

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 0.0mg | 0.0% |
| Sodium 12mg | 0.5% |
| ✓ 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, organic 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

Berry Medley Sweet-Bowl

| LeafSide Nutrition Facts | |
|---|---------------|
| 1 serving per pack | |
| Serving size | 1 pack |
| ✓ 100% Whole Foods Plant-Based+ | |
| Amount per serving | |
| Calories | 519 |
| % 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 0.0mg | 0.0% |
| Sodium 45mg | 2% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 88g | 29% |
| Dietary Fiber 15g | 54% |
| Total Sugars 38g | |
| ✓ healthy whole plant sugars (read more) | |
| Added Sugars 0g | |
| Protein 13g | |
| Vitamin A 2513 IU | 84% |
| Vitamin C 66mg | 73% |
| Vitamin B12 75 mcg | 3125% |
| Vitamin B6 0.5mg | 28% |
| Magnesium 170mg | 40% |
| Selenium 14mcg | 25% |
| Folate 119mcg | 30% |
| Zinc 3mg | 27% |
| Calcium 161mg | 12% |
| Iron 5mg | 29% |
| Potassium 1120mg | 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, organic bananas, organic walnuts, organic currants, organic blueberries, organic cherries, organic flaxseeds, organic strawberries, blackberries, organic dates, organic quinoa, organic spinach, organic beets, organic porcini mushrooms, organic kale, organic lemon, organic turmeric, organic black pepper, organic Ceylon cinnamon, organic mustard seeds, herbs & spices, B12

Contains WALNUTS

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 0.0mg | 0.0% |
| 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

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 | 411 |
| % 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 0.0mg | 0.0% |
| Sodium 73mg | 3% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 85g | 28% |
| Dietary Fiber 17g | 62% |
| Total Sugars 41g | |
| ✓ healthy whole plant sugars (read more) | |
| Added Sugars 0g | |
| Protein 10g | |
| Vitamin A 3143 IU | 105% |
| Vitamin C 202mg | 225% |
| Vitamin B12 75 mcg | 3125% |
| Vitamin B6 0.6mg | 38% |
| Magnesium 127mg | 30% |
| Selenium 6mcg | 11% |
| Folate 79mcg | 20% |
| Zinc 2mg | 19% |
| Calcium 202mg | 16% |
| Iron 7mg | 37% |
| Potassium 1305mg | 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: organic bananas, organic blueberries, mulberries, organic raisins, organic cherries, organic oats, organic flaxseeds, black beans, organic pomegranates, organic chia seeds, organic sweet potatoes, peas, organic beets, white cabbage, organic lemon, broccoli, organic turmeric, organic mustard seeds, organic Ceylon cinnamon, raw vanilla, organic black pepper, B12

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 0.0mg | 0.0% |
| Sodium 407mg | 18% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 78g | 26% |
| Dietary Fiber 15g | 55% |
| Total Sugars 9g | |
| ✓ 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 169mg | 13% |
| Iron 7mg | 41% |
| Potassium 1078mg | 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, organic buckwheat 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

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 0.0mg | 0.0% |
| 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, organic 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 COCONUT, WALNUTS, BRAZIL NUTS

LeafSide Nutrition Summary

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 0.0mg | 0.0% |
| Sodium 10mg | 0.4% |
| ✓ 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, organic 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 COCONUT, ALMONDS, PECANS

Comforting Corn Chowder Soup

| LeafSide Nutrition Facts | |
|---|---------------|
| 1 serving per pack | |
| Serving size | 1 pack |
| ✓ 100% Whole Foods Plant-Based ⁺ | |
| Amount per serving | |
| Calories | 500 |
| % Daily Value* | |
| Total Fat 14g | 18% |
| ✓ healthy whole plant fats (read more) | |
| Added Oil or Fat 0g | |
| Saturated Fat 2g | 11% |
| Trans Fat 0g | |
| Cholesterol 0.0mg | 0.0% |
| Sodium 367mg | 16% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 78g | 26% |
| Dietary Fiber 12g | 44% |
| Total Sugars 11g | |
| ✓ healthy whole plant sugars (read more) | |
| Added Sugars 0g | |
| Protein 16g | |
| Vitamin A 6534 IU | 218% |
| Vitamin C 203mg | 226% |
| Vitamin B12 75 mcg | 3125% |
| Vitamin B6 1mg | 76% |
| Magnesium 225mg | 54% |
| Selenium 7mcg | 13% |
| Folate 151mcg | 38% |
| Zinc 3mg | 31% |
| Calcium 62mg | 5% |
| Iron 6mg | 31% |
| Potassium 1011mg | 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 corn, organic cashews, red bell peppers, fonio, yellow peas, white potatoes, organic pepitas, organic quinoa, organic white onions, organic carrots, organic kale, organic nutritional yeast, sea salt, organic celery, organic turmeric, organic miso, green chilis, organic flaxseeds, lime, organic red chilis, organic smoked paprika, organic black pepper, organic mustard seeds, jalapeno, herbs & spices, B12

Contains CASHEWS

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 0.0mg | 0.0% |
| 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

LeafSide Nutrition Summary

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 0.0mg | 0.0% |
| Sodium 348mg | 15% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 67g | 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

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 0.0mg | 0.0% |
| 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

Contains COCONUT

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 0.0mg | 0.0% |
| Sodium 412mg | 18% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 72g | 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

LeafSide Nutrition Summary

Green Grail 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 15g | 19% |
| ✓ healthy whole plant fats (read more) | |
| Added Oil or Fat 0g | |
| Saturated Fat 2g | 9% |
| Trans Fat 0g | |
| Cholesterol 0.0mg | 0.0% |
| Sodium 57mg | 2% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 66g | 22% |
| Dietary Fiber 15g | 55% |
| Total Sugars 32g | |
| ✓ healthy whole plant sugars (read more) | |
| Added Sugars 0g | |
| Protein 11g | |
| Vitamin A 5753 IU | 192% |
| Vitamin C 275mg | 305% |
| Vitamin B12 75 mcg | 3125% |
| Vitamin B6 0.5mg | 32% |
| Magnesium 189mg | 45% |
| Selenium 74mcg | 134% |
| Folate 194mcg | 48% |
| Zinc 2mg | 22% |
| Calcium 179mg | 14% |
| Iron 5mg | 27% |
| Potassium 1236mg | 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, organic 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

Kale Krush Smoothie

| 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 15g | 19% |
| ✓ healthy whole plant fats (read more) | |
| Added Oil or Fat 0g | |
| Saturated Fat 2g | 12% |
| Trans Fat 0g | |
| Cholesterol 0.0mg | 0.0% |
| 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 69mg | 76% |
| Vitamin B12 75 mcg | 3125% |
| Vitamin B6 0.4mg | 25% |
| Magnesium 117mg | 28% |
| Selenium 73mcg | 133% |
| Folate 62mcg | 16% |
| Zinc 2mg | 16% |
| Calcium 129mg | 10% |
| Iron 3mg | 18% |
| Potassium 843mg | 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, organic 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 mustard seeds, organic ginger, organic black pepper, organic lemon, B12

Contains COCONUT, 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 1.0g | 5% |
| Trans Fat 0g | |
| Cholesterol 0.0mg | 0.0% |
| 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

LeafSide Nutrition Summary

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 0.0mg | 0.0% |
| 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, organic quinoa, organic tomatoes, organic hemp seeds, peas, white potatoes, curry, organic kale, organic dates, organic white onions, organic red chilis, 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

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 0.0mg | 0.0% |
| 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, organic 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 COCONUT, 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 | 462 |
| % 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 0.0mg | 0.0% |
| Sodium 280mg | 12% |
| ✓ salt-free, or low-salt rule (read more) | |
| Total Carbohydrate 64g | 21% |
| Dietary Fiber 16g | 57% |
| Total Sugars 11g | |
| ✓ healthy whole plant sugars (read more) | |
| Added Sugars 0g | |
| Protein 24g | |
| Vitamin A 2368 IU | 79% |
| Vitamin C 160mg | 177% |
| Vitamin B12 75 mcg | 3125% |
| Vitamin B6 3mg | 154% |
| Magnesium 200mg | 48% |
| Selenium 6mcg | 11% |
| Folate 369mcg | 92% |
| Zinc 4mg | 37% |
| Calcium 247mg | 19% |
| Iron 10mg | 54% |
| Potassium 1331mg | 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: organic chickpea rotini, pistachios, organic tomatoes, red & yellow bell peppers, garlic, peas, organic basil, organic hemp seeds, organic nutritional yeast, sea salt, organic lemon, natto, organic black pepper, herbs & spices, B12

Contains PISTACHIOS, HEMP SEEDS, FERMENTED SOYBEANS

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 | 493 |
| % 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 0.0mg | 0.0% |
| 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 108mg | 120% |
| Vitamin B12 75 mcg | 3125% |
| Vitamin B6 1mg | 69% |
| Magnesium 263mg | 63% |
| Selenium 11mcg | 20% |
| Folate 193mcg | 48% |
| Zinc 4mg | 38% |
| Calcium 206mg | 16% |
| Iron 7mg | 41% |
| Potassium 1704mg | 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 turmeric, organic lemon, organic black pepper, organic chipotle, herbs & spices, B12

Contains WALNUTS

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 0.0mg | 0.0% |
| 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, 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 black mustard seeds, lime, organic black pepper, turmeric, jalapeno, herbs & spices, B12

Contains CASHEWS

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 0.0mg | 0.0% |
| 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 tomatoes, organic corn, organic oats, organic cashews, organic sunflower seeds, 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 chilis, organic chipotle, organic lemon, herbs & spices, B12

Contains CASHEWS, FERMENTED SOYBEANS, WHEAT

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 0.0mg | 0.0% |
| 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 COCONUT, HEMP SEEDS, SESAME SEEDS, NON-GMO SOY CURLS

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 0.0mg | 0.0% |
| Sodium 17mg | 0.7% |
| ✓ 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: organic 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

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 0.0mg | 0.0% |
| 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, organic bananas, organic pecans, organic raisins, cauliflower, organic flaxseeds, organic Brazil nut, organic maca, organic Ceylon cinnamon, raw vanilla, cardamom, organic nutmeg, B12

Contains COCONUT, PECANS, BRAZIL NUTS