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, bananas, organic quinoa, organic strawberries, organic lucuma, organic Ceylon cinnamon, organic chia seeds, organic flaxseeds, organic ginger, organic oranges, organic 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 **474**

	% 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	28%
Magnesium 727mg	173%
Selenium 15mcg	28%
Folate 291mcg	73%
Zinc 2mg	16%
Calcium 142mg	11%
Iron 6mg	32%
Potassium 1336mg	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 black beans, organic tomatoes, organic walnuts, organic quinoa, organic carrots, organic white onions, organic flaxseeds, organic kale, organic porcini mushrooms, organic pumpkin, sea salt, organic smoked paprika, organic cumin, organic garlic, 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 **685**

	% 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 14g	51%
Total Sugars 10g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 30g	
Vitamin A 1036 IU	35%
Vitamin C 63mg	70%
Vitamin B12 75 mcg	3125%
Vitamin B6 1mg	64%
Magnesium 210mg	50%
Selenium 17mcg	30%
Folate 85mcg	21%
Zinc 4mg	40%
Calcium 165mg	13%
Iron 7mg	41%
Potassium 1058mg	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 and sweet potato noodles, non-GMO soy curls, organic white onions, broccoli, organic tomatoes, white mushrooms, organic flaxseeds, organic 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: July 8, 2025

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	0.0mg	0.0%
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 wild 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, organic 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	0.0mg	0.0%
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 wild 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 **623**

		% Daily Value*
Total Fat	27g	35%
✓ healthy whole plant fats (read more)		
Added Oil or Fat	0g	
Saturated Fat	4g	19%
Trans Fat	0g	
Cholesterol	0.0mg	0.0%
Sodium	463mg	20%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	74g	25%
Dietary Fiber	18g	65%
Total Sugars	6g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	31g	
Vitamin A	2380 IU	79%
Vitamin C	28mg	31%
Vitamin B12	75 mcg	3125%
Vitamin B6	8mg	463%
Magnesium	269mg	64%
Selenium	16mcg	28%
Folate	713mcg	178%
Zinc	5mg	48%
Calcium	131mg	10%
Iron	10mg	54%
Potassium	1204mg	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 cashews, lentils, organic oats, organic quinoa, organic sunflower seeds, nutritional yeast, organic hemp seeds, organic crimini mushrooms, organic white onions, white mushrooms, organic kale, organic flaxseeds, organic porcini mushrooms, organic lemon, sea salt, organic spinach, organic smoked paprika, organic garlic, organic turmeric, organic black pepper, organic mustard seeds, organic miso, organic fennel, organic rosemary, herbs & spices, B12

Contains CASHEWS, HEMP SEEDS

Updated: July 8, 2025

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 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, 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, organic raw vanilla, organic black pepper, B12

Contains WALNUTS, BRAZIL NUTS

Comforting Corn Chowder Soup

LeafSide
Nutrition Facts

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

Amount per serving
Calories **531**

	% Daily Value*
Total Fat 15g	20%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 446mg	19%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 86g	29%
Dietary Fiber 12g	44%
Total Sugars 13g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 18g	
Vitamin A 6532 IU	218%
Vitamin C 201mg	223%
Vitamin B12 75 mcg	3125%
Vitamin B6 2mg	89%
Magnesium 218mg	52%
Selenium 6mcg	12%
Folate 178mcg	44%
Zinc 3mg	27%
Calcium 64mg	5%
Iron 5mg	30%
Potassium 1074mg	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 corn, organic oats, organic cashews, red bell peppers, organic fonio, white potatoes, organic pepitas, yellow peas, organic quinoa, organic white onions, organic carrots, organic kale, nutritional yeast, sea salt, organic celery, organic turmeric, organic miso, green chilis, organic flaxseeds, organic red chilis, lime, organic smoked paprika, organic black pepper, organic mustard seeds, jalapeno, herbs & spices, B12

Contains CASHEWS

Cozy Carrot Spice Sweet-Bowl

LeafSide
Nutrition Facts

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

Amount per serving
Calories **795**

	% Daily Value*
Total Fat 36g	46%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 80mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 106g	35%
Dietary Fiber 20g	72%
Total Sugars 45g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 18g	
Vitamin A 16410 IU	547%
Vitamin C 86mg	95%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.6mg	38%
Magnesium 197mg	47%
Selenium 16mcg	29%
Folate 91mcg	23%
Zinc 4mg	38%
Calcium 167mg	13%
Iron 5mg	30%
Potassium 1269mg	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 oats, organic walnuts, carrots, organic pecans, organic raisins, pineapple, organic dates, organic quinoa, organic sunflower seeds, sapota, organic flaxseeds, great northern beans, oranges, organic Ceylon cinnamon, organic maca, cauliflower, organic apples, organic coconut, organic pumpkin, organic ginger, organic cordyceps mushrooms, organic raw vanilla, organic nutmeg, organic turmeric, organic mustard seeds, organic black pepper, B12

Contains PECANS, COCONUT, WALNUTS

Updated: July 8, 2025

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 **289**

		% Daily Value*
Total Fat	7g	10%
✓ healthy whole plant fats (read more)		
Added Oil or Fat	0g	
Saturated Fat	0.8g	4%
Trans Fat	0g	
Cholesterol	0.0mg	0.0%
Sodium	611mg	27%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	43g	14%
Dietary Fiber	13g	46%
Total Sugars	5g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	17g	
Vitamin A	3023 IU	101%
Vitamin C	62mg	69%
Vitamin B12	75 mcg	3125%
Vitamin B6	4mg	214%
Magnesium	311mg	74%
Selenium	12mcg	22%
Folate	280mcg	70%
Zinc	1mg	13%
Calcium	96mg	7%
Iron	4mg	24%
Potassium	1191mg	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: white potatoes, non-GMO soy curls, garbanzo beans, organic hemp seeds, cauliflower, white mushrooms, nutritional yeast, leeks, green onions, organic carrots, great northern beans, organic white onions, organic garlic, organic celery, sea salt, organic black pepper, organic lemon, organic turmeric, organic miso, organic rosemary, herbs & spices, B12

Contains NON-GMO SOY CURLS, 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	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, bananas, organic raspberries, organic quinoa, organic almonds, organic cacao, organic chia seeds, organic strawberries, organic flaxseeds, organic Ceylon cinnamon, organic kale, organic raw vanilla, cardamom, organic mustard seeds, B12

Contains ALMONDS, PECANS

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 **431**

		% Daily Value*
Total Fat	4g	5%
✓ healthy whole plant fats (read more)		
Added Oil or Fat	0g	
Saturated Fat	0.9g	4%
Trans Fat	0g	
Cholesterol	0.0mg	0.0%
Sodium	56mg	2%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	87g	29%
Dietary Fiber	13g	48%
Total Sugars	43g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	10g	
Vitamin A	4431 IU	148%
Vitamin C	52mg	58%
Vitamin B12	75 mcg	3125%
Vitamin B6	0.2mg	11%
Magnesium	79mg	19%
Selenium	11mcg	19%
Folate	16mcg	4%
Zinc	2mg	14%
Calcium	82mg	6%
Iron	4mg	23%
Potassium	609mg	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, apricots, organic quinoa, organic coconut, sapota, organic chia seeds, garbanzo beans, organic apples, organic ginger, organic raw vanilla, organic baobab, lime, B12

Contains COCONUT

Updated: July 8, 2025

LeafSide Nutrition Summary

Golden Garlic Bean Soup

LeafSide
Nutrition Facts

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

Amount per serving
Calories **473**

	% 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 71g	24%
Dietary Fiber 21g	77%
Total Sugars 14g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 20g	
Vitamin A 16387 IU	546%
Vitamin C 56mg	62%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.7mg	40%
Magnesium 152mg	36%
Selenium 13mcg	23%
Folate 103mcg	26%
Zinc 3mg	25%
Calcium 170mg	13%
Iron 8mg	42%
Potassium 1214mg	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, organic kale, organic tomatoes, organic crimini mushrooms, organic garlic, 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 **513**

	% 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 84mg	4%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 87g	29%
Dietary Fiber 17g	62%
Total Sugars 47g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 14g	
Vitamin A 6091 IU	203%
Vitamin C 328mg	364%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.7mg	40%
Magnesium 193mg	46%
Selenium 76mcg	137%
Folate 225mcg	56%
Zinc 3mg	24%
Calcium 250mg	19%
Iron 7mg	40%
Potassium 1551mg	33%
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 mulberries, bananas, organic walnuts, organic apples, organic oats, organic flaxseeds, pineapple, organic dates, organic mangoes, organic spinach, organic hemp seeds, organic lucuma, peas, broccoli, organic kale, organic Brazil nut, lentils, 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 **478**

	% Daily Value*
Total Fat 12g	15%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 35mg	2%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 88g	29%
Dietary Fiber 12g	44%
Total Sugars 49g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 14g	
Vitamin A 4603 IU	153%
Vitamin C 82mg	92%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.4mg	22%
Magnesium 98mg	23%
Selenium 72mcg	131%
Folate 50mcg	13%
Zinc 1mg	13%
Calcium 124mg	10%
Iron 3mg	16%
Potassium 797mg	17%
Vitamin D 0mcg	0%

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

Full Ingredients: organic dates, organic mangoes, golden raisins, bananas, organic walnuts, organic flaxseeds, pineapple, organic oats, black beans, organic kale, organic Brazil nut, peas, organic sweet potatoes, organic lemon, broccoli, organic amla, organic turmeric, organic raw vanilla, organic mustard seeds, organic ginger, organic black pepper, B12

Contains BRAZIL NUTS, WALNUTS

Updated: July 8, 2025

LeafSide Nutrition Summary

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 **461**

	% Daily Value*
Total Fat 6g	8%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 0.2g	0.8%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 352mg	15%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 86g	29%
Dietary Fiber 19g	69%
Total Sugars 18g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 24g	
Vitamin A 6162 IU	205%
Vitamin C 182mg	202%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.8mg	48%
Magnesium 107mg	26%
Selenium 5mcg	10%
Folate 247mcg	62%
Zinc 2mg	17%
Calcium 187mg	14%
Iron 8mg	46%
Potassium 1897mg	40%
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 and buckwheat spaghetti, organic tomatoes, lentils, organic white onions, organic red bell peppers, great northern beans, white mushrooms, broccoli, organic spinach, organic flaxseeds, organic dates, organic garlic, 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 **570**

	% 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 490mg	21%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 85g	28%
Dietary Fiber 18g	66%
Total Sugars 14g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 29g	
Vitamin A 3951 IU	132%
Vitamin C 86mg	95%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.8mg	45%
Magnesium 380mg	90%
Selenium 11mcg	20%
Folate 219mcg	55%
Zinc 6mg	51%
Calcium 197mg	15%
Iron 8mg	46%
Potassium 2019mg	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: organic quinoa, kidney beans, organic tomatoes, lentils, organic oats, organic hemp seeds, great northern beans, white potatoes, organic dates, peas, curry, organic kale, organic white onions, organic red chilis, sea salt, organic ginger, organic cumin, organic smoked paprika, organic miso, organic fennel, turmeric, organic mustard seeds, kaffir lime, 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, 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, organic raw vanilla, broccoli, organic mustard seeds, B12

Contains HEMP SEEDS, BRAZIL NUTS, ALMONDS

Updated: July 8, 2025

LeafSide Nutrition Summary

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 **521**

	% Daily Value*
Total Fat 18g	23%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 423mg	18%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 80g	27%
Dietary Fiber 14g	50%
Total Sugars 12g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 27g	
Vitamin A 2313 IU	77%
Vitamin C 199mg	222%
Vitamin B12 75 mcg	3125%
Vitamin B6 4mg	222%
Magnesium 98mg	23%
Selenium 6mcg	12%
Folate 281mcg	70%
Zinc 2mg	16%
Calcium 225mg	17%
Iron 7mg	39%
Potassium 1407mg	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: yellow pea rotini, organic pistachios, organic oats, organic tomatoes, red & yellow bell peppers, organic garlic, broccoli, organic hemp seeds, nutritional yeast, organic basil, organic lemon, sea salt, white mushrooms, organic dates, red bell peppers, organic oregano, organic miso, organic black pepper, herbs & spices, B12

Contains PISTACHIOS, HEMP SEEDS

Sweet Potato Dal Soup

LeafSide
Nutrition Facts

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

Amount per serving
Calories **603**

	% 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 105g	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	103%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.9mg	54%
Magnesium 198mg	47%
Selenium 12mcg	21%
Folate 326mcg	81%
Zinc 4mg	37%
Calcium 239mg	18%
Iron 9mg	52%
Potassium 1744mg	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, sea salt, organic cumin, organic miso, organic oranges, organic garlic, organic ginger, organic mustard seeds, lime, organic black pepper, turmeric, jalapeno, herbs & spices, B12

Contains CASHEWS

Smoky Pea Soup

LeafSide
Nutrition Facts

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

Amount per serving
Calories **491**

	% 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 109mg	121%
Vitamin B12 75 mcg	3125%
Vitamin B6 1mg	68%
Magnesium 262mg	62%
Selenium 11mcg	20%
Folate 193mcg	48%
Zinc 4mg	38%
Calcium 204mg	16%
Iron 7mg	41%
Potassium 1700mg	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, sea salt, organic garlic, organic miso, organic lemon, organic turmeric, organic black pepper, organic chipotle, herbs & spices, B12

Contains WALNUTS

Updated: July 8, 2025

LeafSide Nutrition Summary

Tropical Bliss Smoothie

LeafSide
Nutrition Facts

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

Amount per serving
Calories **438**

		% Daily Value*
Total Fat	4g	6%
✓ 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	29mg	1%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	93g	31%
Dietary Fiber	14g	50%
Total Sugars	59g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	8g	
Vitamin A	1989 IU	66%
Vitamin C	276mg	307%
Vitamin B12	75 mcg	3125%
Vitamin B6	0.6mg	36%
Magnesium	111mg	27%
Selenium	5mcg	9%
Folate	86mcg	22%
Zinc	1mg	12%
Calcium	187mg	14%
Iron	5mg	30%
Potassium	1313mg	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, pineapple, organic mulberries, dragon fruits, oranges, organic flaxseeds, great northern beans, guavas, organic oats, organic strawberries, passion fruit, organic beets, 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 **607**

		% 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	476mg	21%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	95g	32%
Dietary Fiber	23g	81%
Total Sugars	18g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	25g	
Vitamin A	6644 IU	221%
Vitamin C	108mg	120%
Vitamin B12	75 mcg	3125%
Vitamin B6	1mg	60%
Magnesium	563mg	134%
Selenium	15mcg	27%
Folate	263mcg	66%
Zinc	4mg	36%
Calcium	223mg	17%
Iron	8mg	47%
Potassium	1696mg	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: organic black beans, organic bulgur, organic tomatoes, organic corn, organic oats, organic cashews, organic sunflower seeds, organic pepitas, organic white onions, organic flaxseeds, garbanzo beans, organic kale, organic mangoes, peas, organic sweet potatoes, organic beets, sea salt, organic cumin, organic smoked paprika, organic porcini mushrooms, organic garlic, 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

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 **369**

		% 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	52g	17%
Dietary Fiber	15g	55%
Total Sugars	14g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	16g	
Vitamin A	7603 IU	253%
Vitamin C	140mg	156%
Vitamin B12	75 mcg	3125%
Vitamin B6	0.7mg	40%
Magnesium	156mg	37%
Selenium	4mcg	7%
Folate	144mcg	36%
Zinc	2mg	19%
Calcium	138mg	11%
Iron	5mg	26%
Potassium	1068mg	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, organic tomatoes, organic ginger, curry, lime, organic garlic, 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

Updated: July 8, 2025

LeafSide Nutrition Summary

Vanilla Cinn-Sation Smoothie

LeafSide
Nutrition Facts

1 serving per pack
Serving size **1 pack**

✓ 100% Whole Foods Plant-Based+

Amount per serving
Calories **664**

	% Daily Value*
Total Fat 27g	35%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 64mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 97g	32%
Dietary Fiber 17g	61%
Total Sugars 42g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 17g	
Vitamin A 107 IU	4%
Vitamin C 70mg	78%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.6mg	36%
Magnesium 176mg	42%
Selenium 74mcg	135%
Folate 84mcg	21%
Zinc 2mg	20%
Calcium 123mg	9%
Iron 6mg	31%
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 oats, organic dates, bananas, organic sesame seeds, organic pecans, organic raisins, organic mulberries, cauliflower, organic flaxseeds, organic Brazil nut, non-GMO soy curls, organic maca, organic Ceylon cinnamon, organic raw vanilla, cardamom, organic nutmeg, B12

Contains SESAME SEEDS, NON-GMO SOY CURLS, PECANS, BRAZIL NUTS

Updated: July 8, 2025