

Designed for your food choices

Low carbohydrate, Paleo friendly, diabetic friendly, ketogenic or high protein items

If you are unfamiliar with any of these dietary choices, know they are created with unique flavors and textures to meet certain dietary standards. They are all delicious and popular in the chosen food themes.

COCONUT BREAD, UN CUT \$11.99

Our original and most popular Paleo and pre-diabetic friendly bread.

No grain, dairy, soy, corn, granulated sugar, yeast ingredients.

Ingredients: whole eggs, Organic Coconut flour, Certified low glycemic organic coconut sugar, water, olive oil, flax seed meal, sea salt, psyllium fiber. **Allergens:** eggs, coconut Toasting is discretionary.

Nutrition: Serving size 1 slice (55.12g). Servings per container 14. Amount per serving: Calories 120. Calories from Fat 70. Calories from Saturated Fat 15. Total Fat 8 g (13%DV), Saturated Fat 1.5g (9%), Trans Fat 0g, Cholesterol 110mg (36%), Sodium 25mg (10%), Total Carbohydrate 6g (2%), Dietary Fiber 4g (16%), soluble Fiber 0g, Insoluble fiber 0g, Sugars 1g. Protein 5g (9%) Net wt. 1 lb 8 oz.



SUPER SEED BREAD—VEGAN , UN CUT \$11.99

Feel healthier at the 1st bite with this nutritionally dense bread!

No grains, dairy, eggs, soy, nut, corn, yeast, sugar, gluten ingredients.

Ingredients: Water, certified gluten-free oats, navy bean flour, sesame seeds, pumpkin seeds, sunflower seeds, hemp hearts, chia seeds, Psyllium husk powder, unsweetened applesauce, sea salt . **Allergens:** sesame seeds. *For best results, Toast before enjoying.*

Nutrition: Serving size 1 slice (28.35g), Serving per container: 12, Amt per serving: Calories 70, Calories from Fat 35. Total Fat 4g (6%dv), Saturated fat 0.5g (3%DV), Trans Fat 0mg, Cholesterol 0mg, Sodium 40mg (2%DV), Total Carbohydrate 7g (2%DV), Dietary Fiber 2g (9%DV), Sugars 0g, Protein 3g, Iron 6%, Thiamin 4%



FLAX BREAD, UN CUT \$11.99

(ROLLS ARE AVAILABLE AT RETAIL LOCATIONS ONLY)

Keep moving while enjoying low carbs

Flaxseed, or linseed (Linum usitatissimum L.), comes from the flax plant, which is an annual herb. Flax is a nutrient packed superfood, low carb, and full of Omega-3s.

No grains, dairy, soy, nut, corn, yeast, sugar, gluten ingredients.

Ingredients: Eggs, whole ground flaxseed, purified water, first press olive oil, Kosher salt, cream of tartar, baking soda Toast for best results. **Allergens:** eggs *For best results, Toast before enjoying.*

Nutrition Facts: Serving 1 slice (22g), Servings per container 8, Amt per Serving: Calories 50, Calories from Fat 40, Calories from Saturated fat 5, total Fat 4.5g (7%DV), Saturated Fat 0.5g (3%DV), Trans Fat 0g, Cholesterol 40mg (13%), Sodium 90mg (4%dv), Total Carbohydrate 2g (1%dv), Dietary Fiber 2g (9%dv) Soluble Fiber 0g, Insoluble Fiber 0g, Sugars 0g, Protein 3g (6%dv), Thiamin 60%, Vitamin B6 15%, Riboflavin 8%, Niacin 8%



KETO ALMOND BAGELS, UN CUT 3/\$10.99

Amazingly tender and delicious. Toasting is not needed to enjoy.

No grains, soy, corn, sugar, gluten ingredients.

Ingredients: Eggs, cream cheese, butter, almond flour. **Allergens:** dairy, eggs and nuts

Nutrition to follow shortly.



KETO CINNAMON ROLL ALMOND SCONES 2 PCS \$6.99

Satisfaction at first bite.

No grains, soy, corn, yeast, granulated sugar, or gluten ingredients

Ingredients: Almond flour, Erythritol, corn free baking powder, cream, butter, egg, cream cheese, salt, vanilla, cinnamon. *No need to toast.*

Nutrition: Servings per container: 2 Amount per serving: 1 Calories 252 (210 from fat), fat 23.37g (36%), Cholesterol 8mg (3g), Carbohydrates 7.15g (2%), Fiber 3.39g (14%) Sugar 3.76g, added sugar 0%, Protein 6.73g (13%)