

LeafSide Nutrition Summary

Apple Cinnamon Crunch  
Sweet-Bowl

LeafSide

Nutrition Facts

1 serving per pack

Serving size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories591

% Daily Value\*

Total Fat23g30%

✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat3g13%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium12mg0.5%

✓ salt-free, or low-salt rule (read more)

Total Carbohydrate86g29%

Dietary Fiber16g58%

Total Sugars36g

✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein12g

Vitamin A49 IU2%

Vitamin C325mg361%

Vitamin B1275 mcg3125%

Vitamin B60.3mg16%

Magnesium140mg33%

Selenium11mcg20%

Folate36mcg9%

Zinc2mg20%

Calcium152mg12%

Iron4mg21%

Potassium757mg16%

Vitamin D0mcg0%

\* 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 size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories474

% Daily Value\*

Total Fat13g16%

✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat1g6%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium434mg19%

✓ salt-free, or low-salt rule (read more)

Total Carbohydrate72g24%

Dietary Fiber22g80%

Total Sugars16g

✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein22g

Vitamin A8703 IU290%

Vitamin C56mg62%

Vitamin B1275 mcg3125%

Vitamin B60.5mg28%

Magnesium727mg173%

Selenium15mcg28%

Folate291mcg73%

Zinc2mg16%

Calcium142mg11%

Iron6mg32%

Potassium1336mg28%

Vitamin D0mcg0%

\* 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 size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories661

% Daily Value\*

Total Fat25g31%

✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat4g20%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium523mg23%

✓ salt-free, or low-salt rule (read more)

Total Carbohydrate91g30%

Dietary Fiber14g50%

Total Sugars11g

✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein34g

Vitamin A1037 IU35%

Vitamin C63mg70%

Vitamin B1275 mcg3125%

Vitamin B64mg233%

Magnesium135mg32%

Selenium11mcg20%

Folate296mcg74%

Zinc3mg25%

Calcium146mg11%

Iron6mg34%

Potassium1133mg24%

Vitamin D0mcg0%

\* 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 cashews, organic oats, non-GMO soy curls, broccoli, organic white onions, nutritional yeast, organic tomatoes, organic arrowroot, white mushrooms, organic flaxseeds, sea salt, organic garlic, carrots, organic porcini mushrooms, shallots, organic celery, organic mustard seeds, organic lemon, organic miso, organic black pepper, organic turmeric, herbs & spices, B12

Contains CASHEWS, NON-GMO SOY CURLS

# LeafSide Nutrition Summary

## Blue Brilliance Smoothie

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>417</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	8%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 0.6g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 74mg	3%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 87g	29%
Dietary Fiber 18g	64%
Total Sugars 42g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 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	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>522</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	20%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 45mg	2%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 89g	30%
Dietary Fiber 15g	55%
Total Sugars 38g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 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	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>623</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 27g	35%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 4g	19%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 463mg	20%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 74g	25%
Dietary Fiber 18g	65%
Total Sugars 6g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 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**

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

# 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 Fat7g10%

✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat0.8g4%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium611mg27%

✓ salt-free, or low-salt rule (read more)

Total Carbohydrate43g14%

Dietary Fiber13g46%

Total Sugars5g

✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein17g

Vitamin A3023 IU101%

Vitamin C62mg69%

Vitamin B1275 mcg3125%

Vitamin B64mg214%

Magnesium311mg74%

Selenium12mcg22%

Folate280mcg70%

Zinc1mg13%

Calcium96mg7%

Iron4mg24%

Potassium1191mg25%

Vitamin D0mcg0%

\* 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 size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories681

% Daily Value\*

Total Fat23g30%

✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat3g13%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium14mg0.6%

✓ salt-free, or low-salt rule (read more)

Total Carbohydrate110g37%

Dietary Fiber21g74%

Total Sugars32g

✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein16g

Vitamin A421 IU14%

Vitamin C55mg61%

Vitamin B1275 mcg3125%

Vitamin B60.4mg21%

Magnesium141mg33%

Selenium11mcg19%

Folate52mcg13%

Zinc3mg27%

Calcium166mg13%

Iron5mg29%

Potassium978mg21%

Vitamin D0mcg0%

\* 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 cacao, organic almonds, organic strawberries, organic coconut, organic chia seeds, organic flaxseeds, organic Ceylon cinnamon, organic kale, organic raw vanilla, organic coffee, cardamom, organic mustard seeds, B12

**Contains COCONUT, ALMONDS, PECANS**

## Goji Peach Paradise Sweet-Bowl

LeafSide

Nutrition Facts

1 serving per pack

Serving size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories532

% Daily Value\*

Total Fat12g16%  
✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat9g43%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium65mg3%  
✓ salt-free, or low-salt rule (read more)

Total Carbohydrate90g30%

Dietary Fiber15g53%

Total Sugars45g  
✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein12g

Vitamin A4431 IU148%

Vitamin C52mg58%

Vitamin B1275 mcg3125%

Vitamin B60.2mg11%

Magnesium79mg19%

Selenium11mcg19%

Folate16mcg4%

Zinc2mg16%

Calcium85mg7%

Iron4mg24%

Potassium715mg15%

Vitamin D0mcg0%

\* 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, coconut, organic goji berries, apricots, organic quinoa, sapota, organic chia seeds, garbanzo beans, organic apples, organic ginger, organic raw vanilla, organic baobab, lime, B12

**Contains COCONUT**

# LeafSide Nutrition Summary

## Golden Garlic Bean Soup

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>495</b>
% Daily Value*	
<b>Total Fat</b> 13g	17%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	12%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 413mg	18%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 75g	25%
Dietary Fiber 23g	82%
Total Sugars 14g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 21g	
Vitamin A 16752 IU	558%
Vitamin C 70mg	78%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.7mg	42%
Magnesium 155mg	37%
Selenium 13mcg	23%
Folate 109mcg	27%
Zinc 3mg	25%
Calcium 184mg	14%
Iron 8mg	45%
Potassium 1246mg	27%
Vitamin D 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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

**Contains CASHEWS, FERMENTED SOYBEANS**

## Green Grail Smoothie

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>513</b>
% Daily Value*	
<b>Total Fat</b> 15g	19%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	9%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 84mg	4%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 87g	29%
Dietary Fiber 17g	62%
Total Sugars 47g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 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	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>478</b>
% Daily Value*	
<b>Total Fat</b> 12g	15%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 1g	7%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 35mg	2%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 88g	29%
Dietary Fiber 12g	44%
Total Sugars 49g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 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**



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	484
% Daily Value*	
Total Fat 7g	10%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 353mg	15%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 90g	30%
Dietary Fiber 18g	64%
Total Sugars 17g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 27g	
Vitamin A 4699 IU	157%
Vitamin C 137mg	152%
Vitamin B12 75 mcg	3125%
Vitamin B6 2mg	143%
Magnesium 91mg	22%
Selenium 4mcg	8%
Folate 336mcg	84%
Zinc 2mg	16%
Calcium 167mg	13%
Iron 8mg	47%
Potassium 1550mg	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 pea and buckwheat spaghetti, lentils, organic oats, organic tomatoes, white mushrooms, organic red bell peppers, organic dates, great northern beans, nutritional yeast, dragon fruits, broccoli, organic spinach, organic garlic, organic white onions, organic flaxseeds, sea salt, organic beets, organic turmeric, organic black pepper, organic oregano, organic miso, organic thyme, 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

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, 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

LeafSide Nutrition Summary

Tropical Bliss Smoothie

LeafSide

Nutrition Facts

1 serving per pack

Serving size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories438

% Daily Value\*

Total Fat4g6%

✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat0.6g3%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium29mg1%

✓ salt-free, or low-salt rule (read more)

Total Carbohydrate93g31%

Dietary Fiber14g50%

Total Sugars59g

✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein8g

Vitamin A1989 IU66%

Vitamin C276mg307%

Vitamin B1275 mcg3125%

Vitamin B60.6mg36%

Magnesium111mg27%

Selenium5mcg9%

Folate86mcg22%

Zinc1mg12%

Calcium187mg14%

Iron5mg30%

Potassium1313mg28%

Vitamin D0mcg0%

\* 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 size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories607

% Daily Value\*

Total Fat17g22%

✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat2g11%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium476mg21%

✓ salt-free, or low-salt rule (read more)

Total Carbohydrate95g32%

Dietary Fiber23g81%

Total Sugars18g

✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein25g

Vitamin A6644 IU221%

Vitamin C108mg120%

Vitamin B1275 mcg3125%

Vitamin B61mg60%

Magnesium563mg134%

Selenium15mcg27%

Folate263mcg66%

Zinc4mg36%

Calcium223mg17%

Iron8mg47%

Potassium1696mg36%

Vitamin D0mcg0%

\* 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 size1 pack

✓ 100% Whole Foods Plant-Based+

Amount per serving

Calories478

% Daily Value\*

Total Fat17g21%  
✓ healthy whole plant fats (read more)

Added Oil or Fat0g

Saturated Fat8g38%

Trans Fat0g

Cholesterol0.0mg0.0%

Sodium453mg20%  
✓ salt-free, or low-salt rule (read more)

Total Carbohydrate66g22%

Dietary Fiber16g59%

Total Sugars17g  
✓ healthy whole plant sugars (read more)

Added Sugars0g

Protein19g

Vitamin A4736 IU158%

Vitamin C129mg143%

Vitamin B1275 mcg3125%

Vitamin B60.7mg38%

Magnesium111mg26%

Selenium4mcg7%

Folate113mcg28%

Zinc2mg14%

Calcium167mg13%

Iron4mg22%

Potassium983mg21%

Vitamin D0mcg0%

\* 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, coconut, organic oats, organic dates, green beans, organic hemp seeds, savory cabbage, organic sesame seeds, shallots, organic garlic, red bell peppers, cauliflower, organic arrowroot, organic carrots, organic tomatoes, organic ginger, organic miso, pineapple, kaffir lime, sea salt, curry, lime, green chilis, galangal, lemongrass, organic mustard seeds, turmeric, black pepper, herbs & spices, B12

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



# LeafSide Nutrition Summary

## Vanilla Cinn-Sation Smoothie

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>664</b>
% Daily Value*	
<b>Total Fat</b> 27g	35%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 4g	19%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 64mg	3%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 97g	32%
Dietary Fiber 17g	61%
Total Sugars 42g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 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**

## Southwest Black Bean Soup

LeafSide Nutrition Facts	
1 serving per pack	
<b>Serving size</b>	<b>1 pack</b>
✓ 100% Whole Foods Plant-Based+	
<b>Amount per serving</b>	
<b>Calories</b>	<b>611</b>
% Daily Value*	
<b>Total Fat</b> 18g	23%
✓ healthy whole plant fats (read more)	
<b>Added Oil or Fat</b> 0g	
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	0.0%
<b>Sodium</b> 444mg	19%
✓ salt-free, or low-salt rule (read more)	
<b>Total Carbohydrate</b> 85g	28%
Dietary Fiber 19g	70%
Total Sugars 18g	
✓ healthy whole plant sugars (read more)	
<b>Added Sugars</b> 0g	
<b>Protein</b> 27g	
Vitamin A 8885 IU	296%
Vitamin C 60mg	66%
Vitamin B12 75 mcg	3125%
Vitamin B6 2mg	135%
Magnesium 534mg	127%
Selenium 11mcg	19%
Folate 322mcg	81%
Zinc 3mg	30%
Calcium 161mg	12%
Iron 7mg	41%
Potassium 1716mg	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, kidney beans, organic corn, organic walnuts, organic tomatoes, organic quinoa, organic pepitas, organic mangoes, organic carrots, organic white onions, organic dates, nutritional yeast, organic flaxseeds, organic kale, organic porcini mushrooms, organic pumpkin, sea salt, organic garlic, organic smoked paprika, organic cumin, organic turmeric, organic miso, organic oregano, organic black pepper, organic chipotle, organic red chilis, lime, allspice, organic coriander, ancho chili, B12

**Contains WALNUTS**