

# Protein Squared: Granola Oatmeal

## Nutrition Facts

Serving Size (40g)

Servings Per Bar 1

### Amount Per Serving

**Calories** 140      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3.5g      **5%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol** 5mg      **1%**

**Sodium** 120mg      **5%**

**Total Carbohydrate** 12g      **5%**

Dietary Fiber 3g      **11%**

Sugars 5g

Sugar Alcohol 2g

**Protein** 15g

Vitamin A 0%      •      Vitamin C 0%

Calcium 6%      •      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000      2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Soy Protein Isolate), High Protein Yogurt Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Yogurt Powder [Cultured Whey, Nonfat Milk], Soy Lecithin [An Emulsifier], Vanillin), Rolled Oats, Raisin Paste, Glycerine, Gelatin, Peanut Butter Coating (Maltitol, Palm Kernel Oil, Milk Protein Isolate, Peanut Flour, Peanuts, Nonfat Milk Solids, Soy Lecithin [An Emulsifier], Salt, Natural Flavors), Soy Protein Crisps, Water, Maltitol, Inulin, Brown Sugar, Vanilla, Coconut Oil, Cinnamon, Granola Flavor, Salt, Peanut Paste.

**ALLERGEN INFORMATION:** CONTAINS PEANUTS, SOY, MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS (ALMONDS), EGGS, AND WHEAT.

# Protein Squared: Peanut Butter "O"

## Nutrition Facts

Serving Size (51g)  
Servings Per Bar 1

### Amount Per Serving

**Calories** 210      **Calories from Fat** 60  
**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 4g      **19%**

Trans Fat 0g

**Cholesterol** 5mg      **1%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 1g      **4%**

Sugars 1g

Sugar Alcohol 13g

**Protein** 15g

Vitamin A 0%      •      Vitamin C 0%

Calcium 6%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000      2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Sugar Free Vanilla Wafer (Wheat Flour, Maltitol, Maltitol Syrup, Shortening [Partially Hydrogenated Soybean Oil], Natural Vanilla Flavor, Corn Starch, Soy Lecithin, Salt, Baking Soda), Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate), Peanut Butter Coating (Maltitol, Palm Kernel Oil, Milk Protein Isolate, Peanut Flour, Peanuts, Nonfat Milk Solids, Soy Lecithin [An Emulsifier], Salt, Natural Flavors), Hydrolyzed Gelatin, Peanut Butter, Maltitol, Glycerine, High Protein Coating (Whey Protein Concentrate, Palm Kernel Oil, Maltitol, Cocoa Powder, Sugar, Soy Lecithin [An Emulsifier], Vanillin), Water, Maltodextrin, Powder Sugar, Inulin, Coconut Oil, Lecithin, Salt, Peanut Oil.

ALLERGEN INFORMATION: CONTAINS PEANUTS, SOY, WHEAT AND MILK.  
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS (ALMONDS) AND EGGS.

# Protein Squared: Cashew Caramel Crunch

## Nutrition Facts

Serving Size (48g)

Servings Per Bar 1

### Amount Per Serving

**Calories** 200      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **13 %**

Saturated Fat 5g      **24 %**

Trans Fat 0g

**Cholesterol** 10mg      **3 %**

**Sodium** 70mg      **3 %**

**Total Carbohydrate** 19g      **7 %**

Dietary Fiber 1g      **4 %**

Sugars 2g

Sugar Alcohol 10g

**Protein** 15g

Vitamin A 15%      •      Vitamin C 15%

Calcium 8%      •      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000      2,500

Total Fat      Less than 65g      80g

Saturated Fat      Less than 20g      25g

Cholesterol      Less than 300mg      300mg

Sodium      Less than 2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Protein Core (Whey Protein Isolate, Soy Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate), Chocolate Coating (Maltitol, Palm Kernel Oil, Whey Protein Concentrate, Sugar, Cocoa Powder, Soy Lecithin [An Emulsifier], Vanillin), Maltitol, Gelatin, Glycerine, Sweetened Condensed Skim Milk, Cashews, Soy Crisps (Isolated Soy Protein, Cocoa, Tapioca Starch), Coconut Oil, Cocoa Powder, Butter, Lecithin [An Emulsifier], Vanilla, Potassium Sorbate, Peanut Paste.

**ALLERGEN INFORMATION:** CONTAINS CASHEWS, PEANUTS, SOY, MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS (ALMONDS), EGGS, AND WHEAT.