

Eat by Alex

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| <p>Berry Morning Mix</p> <p>Ingredients: blanched almond meal, desiccated coconut, gluten free oats, coconut sugar, hemp seeds, chia seeds, freeze-dried blueberries, freeze-dried raspberry powder, beetroot powder, açai powder, himalayan salt</p> <p>Calories: 243 (portion) / 467 (100 g)</p> | <p>Vanilla Morning Mix</p> <p>Ingredients: blanched almond meal, desiccated coconut, gluten free oats, coconut sugar, goji berries, chia seeds, hemp seeds, raw vanilla powder, himalayan salt</p> <p>Calories: 237 (portion) / 454 (100 g)</p> | <p>Sesame Power Ball</p> <p>Ingredients: date paste, desiccated coconut, tahini, sesame seeds, date syrup, cinnamon, himalayan salt</p> <p>Calories: 100 (ball) / 463 (100 g)</p> | <p>Peanut Power Ball</p> <p>Ingredients: date paste, desiccated coconut, peanut butter, date syrup, cacao nibs, chia seeds, himalayan salt</p> <p>Calories: 100 (ball) / 463 (100 g)</p> | <p>Hazelnut Power Ball</p> <p>Ingredients: dates paste, desiccated coconut, hazelnut butter, cacao powder, cacao nibs, date syrup, himalayan salt</p> <p>Calories: 91 (ball) / 381 (100 g)</p> |
| <p>Harvest Roots Soup</p> <p>Ingredients: water, beetroot, sweet potato, carrot, onions, tahini, lemon juice, olive oil, salt, cumin powder, ginger powder, cayenne pepper</p> <p>Calories: 125 (soup) / 36 (100 g)</p> | <p>Spicy Sweet Potato Soup</p> <p>Ingredients: water, tomato, sweet potato, onion, tahini, lemon juice, olive oil, salt, curry powder (coriander, turmeric, mustard seed, black pepper, cumin, fennel, fenugreek, ginger), cumin powder, coriander powder, cayenne pepper</p> <p>Calories: 135 (soup) / 38 (100 g)</p> | <p>Ginger Pumpkin Soup</p> <p>Ingredients: water, hokkaido pumpkin, carrot, sweet potato, onion, tahini, lemon juice, olive oil, salt ginger powder, curry powder (coriander, turmeric, mustard seed, black pepper, cumin, fennel, fenugreek, ginger)</p> <p>Calories: 115 (soup) / 33 (100 g)</p> | <p>Golden Carrot Soup</p> <p>Ingredients: water, carrot, sweet potato, onion, tahini, lemon juice, olive oil, salt, cumin powder, turmeric powder, cayenne pepper</p> <p>Calories: 125 (soup) / 36 (100 g)</p> | <p>Super Greens Soup</p> <p>Ingredients: water, sweet potato, broccoli, spinach, onions, tahini, lemon juice, olive oil, salt, cayenne pepper</p> <p>Calories: 130 (soup) / 37 (100 g)</p> |
| <p>Crunchy Almonds</p> <p>Ingredients: almonds, tamari, maple syrup, dried thyme, dried rosemary, black pepper</p> <p>Calories: 128 (portion) / 504 (100 g)</p> | <p>Toasted Hazelnuts</p> <p>Ingredients: hazelnuts, maple syrup, salt</p> <p>Calories: 144 (portion) / 586 (100 g)</p> | <p>Cashews</p> <p>Ingredients: cashew</p> <p>Calories: 111 (portion) / 553 (100 g)</p> | <p>Lemon & Ginger Shot</p> <p>Ingredients: coconut water, lemon juice, ginger, maple syrup, himalayan salt</p> <p>Calories: 23 (shot) / 38 (100 g)</p> | <p>Lemon & Cayenne Shot</p> <p>Ingredients: coconut water, lemon juice, maple syrup, cayenne pepper, himalayan salt</p> <p>Calories: 22 (shot) / 37 (100 g)</p> |
| <p>Green Olives</p> <p>Ingredients: marinated green olives</p> <p>Calories: 43 (portion) / 145 (100 g)</p> | <p>Black Olives</p> <p>Ingredients: marinate black olives</p> <p>Calories: 43 (portion) / 145 (100 g)</p> | <p>Medjool Dates</p> <p>Ingredients: medjool dates</p> <p>Calories: 180 (portion) / 277 (100 g)</p> | <p>Bouillon Essence</p> <p>Ingredients: onion, carrot, turmeric, parsley, chives, lovage, himalayan salt</p> <p>Calories: 6 (300ml cup) / 2 (100 ml)</p> | <p>Golden Glow Blend</p> <p>Ingredients: turmeric powder, maca root, goji berry, cinnamon powder, ginger powder, stevia leaves, ashwagandha powder, cardamon powder, black pepper</p> <p>Calories: 10 (300ml cup) / 3 (100 ml)</p> |

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| Spirulina | Botanical Sleep Caps |
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| 6 Tablets per Serving | 2 Capsules per Serving |
| Ingredients: spirulina (3000mg). | Ingredients: valerian root extract (600mg), hops (300mg), passionflower extract (200mg), GABA (gamma-aminobutyric acid) (200mg). |
| Other ingredients: silicon dioxide. | Other ingredients: hypromellose (cellulose capsule), ascorbic palmitate and silica. |
| Warnings: For adults only. If you are pregnant or breastfeeding, taking medication, or have a medical condition, consult your doctor before taking this product. Keep out of reach of children. | Warnings: Do not drive or operate heavy equipment after taking this product. The ingredients in this product may interact with alcohol, sedatives and narcotics. For adults only. If you are pregnant or breastfeeding, taking medication, or have a medical condition, consult your doctor before taking this product. Keep out of reach of children. |

Disclaimer:

Eat By Alex occasionally provides nutritional information. The calculations were done using online tools and APIs. Even though we have tried to provide accurate nutritional information, these figures should be considered estimates. Varying factors (such as product types or brands, natural fluctuations in fresh produce, substitutions, serving sizes, and the way ingredients are processed) change the effective nutritional information in any given recipe.

Different online calculators provide different results depending on their own nutrition-fact sources, databases and algorithms. To obtain the most accurate representation of the nutritional information in a given recipe, please calculate the nutritional information with the actual ingredients and amounts used, using your preferred nutrition calculator. Under no circumstances shall this website eatbyalex.com and the author be responsible for any loss or damage resulting for your reliance on the given nutritional information. You are solely responsible for ensuring that any nutritional information provided is accurate, complete, and useful.

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