0g**Protein** 7g

Vitamin A 1794 IU 60%

Vitamin C 185 mg 205%

Vitamin B12 75 mcg 3125%

Vitamin B6 0.6 mg 32%

Magnesium 118 mg 28%

Selenium 4 mcg 8%

Folate 76 mcg 19%

Zinc 1 mcg 11%

Calcium 145mg 12%

Iron 4mg 23%

Potassium 1122mg 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: 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, organic turmeric, organic mustard seeds, organic black pepper, B12

## LeafSide Nutrition Facts

1 serving per pack

**Serving size** **1 pack**✓ **100% Whole Foods Plant-Based<sup>+</sup>**

Amount per serving

**Calories** **525**

% Daily Value\*

**Total Fat** 20g 25%✓ [healthy whole plant fats \(read more\)](#)**Added Oil or Fat** 0g

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 0mg 0%**Sodium** 44mg 2%✓ [salt-free, or low-salt rule \(read more\)](#)**Total Carbohydrate** 83g 28%

Dietary Fiber 15g 50%

Total Sugars 39g

✓ [healthy whole plant sugars \(read more\)](#)**Added Sugars** 0g**Protein** 11g

Vitamin A 89 IU 3%

Vitamin C 59 mg 59%

Vitamin B12 75 mcg 3125%

Vitamin B6 0.6 mg 36%

Magnesium 134 mg 32%

Selenium 76 mcg 138%

Folate 99 mcg 99%

Zinc 3 mg 23%

Calcium 103mg 8%

Iron 3mg 17%

Potassium 1002mg 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 dates, organic oats, bananas, organic pecans, organic raisins, cauliflower, organic flaxseeds, organic Brazil nut, organic maca, organic Ceylon cinnamon, raw vanilla, cardamom, organic nutmeg, organic coconut, B12

CONTAINS PECANS AND BRAZIL NUTS