# LeafSide Nutrition Summary

## Apple Cinnamon Crunch Sweet-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **591**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 23g | 30% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 3g | 13% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 12mg | 0.50% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 86g | 29% |
| Dietary Fiber | 16g | 58% |
| Total Sugars | 36g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 12g | |
| Vitamin A | 49 IU | 2% |
| Vitamin C | 325mg | 361% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.3mg | 16% |
| Magnesium | 140mg | 33% |
| Selenium | 11mcg | 20% |
| Folate | 36mcg | 9% |
| Zinc | 2mg | 20% |
| Calcium | 152mg | 12% |
| Iron | 4mg | 21% |
| Potassium | 757mg | 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 oats, organic almonds, organic apples, organic dates, organic currants, organic macadamia nuts, bananas, organic quinoa, organic strawberries, organic lucuma, organic Ceylon cinnamon, organic chia seeds, organic flaxseeds, organic ginger, organic orange, raw vanilla, organic lemon, B12

**Contains ALMONDS, MACADAMIA NUTS**

## Black Bean & Chunky Tomato Soup

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **477**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 13g | 16% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 1g | 6% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 434mg | 19% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 72g | 24% |
| Dietary Fiber | 22g | 80% |
| Total Sugars | 16g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 22g | |
| Vitamin A | 8703 IU | 290% |
| Vitamin C | 56mg | 62% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.5mg | 29% |
| Magnesium | 728mg | 173% |
| Selenium | 16mcg | 28% |
| Folate | 291mcg | 73% |
| Zinc | 2mg | 16% |
| Calcium | 145mg | 11% |
| Iron | 6mg | 33% |
| Potassium | 1343mg | 29% |
| 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 turmeric, organic miso, organic black pepper, organic chipotle, lime, herbs & spices, B12

**Contains WALNUTS**

## Broccoli Cashew Alfredo Savory-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **686**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 32g | 42% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 5g | 26% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 407mg | 18% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 78g | 26% |
| Dietary Fiber | 14g | 51% |
| Total Sugars | 10g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 30g | |
| Vitamin A | 1036 IU | 35% |
| Vitamin C | 64mg | 71% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 1mg | 65% |
| Magnesium | 211mg | 50% |
| Selenium | 17mcg | 30% |
| Folate | 85mcg | 21% |
| Zinc | 4mg | 41% |
| Calcium | 167mg | 13% |
| Iron | 7mg | 41% |
| Potassium | 1061mg | 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 cashews, buckwheat & sweet potato noodles, non-GMO soy curls, organic white onions, broccoli, organic tomatoes, white mushrooms, organic flaxseeds, garlic, organic nutritional yeast, carrots, organic porcini mushrooms, sea salt, shallots, organic celery, organic miso, organic mustard seeds, organic lemon, organic turmeric, organic black pepper, herbs & spices, B12

**Contains CASHEWS, NON-GMO SOY CURLS**

Updated: November 14, 2023

# LeafSide Nutrition Summary

## Blue Brilliance Smoothie

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **417**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 6g | 8% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 0.6g | 3% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 74mg | 3% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 87g | 29% |
| Dietary Fiber | 18g | 64% |
| Total Sugars | 42g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 11g | |
| Vitamin A | 3147 IU | 105% |
| Vitamin C | 214mg | 238% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.7mg | 39% |
| Magnesium | 128mg | 31% |
| Selenium | 6mcg | 11% |
| Folate | 82mcg | 20% |
| Zinc | 2mg | 19% |
| Calcium | 207mg | 16% |
| Iron | 7mg | 38% |
| Potassium | 1335mg | 28% |
| 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 blueberries, organic mulberries, organic raisins, organic cherries, organic oats, organic flaxseeds, black beans, organic pomegranates, organic chia seeds, organic sweet potatoes, peas, organic lemon, organic beets, white cabbage, broccoli, organic turmeric, organic mustard seeds, organic Ceylon cinnamon, raw vanilla, organic black pepper, B12

## Berry Medley Sweet-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **522**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 16g | 20% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 8% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 45mg | 2% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 89g | 30% |
| Dietary Fiber | 15g | 55% |
| Total Sugars | 38g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 13g | |
| Vitamin A | 2515 IU | 84% |
| Vitamin C | 71mg | 79% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.5mg | 28% |
| Magnesium | 171mg | 41% |
| Selenium | 14mcg | 25% |
| Folate | 120mcg | 30% |
| Zinc | 3mg | 27% |
| Calcium | 163mg | 13% |
| Iron | 5mg | 30% |
| Potassium | 1133mg | 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 walnuts, organic currants, organic blueberries, organic cherries, organic flaxseeds, organic strawberries, blackberries, organic dates, organic quinoa, organic spinach, organic lemon, organic beets, organic porcini mushrooms, organic kale, organic turmeric, organic black pepper, organic Ceylon cinnamon, organic mustard seeds, herbs & spices, B12

**Contains WALNUTS**

## Creamy Forest Mushroom Savory-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **592**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 25g | 32% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 3g | 17% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 447mg | 19% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 73g | 24% |
| Dietary Fiber | 19g | 68% |
| Total Sugars | 7g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 29g | |
| Vitamin A | 2566 IU | 86% |
| Vitamin C | 39mg | 43% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 7mg | 391% |
| Magnesium | 284mg | 68% |
| Selenium | 17mcg | 31% |
| Folate | 374mcg | 93% |
| Zinc | 7mg | 65% |
| Calcium | 148mg | 11% |
| Iron | 10mg | 55% |
| Potassium | 989mg | 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 cashews, organic oats, lentils, organic quinoa, organic nutritional yeast, organic sunflower seeds, organic hemp seeds, peas, organic flaxseeds, organic crimini mushrooms, organic white onions, organic kale, organic porcini mushrooms, organic lemon, sea salt, organic spinach, organic smoked paprika, garlic, organic rosemary, organic turmeric, organic black pepper, organic mustard seeds, organic miso, organic fennel, herbs & spices, B12

**Contains CASHEWS, HEMP SEEDS**

Updated: November 14, 2023

# LeafSide Nutrition Summary

## Cacao Cherry Smoothie

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **582**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 24g | 30% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 5g | 27% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 72mg | 3% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 87g | 29% |
| Dietary Fiber | 19g | 70% |
| Total Sugars | 40g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 15g | |
| Vitamin A | 5988 IU | 200% |
| Vitamin C | 93mg | 104% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.4mg | 25% |
| Magnesium | 174mg | 41% |
| Selenium | 75mcg | 136% |
| Folate | 113mcg | 28% |
| Zinc | 2mg | 22% |
| Calcium | 166mg | 13% |
| Iron | 5mg | 27% |
| Potassium | 1216mg | 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:** organic dates, organic cherries, bananas, organic walnuts, organic cacao nibs, 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, BRAZIL NUTS**

## Creamy Potato Leek Soup

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **333**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 3g | 4% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 0.6g | 3% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 348mg | 15% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 66g | 22% |
| Dietary Fiber | 18g | 63% |
| Total Sugars | 8g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 13g | |
| Vitamin A | 3751 IU | 125% |
| Vitamin C | 128mg | 142% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 1mg | 78% |
| Magnesium | 470mg | 112% |
| Selenium | 17mcg | 31% |
| Folate | 172mcg | 43% |
| Zinc | 2mg | 21% |
| Calcium | 190mg | 15% |
| Iron | 6mg | 35% |
| Potassium | 1923mg | 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:** white potatoes, organic white onions, cauliflower, garbanzo beans, leeks, green onions, organic 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**

## Cacao Raspberry Sweet-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **591**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 21g | 27% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 9% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 10mg | 0.40% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 92g | 31% |
| Dietary Fiber | 18g | 64% |
| Total Sugars | 29g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 12g | |
| Vitamin A | 420 IU | 14% |
| Vitamin C | 44mg | 49% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.4mg | 21% |
| Magnesium | 141mg | 33% |
| Selenium | 11mcg | 20% |
| Folate | 52mcg | 13% |
| Zinc | 3mg | 28% |
| Calcium | 142mg | 11% |
| Iron | 4mg | 25% |
| Potassium | 821mg | 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 dates, organic pecans, bananas, organic 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, B12

**Contains ALMONDS, PECANS**

Updated: November 14, 2023

# LeafSide Nutrition Summary

## Goji Peach Paradise Sweet-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **448**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 7g | 9% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 3g | 17% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 58mg | 3% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 85g | 28% |
| Dietary Fiber | 14g | 49% |
| Total Sugars | 41g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 10g | |
| Vitamin A | 4411 IU | 147% |
| Vitamin C | 10mg | 11% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.1mg | 8% |
| Magnesium | 83mg | 20% |
| Selenium | 12mcg | 21% |
| Folate | 15mcg | 4% |
| Zinc | 2mg | 15% |
| Calcium | 82mg | 6% |
| Iron | 4mg | 24% |
| Potassium | 619mg | 13% |
| 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, peaches, organic goji berries, organic coconut, apricots, organic quinoa, organic chia seeds, garbanzo beans, organic ginger, raw vanilla, organic lemon, lime, B12

## Golden Garlic Bean Soup

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **480**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 13g | 17% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 11% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 412mg | 18% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 71g | 24% |
| Dietary Fiber | 22g | 77% |
| Total Sugars | 14g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 21g | |
| Vitamin A | 16387 IU | 546% |
| Vitamin C | 58mg | 64% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.7mg | 44% |
| Magnesium | 154mg | 37% |
| Selenium | 13mcg | 24% |
| Folate | 103mcg | 26% |
| Zinc | 3mg | 25% |
| Calcium | 179mg | 14% |
| Iron | 8mg | 42% |
| Potassium | 1233mg | 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:** navy beans, organic cashews, carrots, organic white onions, organic quinoa, garlic, organic kale, organic tomatoes, organic crimini mushrooms, organic celery, sea salt, organic lemon, red bell peppers, organic turmeric, natto, organic black pepper, organic rosemary, organic miso, organic mustard seeds, organic cayenne pepper, herbs & spices, B12

**Contains CASHEWS, FERMENTED SOYBEANS**

## Green Grail Smoothie

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **419**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 15g | 19% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 9% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 57mg | 2% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 67g | 22% |
| Dietary Fiber | 16g | 56% |
| Total Sugars | 32g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 11g | |
| Vitamin A | 5755 IU | 192% |
| Vitamin C | 278mg | 309% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.5mg | 32% |
| Magnesium | 190mg | 45% |
| Selenium | 74mcg | 134% |
| Folate | 195mcg | 49% |
| Zinc | 2mg | 22% |
| Calcium | 181mg | 14% |
| Iron | 5mg | 28% |
| Potassium | 1244mg | 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:** 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 Brazil nut, organic raspberries, organic lemon, organic amla, lime, organic turmeric, organic mustard seeds, organic black pepper, B12

**Contains HEMP SEEDS, WALNUTS, BRAZIL NUTS**

Updated: November 14, 2023

# LeafSide Nutrition Summary

## Kale Krush Smoothie

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **466**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 15g | 19% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 12% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 34mg | 1% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 78g | 26% |
| Dietary Fiber | 14g | 52% |
| Total Sugars | 36g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 11g | |
| Vitamin A | 5151 IU | 172% |
| Vitamin C | 70mg | 77% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.4mg | 25% |
| Magnesium | 117mg | 28% |
| Selenium | 73mcg | 133% |
| Folate | 62mcg | 16% |
| Zinc | 2mg | 16% |
| Calcium | 130mg | 10% |
| Iron | 3mg | 18% |
| Potassium | 845mg | 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 dates, bananas, organic walnuts, organic blueberries, organic flaxseeds, organic oats, black beans, organic mangoes, organic kale, peas, organic sweet potatoes, organic Brazil nut, organic cacao nibs, broccoli, organic amla, organic turmeric, raw vanilla, organic lemon, organic mustard seeds, organic ginger, organic black pepper, B12

**Contains BRAZIL NUTS, WALNUTS**

## Lentil Tomato Pasta Savory-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **562**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 10g | 13% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 1g | 5% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 395mg | 17% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 99g | 33% |
| Dietary Fiber | 25g | 90% |
| Total Sugars | 22g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 30g | |
| Vitamin A | 6786 IU | 226% |
| Vitamin C | 200mg | 222% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.9mg | 55% |
| Magnesium | 122mg | 29% |
| Selenium | 6mcg | 11% |
| Folate | 260mcg | 65% |
| Zinc | 2mg | 19% |
| Calcium | 247mg | 19% |
| Iron | 10mg | 53% |
| Potassium | 2585mg | 55% |
| 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, organic dates, sea salt, organic porcini mushrooms, organic turmeric, organic black pepper, organic miso, organic mustard seeds, organic cayenne pepper, herbs & spices, B12

## Madras Curry Savory-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **573**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 15g | 19% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 4g | 20% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 426mg | 19% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 88g | 29% |
| Dietary Fiber | 21g | 75% |
| Total Sugars | 18g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 28g | |
| Vitamin A | 5092 IU | 170% |
| Vitamin C | 126mg | 140% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.8mg | 49% |
| Magnesium | 305mg | 73% |
| Selenium | 6mcg | 11% |
| Folate | 159mcg | 40% |
| Zinc | 4mg | 34% |
| Calcium | 214mg | 16% |
| Iron | 7mg | 37% |
| Potassium | 2039mg | 43% |
| 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, organic dates, organic white onions, organic red chilies, sea salt, organic cumin, organic smoked paprika, organic miso, organic ginger, organic fennel, organic mustard seeds, kaffir lime, turmeric, organic black pepper, B12

**Contains HEMP SEEDS**

Updated: November 14, 2023

# LeafSide Nutrition Summary

## Mint Chip Smoothie

**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 | 7g | 33% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 28mg | 1% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 84g | 28% |
| Dietary Fiber | 23g | 81% |
| Total Sugars | 34g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 15g | |
| Vitamin A | 2835 IU | 94% |
| Vitamin C | 47mg | 52% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.5mg | 27% |
| Magnesium | 206mg | 49% |
| Selenium | 75mcg | 136% |
| Folate | 109mcg | 27% |
| Zinc | 3mg | 26% |
| Calcium | 210mg | 16% |
| Iron | 5mg | 26% |
| Potassium | 996mg | 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 cacao nibs, bananas, organic almonds, organic oats, organic flaxseeds, great northern beans, organic peppermint, peas, organic Brazil nut, organic hemp seeds, organic kale, organic lucuma, organic collard greens, organic chlorella, raw vanilla, broccoli, organic mustard seeds, B12

**Contains HEMP SEEDS, BRAZIL NUTS, ALMONDS**

## Pesto & Peppers Pasta Savory-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **465**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 19g | 24% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 11% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 280mg | 12% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 65g | 22% |
| Dietary Fiber | 16g | 58% |
| Total Sugars | 11g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 24g | |
| Vitamin A | 2370 IU | 79% |
| Vitamin C | 165mg | 183% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 3mg | 155% |
| Magnesium | 201mg | 48% |
| Selenium | 6mcg | 11% |
| Folate | 370mcg | 93% |
| Zinc | 4mg | 37% |
| Calcium | 249mg | 19% |
| Iron | 10mg | 54% |
| Potassium | 1346mg | 29% |
| 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, natto, organic black pepper, herbs & spices, B12

**Contains PISTACHIOS, HEMP SEEDS, FERMENTED SOYBEANS**

## Sweet Potato Dal Soup

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **605**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 12g | 16% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 9% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 449mg | 20% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 106g | 35% |
| Dietary Fiber | 23g | 81% |
| Total Sugars | 17g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 23g | |
| Vitamin A | 27450 IU | 915% |
| Vitamin C | 93mg | 104% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.9mg | 55% |
| Magnesium | 199mg | 47% |
| Selenium | 12mcg | 21% |
| Folate | 326mcg | 81% |
| Zinc | 4mg | 37% |
| Calcium | 242mg | 19% |
| Iron | 9mg | 52% |
| Potassium | 1750mg | 37% |
| 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, organic fonio, organic cashews, organic tomatoes, organic flaxseeds, organic kale, green onions, organic white onions, curry, garlic, sea salt, organic cumin, organic miso, organic orange, organic ginger, organic mustard seeds, lime, organic black pepper, turmeric, jalapeno, herbs & spices, B12

**Contains CASHEWS**

Updated: November 14, 2023

# LeafSide Nutrition Summary

## Smoky Pea Soup

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **494**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 12g | 16% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 1g | 7% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 508mg | 22% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 82g | 27% |
| Dietary Fiber | 23g | 81% |
| Total Sugars | 23g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 19g | |
| Vitamin A | 22032 IU | 734% |
| Vitamin C | 110mg | 122% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 1mg | 69% |
| Magnesium | 263mg | 63% |
| Selenium | 11mcg | 20% |
| Folate | 194mcg | 48% |
| Zinc | 4mg | 38% |
| Calcium | 207mg | 16% |
| Iron | 7mg | 41% |
| Potassium | 1708mg | 36% |
| 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

**Contains WALNUTS**

## Tropical Bliss Smoothie

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **379**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 5g | 6% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 0.7g | 4% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 17mg | 0.70% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 78g | 26% |
| Dietary Fiber | 11g | 41% |
| Total Sugars | 49g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 7g | |
| Vitamin A | 1794 IU | 60% |
| Vitamin C | 185mg | 206% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.5mg | 32% |
| Magnesium | 118mg | 28% |
| Selenium | 4mcg | 7% |
| Folate | 76mcg | 19% |
| Zinc | 1mg | 11% |
| Calcium | 145mg | 11% |
| Iron | 4mg | 21% |
| Potassium | 1122mg | 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, dragon fruits, organic pineapples, 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

## Tex Mex Savory-Bowl

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**Amount per serving**
**Calories** **617**

| | | % Daily Value* |
|---|---|---|
| **Total Fat** | 17g | 22% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 2g | 11% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 477mg | 21% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 97g | 32% |
| Dietary Fiber | 23g | 81% |
| Total Sugars | 18g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 26g | |
| Vitamin A | 6644 IU | 221% |
| Vitamin C | 110mg | 122% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 1mg | 65% |
| Magnesium | 565mg | 134% |
| Selenium | 16mcg | 29% |
| Folate | 263mcg | 66% |
| Zinc | 4mg | 37% |
| Calcium | 235mg | 18% |
| Iron | 9mg | 48% |
| Potassium | 1722mg | 37% |
| 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 black pepper, organic mustard seeds, organic turmeric, natto, organic nutritional yeast, organic red chilies, organic chipotle, organic lemon, herbs & spices, B12

**Contains CASHEWS, FERMENTED SOYBEANS, WHEAT**

Updated: November 14, 2023

# LeafSide Nutrition Summary

## Thai Veggie Noodle Savory-Bowl

**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 | 16% |
| ✓ healthy whole plant fats (read more) | | |
| **Added Oil or Fat** | 0g | |
| Saturated Fat | 3g | 16% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 330mg | 14% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 53g | 18% |
| Dietary Fiber | 16g | 55% |
| Total Sugars | 15g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 16g | |
| Vitamin A | 7603 IU | 253% |
| Vitamin C | 142mg | 157% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.7mg | 44% |
| Magnesium | 157mg | 37% |
| Selenium | 5mcg | 9% |
| Folate | 144mcg | 36% |
| Zinc | 2mg | 19% |
| Calcium | 146mg | 11% |
| Iron | 5mg | 26% |
| Potassium | 1085mg | 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 pea vermicelli, non-GMO soy curls, organic hemp seeds, cauliflower, green beans, savoy cabbage, organic sesame seeds, organic carrots, shallots, organic dates, red bell peppers, organic coconut, garlic, organic tomatoes, organic ginger, curry, lime, sea salt, organic miso, organic cumin, organic mustard seeds, green chilis, turmeric, black pepper, herbs & spices, B12

**Contains HEMP SEEDS, SESAME SEEDS, NON-GMO SOY CURLS**

## Vanilla Cinn-Sation Smoothie

**LeafSide**
**Nutrition Facts**

1 serving per pack
**Serving size** **1 pack**
✓ 100% Whole Foods Plant-Based+

**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 | 11% |
| *Trans* Fat | 0g | |
| **Cholesterol** | 0mg | 0.00% |
| **Sodium** | 44mg | 2% |
| ✓ salt-free, or low-salt rule (read more) | | |
| **Total Carbohydrate** | 83g | 28% |
| Dietary Fiber | 15g | 55% |
| Total Sugars | 39g | |
| ✓ healthy whole plant sugars (read more) | | |
| **Added Sugars** | 0g | |
| **Protein** | 11g | |
| Vitamin A | 89 IU | 3% |
| Vitamin C | 59mg | 66% |
| Vitamin B12 | 75 mcg | 3125% |
| Vitamin B6 | 0.6mg | 36% |
| Magnesium | 134mg | 32% |
| Selenium | 76mcg | 138% |
| Folate | 99mcg | 25% |
| Zinc | 3mg | 23% |
| Calcium | 103mg | 8% |
| Iron | 3mg | 17% |
| Potassium | 1002mg | 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, cardamom, organic nutmeg, B12

**Contains PECANS, BRAZIL NUTS**

Updated: November 14, 2023