

VANILLA



Nutrition Facts

Serving Size 1/2 cup (67g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	23%
Sodium 50mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Erythritol 7g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.

Cream, Water, Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Vanilla Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg

CHOCOLATE



Nutrition Facts

Serving Size 1/2 cup (68g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 55mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Erythritol 7g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet.

Cream, Water, Erythritol, Chicory Root Fiber, Dutched Cocoa, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg

COOKIE DOUGH



Nutrition Facts

Serving Size 1/2 cup (69g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 0g	
Erythritol 10g	
Protein 2g	
Vitamin A 7%	Vitamin C 0%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Cream, Water, Cookie Dough (Almond Flour, Erythritol, Butter, Water, Natural Flavor, Baking Soda, Salt, Sunflower Lecithin), Erythritol, Chocolate (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Vanilla Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, almond, coconut

PEANUT BUTTER FUDGE



Nutrition Facts

Serving Size 1/2 cup (68g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 90mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 0g	
Erythritol 7g	
Protein 3g	
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Cream, Water, Peanut Butter (Peanuts, Peanut Oil, Salt), Erythritol, Fudge (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, peanuts, coconut

4.8g net carbs per pint
1.2g net carbs per serving

4.3g net carbs per pint
1.1g net carbs per serving

6.1g net carbs per pint
1.5g net carbs per serving

6.8g net carbs per pint
1.7g net carbs per serving

MINT CHIP



Nutrition Facts

Serving Size 1/2 cup (68g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 135
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 60mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 0g	
Erythritol 8g	
Protein 2g	
Vitamin A 7%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

STRAWBERRY



Nutrition Facts

Serving Size 1/2 cup (68g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 45mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Erythritol 10g	
Protein 2g	
Vitamin A 7%	Vitamin C 6%
Calcium 4%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet.	

BUTTER PECAN



Nutrition Facts

Serving Size 1/2 cup (67g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Erythritol 6g	
Protein 2g	
Vitamin A 7%	Vitamin C 0%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

COFFEE CHIP



Nutrition Facts

Serving Size 1/2 cup (68g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 55mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 0g	
Erythritol 8g	
Protein 2g	
Vitamin A 7%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Cream, Water, Erythritol, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Mint Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, coconut

4.4g net carbs per pint
1.1g net carbs per serving

Cream, Water, Erythritol, Strawberries, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Flavors, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Citric Acid, Xanthan Gum, Carob Gum.

Contains: milk, egg

6.1g net carbs per pint
1.5g net carbs per serving

Cream, Water, Roasted Pecans (Pecans, Butter, Coconut Oil, Salt), Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Vanilla Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, pecan, coconut

5.3g net carbs per pint
1.3g net carbs per serving

Cream, Water, Erythritol, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Coffee, Vegetable Glycerin, Milk Protein Isolate, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, coconut

6.0g net carbs per pint
1.5g net carbs per serving

BLACK RASPBERRY



Nutrition Facts

Serving Size 1/2 cup (69g)		
Servings Per Container 4		
Amount Per Serving		
Calories 120		Calories from Fat 100
% Daily Value*		
Total Fat 11g		17%
Saturated Fat 7g		35%
Trans Fat 0g		
Cholesterol 60mg		19%
Sodium 45mg		2%
Total Carbohydrate 13g		4%
Dietary Fiber 2g		8%
Sugars 0g		
Erythritol 10g		
Protein 2g		
Vitamin A 7%	•	Vitamin C 0%
Calcium 4%	•	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.

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Cream, Water, Erythritol, Black Raspberries, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Citric Acid, Carob Gum.

Contains: milk, egg

7.2g net carbs per pint
1.8g net carbs per serving

CHERRY CHIP



Nutrition Facts

Serving Size 1/2 cup (68g)		
Servings Per Container 4		
Amount Per Serving		
Calories 130		Calories from Fat 110
		% Daily Value*
Total Fat 12g		18%
Saturated Fat 8g		40%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 50mg		2%
Total Carbohydrate 14g		4%
Dietary Fiber 2g		8%
Sugars 0g		
Erythritol 10g		
Protein 2g		
Vitamin A 7%	•	Vitamin C 0%
Calcium 3%	•	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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Cream, Water, Erythritol, Sour Cherries, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Cherry Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Citric Acid, Carob Gum.

Contains: milk, egg, coconut

6.2g net carbs per pint
1.6g net carbs per serving

TRIPLE CHOCOLATE



Nutrition Facts

Serving Size 1/2 cup (68g)		
Servings Per Container 4		
Amount Per Serving		
Calories 140		Calories from Fat 120
		% Daily Value*
Total Fat 13g		20%
Saturated Fat 9g		45%
Trans Fat 0g		
Cholesterol 50mg		16%
Sodium 80mg		3%
Total Carbohydrate 14g		5%
Dietary Fiber 5g		20%
Sugars 0g		
Erythritol 8g		
Protein 2g		
Vitamin A 7%	•	Vitamin C 0%
Calcium 4%	•	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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Cream, Water, Erythritol, Chocolate Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Natural Vanilla Flavor, Monk Fruit), Chicory Root Fiber, Dutched Cocoa, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Butter, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Sunflower Lecithin.

Contains: milk, egg, coconut

5.3g net carbs per pint
1.3g net carbs per serving

COCONUT ALMOND SWIRL



Nutrition Facts

Serving Size 1/2 cup (69g)		
Servings Per Container 4		
Amount Per Serving		
Calories 150		Calories from Fat 120
		% Daily Value*
Total Fat 14g		22%
Saturated Fat 7g		35%
Trans Fat 0g		
Cholesterol 55mg		19%
Sodium 70mg		3%
Total Carbohydrate 13g		4%
Dietary Fiber 4g		16%
Sugars 0g		
Erythritol 7g		
Protein 3g		
Vitamin A 7%	•	Vitamin C 0%
Calcium 3%	•	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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Cream, Water, Roasted Almonds (Almonds, Coconut Oil, Butter, Salt), Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Cocoa, Natural Coconut Flavor, Butter, Salt, Vanilla Extract, Peruvian Carob Gum, Guar Gum, Monk Fruit, Sunflower Lecithin.

Contains: milk, egg, coconut

7.4g net carbs per pint
1.8g net carbs per serving

COOKIES & CREAM



Nutrition Facts

Serving Size 1/2 cup (69g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 8g	23%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 100mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Erythritol 9g	
Protein 3g	
Vitamin A 7%	Vitamin C 0%
Calcium 5%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

Cream, Water, Cookies (Almond Flour, Erythritol, Dutched Cocoa, Palm Oil, Water, Natural Flavors, Baking Soda, Salt, and Sunflower Lecithin), Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Cookies & Cream Flavor, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, almond

8.0g net carbs per pint
2.0g net carbs per serving

SALTED CARAMEL



Nutrition Facts

Serving Size 1/2 cup (68g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 115mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 0g	
Erythritol 8g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 5%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet.	

Cream, Water, Erythritol, Chicory Root Fiber, Egg Yolks, Vegetable Glycerin, Milk Protein Isolate, Natural Caramel Flavors, Butter, Salt, Peruvian Carob Gum, Guar Gum, Monk Fruit, Carob Gum, Cocoa, Sunflower Lecithin, Annatto.

Contains: milk, egg

5.8g net carbs per pint
1.5g net carbs per serving