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

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 **661**

	% Daily Value*
Total Fat 25g	31%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 523mg	23%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 91g	30%
Dietary Fiber 14g	50%
Total Sugars 11g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 34g	
Vitamin A 1037 IU	35%
Vitamin C 63mg	70%
Vitamin B12 75 mcg	3125%
Vitamin B6 4mg	233%
Magnesium 135mg	32%
Selenium 11mcg	20%
Folate 296mcg	74%
Zinc 3mg	25%
Calcium 146mg	11%
Iron 6mg	34%
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: 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

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

Updated: October 21, 2025

LeafSide Nutrition Summary

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

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

Updated: October 21, 2025

LeafSide Nutrition Summary

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

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

Updated: October 21, 2025

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 **681**

		% 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	14mg	0.6%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	110g	37%
Dietary Fiber	21g	74%
Total Sugars	32g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	16g	
Vitamin A	421 IU	14%
Vitamin C	55mg	61%
Vitamin B12	75 mcg	3125%
Vitamin B6	0.4mg	21%
Magnesium	141mg	33%
Selenium	11mcg	19%
Folate	52mcg	13%
Zinc	3mg	27%
Calcium	166mg	13%
Iron	5mg	29%
Potassium	978mg	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 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 ALMONDS, COCONUT, 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 **532**

		% Daily Value*
Total Fat	12g	16%
✓ healthy whole plant fats (read more)		
Added Oil or Fat	0g	
Saturated Fat	9g	43%
Trans Fat	0g	
Cholesterol	0.0mg	0.0%
Sodium	65mg	3%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	90g	30%
Dietary Fiber	15g	53%
Total Sugars	45g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	12g	
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	16%
Calcium	85mg	7%
Iron	4mg	24%
Potassium	715mg	15%
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, 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

Golden Garlic Bean Soup

LeafSide
Nutrition Facts

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

Amount per serving
Calories **495**

		% Daily Value*
Total Fat	13g	17%
✓ healthy whole plant fats (read more)		
Added Oil or Fat	0g	
Saturated Fat	2g	12%
Trans Fat	0g	
Cholesterol	0.0mg	0.0%
Sodium	413mg	18%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	75g	25%
Dietary Fiber	23g	82%
Total Sugars	14g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	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

Updated: October 21, 2025

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 **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 329mg	365%
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 1572mg	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 50g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 14g	
Vitamin A 4603 IU	153%
Vitamin C 84mg	93%
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 823mg	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 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

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

Updated: October 21, 2025

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 **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

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 **547**

		% Daily Value*
Total Fat	18g	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	424mg	18%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	80g	27%
Dietary Fiber	15g	52%
Total Sugars	12g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	27g	
Vitamin A	3570 IU	119%
Vitamin C	175mg	195%
Vitamin B12	75 mcg	3125%
Vitamin B6	4mg	225%
Magnesium	98mg	23%
Selenium	6mcg	11%
Folate	289mcg	72%
Zinc	2mg	17%
Calcium	223mg	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 bell peppers, organic garlic, broccoli, nutritional yeast, organic hemp seeds, basil, organic lemon, white mushrooms, sea salt, organic dates, organic oregano, organic miso, organic black pepper, herbs & spices, B12

Contains PISTACHIOS, HEMP SEEDS

Updated: October 21, 2025

LeafSide Nutrition Summary

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

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	278mg	308%
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	1334mg	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

Updated: October 21, 2025

LeafSide Nutrition Summary

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 **576**

		% Daily Value*
Total Fat	18g	23%
✓ healthy whole plant fats (read more)		
Added Oil or Fat	0g	
Saturated Fat	8g	38%
Trans Fat	0g	
Cholesterol	0.0mg	0.0%
Sodium	438mg	19%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	86g	29%
Dietary Fiber	17g	59%
Total Sugars	17g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	21g	
Vitamin A	4736 IU	158%
Vitamin C	129mg	144%
Vitamin B12	75 mcg	3125%
Vitamin B6	0.7mg	38%
Magnesium	111mg	26%
Selenium	4mcg	7%
Folate	113mcg	28%
Zinc	2mg	14%
Calcium	195mg	15%
Iron	4mg	22%
Potassium	988mg	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 rice noodles, non-GMO soy curls, coconut, organic oats, organic dates, green beans, savoy cabbage, organic hemp seeds, organic sesame seeds, shallots, organic garlic, red bell peppers, organic arrowroot, cauliflower, organic tomatoes, organic carrots, pineapple, kaffir lime, organic ginger, organic miso, 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

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: October 21, 2025

LeafSide Nutrition Summary

Southwest Black Bean Soup

LeafSide
Nutrition Facts

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

✓ 100% Whole Foods Plant-Based+

Amount per serving
Calories **611**

		% Daily Value*
Total Fat	18g	23%
✓ healthy whole plant fats (read more)		
Added Oil or Fat	0g	
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0.0mg	0.0%
Sodium	444mg	19%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate	85g	28%
Dietary Fiber	19g	70%
Total Sugars	18g	
✓ healthy whole plant sugars (read more)		
Added Sugars	0g	
Protein	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

Updated: October 21, 2025