



GRAIN FREE



*Nutrient dense with
hearty nuts + seeds!*



PALEONOLA.COM





ORIGINAL

INGREDIENTS: ALMONDS, PECANS, PEPITAS*, HONEY*, WALNUTS, COCONUT OIL*, SUNFLOWER SEEDS*, FLAX SEEDS*, SWEETENED DRIED CRANBERRIES (CRANBERRIES, APPLE JUICE CONCENTRATE, SUNFLOWER OIL), DRIED COCONUT*, VANILLA EXTRACT, CINNAMON.

*Denotes Organic ingredient

Nutrition Facts	
About 10 servings per container	
Serving size	1/4 Cup (28g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 0mg	0%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



APPLE PIE

INGREDIENTS: ALMONDS, PECANS, PEPITAS*, HONEY*, WALNUTS, COCONUT OIL*, SUNFLOWER SEEDS*, FLAX SEEDS*, DRIED APPLE, DRIED COCONUT*, SPICES, VANILLA EXTRACT.

*Denotes Organic ingredient

Nutrition Facts	
About 10 servings per container	
Serving size	1/4 Cup (28g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 104mg	2%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



MAPLE PANCAKE

INGREDIENTS: ALMONDS, PECANS, PEPITAS*, WALNUTS, MAPLE SYRUP*, COCONUT OIL*, SUNFLOWER SEEDS*, FLAX SEEDS*, HONEY*, RAISINS*, DRIED COCONUT*, VANILLA EXTRACT, CINNAMON.

*Denotes Organic ingredient

Nutrition Facts	
About 10 servings per container	
Serving size	1/4 Cup (28g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 111mg	2%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



CHOCOLATE FIX

INGREDIENTS: ALMONDS, PECANS, PEPITAS*, HONEY*, WALNUTS, COCONUT OIL*, SUNFLOWER SEEDS*, HAZELNUTS, FLAX SEEDS*, CACAO POWDER*, SWEETENED DRIED CRANBERRIES (CRANBERRIES, APPLE JUICE CONCENTRATE, SUNFLOWER OIL), DRIED COCONUT*, VANILLA EXTRACT, CINNAMON.

*Denotes Organic ingredient

Nutrition Facts	
About 10 servings per container	
Serving size	1/4 Cup (28g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 115mg	2%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



PUMPKIN PIE

INGREDIENTS: ALMONDS, PECANS, PEPITAS*, HONEY*, WALNUTS, COCONUT OIL*, SUNFLOWER SEEDS*, FLAX SEEDS*, SWEETENED DRIED CRANBERRIES (CRANBERRIES, APPLE JUICE CONCENTRATE, SUNFLOWER OIL), DRIED COCONUT*, SPICES, VANILLA EXTRACT.

*Denotes Organic ingredient

Nutrition Facts	
About 10 servings per container	
Serving size	1/4 Cup (28g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 103mg	2%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



PINA COLADA

INGREDIENTS: DRIED COCONUT*, ALMONDS, HONEY*, MAPLE SYRUP*, COCONUT OIL*, SUNFLOWER SEEDS*, PEPITAS*, PECANS, FLAX SEEDS*, DRIED PINEAPPLE*, VANILLA EXTRACT.

*Denotes Organic ingredient

Nutrition Facts	
About 10 servings per container	
Serving size	1/4 Cup (28g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 130mg	2%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



CINNAMON BLUEBERRY

INGREDIENTS: DRIED COCONUT*, ALMONDS, MAPLE SYRUP*, COCONUT OIL*, FREEZE DRIED BLUEBERRIES*, PECANS, CINNAMON, VANILLA EXTRACT.

*Denotes Organic ingredient

Nutrition Facts	
About 10 servings per container	
Serving size	1 oz (28 g/about 1/4 Cup)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 143mg	4%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



SUGGESTED RETAIL: \$8.99 - \$10.99 PER UNIT

CASE SIZE: 6 UNITS

EMAIL: INFO@PALEONOLA.COM



GLUTEN FREE



SOY FREE



NO OATS



NO FILLERS



NO DAIRY



PRESERVATIVE
FREE



NO GRAINS



NO ARTIFICIAL
ANYTHING



NON GMO