

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 23 g	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 12 mg	0.5%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 86 g	29%
Dietary Fiber 16 g	58%
Total Sugars 36 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 12 g	
Vitamin A 49 IU	2%
Vitamin C 325 mg	361%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.3 mg	16%
Magnesium 140 mg	33%
Selenium 11 mcg	20%
Folate 36 mcg	9%
Zinc 2 mg	20%
Calcium 152 mg	12%
Iron 4 mg	21%
Potassium 757 mg	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

Al Pastor Savory-Bowl

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	653
% Daily Value*	
Total Fat 15 g	20%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 648 mg	28%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 98 g	33%
Dietary Fiber 22 g	78%
Total Sugars 30 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 38 g	
Vitamin A 6241 IU	208%
Vitamin C 157 mg	174%
Vitamin B12 75 mcg	3125%
Vitamin B6 3 mg	179%
Magnesium 510 mg	121%
Selenium 10 mcg	19%
Folate 324 mcg	81%
Zinc 4 mg	33%
Calcium 213 mg	16%
Iron 10 mg	57%
Potassium 1731 mg	37%
Vitamin D 0mcg	0%

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

Full Ingredients: organic black beans, organic bulgur, yellow peas, organic pepitas, great northern beans, pineapple, organic tomatoes, organic oats, organic white onions, oranges, organic dates, organic flaxseeds, white mushrooms, organic smoked paprika, organic red bell peppers, organic garlic, nutritional yeast, organic sweet potatoes, organic beets, sea salt, organic red chilis, organic porcini mushrooms, ancho chili, organic chipotle, organic cumin, apple cider vinegar, organic miso, organic turmeric, organic coriander, allspice, organic oregano, lime, B12

Contains WHEAT

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 25 g	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 523 mg	23%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 91 g	30%
Dietary Fiber 14 g	50%
Total Sugars 11 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 34 g	
Vitamin A 1037 IU	35%
Vitamin C 63 mg	70%
Vitamin B12 75 mcg	3125%
Vitamin B6 4 mg	233%
Magnesium 135 mg	32%
Selenium 11 mcg	20%
Folate 296 mcg	74%
Zinc 3 mg	25%
Calcium 146 mg	11%
Iron 6 mg	34%
Potassium 1133 mg	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

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, 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, organic 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, 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 24 g	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 72 mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 87 g	29%
Dietary Fiber 19 g	70%
Total Sugars 40 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 15 g	
Vitamin A 5988 IU	200%
Vitamin C 93 mg	104%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.4 mg	25%
Magnesium 174 mg	41%
Selenium 75 mcg	136%
Folate 113 mcg	28%
Zinc 2 mg	22%
Calcium 166 mg	13%
Iron 5 mg	27%
Potassium 1216 mg	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 15 g	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 446 mg	19%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 86 g	29%
Dietary Fiber 12 g	44%
Total Sugars 13 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 18 g	
Vitamin A 6532 IU	218%
Vitamin C 201 mg	223%
Vitamin B12 75 mcg	3125%
Vitamin B6 2 mg	89%
Magnesium 218 mg	52%
Selenium 6 mcg	12%
Folate 178 mcg	44%
Zinc 3 mg	27%
Calcium 64 mg	5%
Iron 5 mg	30%
Potassium 1074 mg	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 36 g	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 80 mg	3%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 106 g	35%
Dietary Fiber 20 g	72%
Total Sugars 45 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 18 g	
Vitamin A 16410 IU	547%
Vitamin C 86 mg	95%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.6 mg	38%
Magnesium 197 mg	47%
Selenium 16 mcg	29%
Folate 91 mcg	23%
Zinc 4 mg	38%
Calcium 167 mg	13%
Iron 5 mg	30%
Potassium 1269 mg	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 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 62 mg	69%
Vitamin B12 75 mcg	3125%
Vitamin B6 4 mg	214%
Magnesium 311 mg	74%
Selenium 12 mcg	22%
Folate 280 mcg	70%
Zinc 1 mg	13%
Calcium 96 mg	7%
Iron 4 mg	24%
Potassium 1191 mg	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, 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	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 55 mg	61%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.4 mg	21%
Magnesium 141 mg	33%
Selenium 11 mcg	19%
Folate 52 mcg	13%
Zinc 3 mg	27%
Calcium 166 mg	13%
Iron 5 mg	29%
Potassium 978 mg	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, 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 52 mg	58%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.2 mg	11%
Magnesium 79 mg	19%
Selenium 11 mcg	19%
Folate 16 mcg	4%
Zinc 2 mg	16%
Calcium 85 mg	7%
Iron 4 mg	24%
Potassium 715 mg	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

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	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, 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	
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

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, makrut 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	547
% Daily Value*	
Total Fat 18 g	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 424 mg	18%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 80 g	27%
Dietary Fiber 15 g	52%
Total Sugars 12 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 27 g	
Vitamin A 3570 IU	119%
Vitamin C 175 mg	195%
Vitamin B12 75 mcg	3125%
Vitamin B6 4 mg	225%
Magnesium 98 mg	23%
Selenium 6 mcg	11%
Folate 289 mcg	72%
Zinc 2 mg	17%
Calcium 223 mg	17%
Iron 7 mg	39%
Potassium 1407 mg	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, 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

Sweet Potato Dal Soup

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	652
% Daily Value*	
Total Fat 16 g	21%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 453 mg	20%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 107 g	36%
Dietary Fiber 23 g	84%
Total Sugars 17 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 24 g	
Vitamin A 27450 IU	915%
Vitamin C 93 mg	103%
Vitamin B12 75 mcg	3125%
Vitamin B6 0.9 mg	54%
Magnesium 198 mg	47%
Selenium 12 mcg	21%
Folate 326 mcg	81%
Zinc 4 mg	37%
Calcium 243 mg	19%
Iron 9 mg	53%
Potassium 1793 mg	38%
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, coconut, organic flaxseeds, organic kale, green onions, curry, organic white onions, 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, COCONUT

Smoky Pea Soup

LeafSide Nutrition Facts	
1 serving per pack	
Serving size	1 pack
✓ 100% Whole Foods Plant-Based*	
Amount per serving	
Calories	592
% Daily Value*	
Total Fat 14 g	18%
✓ healthy whole plant fats (read more)	
Added Oil or Fat 0g	
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0.0mg	0.0%
Sodium 583 mg	25%
✓ salt-free, or low-salt rule (read more)	
Total Carbohydrate 100 g	33%
Dietary Fiber 27 g	96%
Total Sugars 19 g	
✓ healthy whole plant sugars (read more)	
Added Sugars 0g	
Protein 24 g	
Vitamin A 20775 IU	692%
Vitamin C 60 mg	67%
Vitamin B12 75 mcg	3125%
Vitamin B6 3 mg	202%
Magnesium 217 mg	52%
Selenium 9 mcg	16%
Folate 262 mcg	65%
Zinc 2 mg	20%
Calcium 214 mg	16%
Iron 7 mg	42%
Potassium 1856 mg	39%
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, organic oats, carrots, organic sweet potatoes, white potatoes, organic walnuts, organic white onions, organic quinoa, organic sunflower seeds, nutritional yeast, broccoli, organic flaxseeds, organic smoked paprika, organic dates, organic celery, organic garlic, smoked torula yeast, sea salt, organic miso, organic lemon, organic mustard seeds, 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 size	1 pack	
✓ 100% Whole Foods Plant-Based ⁺		
Amount per serving		
Calories	438	
% Daily Value*		
Total Fat 4 g		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 29 mg		1%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate 93 g		31%
Dietary Fiber 14 g		50%
Total Sugars 59 g		
✓ healthy whole plant sugars (read more)		
Added Sugars 0g		
Protein 8 g		
Vitamin A 1989 IU		66%
Vitamin C 278 mg		308%
Vitamin B12 75 mcg		3125%
Vitamin B6 0.6 mg		36%
Magnesium 111 mg		27%
Selenium 5 mcg		9%
Folate 86 mcg		22%
Zinc 1 mg		12%
Calcium 187 mg		14%
Iron 5 mg		30%
Potassium 1334 mg		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	608	
% Daily Value*		
Total Fat 17 g		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 476 mg		21%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate 95 g		32%
Dietary Fiber 23 g		81%
Total Sugars 18 g		
✓ healthy whole plant sugars (read more)		
Added Sugars 0g		
Protein 25 g		
Vitamin A 6644 IU		221%
Vitamin C 108 mg		120%
Vitamin B12 75 mcg		3125%
Vitamin B6 1 mg		60%
Magnesium 563 mg		134%
Selenium 15 mcg		27%
Folate 263 mcg		66%
Zinc 4 mg		36%
Calcium 223 mg		17%
Iron 8 mg		47%
Potassium 1696 mg		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	563	
% Daily Value*		
Total Fat 18 g		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 438 mg		19%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate 83 g		28%
Dietary Fiber 16 g		59%
Total Sugars 17 g		
✓ healthy whole plant sugars (read more)		
Added Sugars 0g		
Protein 21 g		
Vitamin A 4736 IU		158%
Vitamin C 129 mg		144%
Vitamin B12 75 mcg		3125%
Vitamin B6 0.7 mg		38%
Magnesium 111 mg		26%
Selenium 4 mcg		7%
Folate 113 mcg		28%
Zinc 2 mg		14%
Calcium 193 mg		15%
Iron 4 mg		22%
Potassium 988 mg		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, savory cabbage, organic hemp seeds, organic sesame seeds, shallots, organic garlic, red bell peppers, organic arrowroot, cauliflower, organic tomatoes, organic carrots, pineapple, makrut lime, organic ginger, organic miso, sea salt, curry, lime, green chilis, organic 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		
Serving size	1 pack	
✓ 100% Whole Foods Plant-Based*		
Amount per serving		
Calories	664	
% Daily Value*		
Total Fat 27 g		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 64 mg		3%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate 97 g		32%
Dietary Fiber 17 g		61%
Total Sugars 42 g		
✓ healthy whole plant sugars (read more)		
Added Sugars 0g		
Protein 17 g		
Vitamin A 107 IU		4%
Vitamin C 70 mg		78%
Vitamin B12 75 mcg		3125%
Vitamin B6 0.6 mg		36%
Magnesium 176 mg		42%
Selenium 74 mcg		135%
Folate 84 mcg		21%
Zinc 2 mg		20%
Calcium 123 mg		9%
Iron 6 mg		31%
Potassium 1216 mg		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		
Serving size	1 pack	
✓ 100% Whole Foods Plant-Based*		
Amount per serving		
Calories	611	
% Daily Value*		
Total Fat 18 g		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 444 mg		19%
✓ salt-free, or low-salt rule (read more)		
Total Carbohydrate 85 g		28%
Dietary Fiber 19 g		70%
Total Sugars 18 g		
✓ healthy whole plant sugars (read more)		
Added Sugars 0g		
Protein 27 g		
Vitamin A 8885 IU		296%
Vitamin C 60 mg		66%
Vitamin B12 75 mcg		3125%
Vitamin B6 2 mg		135%
Magnesium 534 mg		127%
Selenium 11 mcg		19%
Folate 322 mcg		81%
Zinc 3 mg		30%
Calcium 161 mg		12%
Iron 7 mg		41%
Potassium 1716 mg		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