

PEANUT BUTTER PROTEIN BALL

INGREDIENTS

Unsalted Peanut butter (PEANUTS) Dark Compound (Sugar, hydrogenated vegetable fat, cocoa powder alkalised, whey, emulsifier: SOYA lecithin, stabiliser: sorbitan tristearate) Cranberries (Cranberries, cane sugar, sunflower oil) Margarine (Vegetable fats and oils, water, salt, emulsifiers (471, SOY bean lecithin), acidity regulators (331,330), antioxidant (307b), flavours and colour(160a), Coconut Oil (Coconut Oil) Almond Meal, Rolled oats (Wholegrain oats (GLUTEN) Coconut (Coconut, sodium metabisulphite(E223) Condensed Milk (Cow's MILK, sugar) Peanuts Honey Salt (Salt, potassium iodate) Protein Powder (MILK, sunflower).

ALLERGENS

ALLERGENS: CONTAINS PEANUT, SOY, SULPHITES, TREE NUTS, WHEAT, GLUTEN, MILK.

MAY CONTAIN: EGGS, LUPIN, SESAME



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	787 kJ (196 Cal)	2250 kJ (561 Cal)
Protein	6.1 g	17.6 g
Fat, total	14.32 g	40.91 g
- saturated	6.44 g	18.83 g
Carbohydrate	10.67 g	30.48 g
- sugars	6.5 g	18.83 g
Dietary fibre, total	0.93 g	2.65 g
Sodium	64.2 mg	183.55 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

BANANA BREAD

INGREDIENTS

Banana, Wheat Flour, Sugar, Canola Oil, Eggs, Greek Style Yoghurt (Milk, Milk Solids, Culture), Sodium Bicarbonate (500), Vanilla, Salt, Cinnamon.

ALLERGENS

CONTAINS: WHEAT, EGGS, GLUTEN, MILK

MAY CONTAIN: LUPIN, PEANUT, SESAME, SOY, SULPHITES, TREE NUTS

- Made with 100% Australian bananas
- Suitable for vegetarians
- No Preservatives
- No Artificial Colours



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 120 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1872 kJ (449 Cal)	1560.37 kJ (374 Cal)
Protein	6.65 g	5.54 g
Fat, total	15.51 g	12.92 g
- saturated	2.15 g	1.79 g
Carbohydrate	70.60 g	58.83 g
- sugars	39.98 g	33.32 g
Dietary fibre, total	2.67 g	2.23 g
Sodium	281.37 mg	234.47 mg

TABLE OF PLENTY - MINI RICE CAKES DARK CHOCOLATE

INGREDIENTS:

Dark Chocolate (60%) (Sugar, Cocoa Mass (37%), Cocoa Butter, Emulsifier (Soy Lecithin), Natural Vanilla Flavour), Wholegrain Rice (40%).

ALLERGENS

CONTAINS : SOY.

MAY CONTAIN: MILK, TREE NUTS AND SESAME SEEDS.

- Gluten Free
- Vegan Friendly Ingredients
- Only 16 Calories Per Pack
- Pure Dark Chocolate



NUTRITION INFORMATION		
Servings per package: 4		
Serving size: 15 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	307 kJ (73 Cal)	2045 kJ (489 Cal)
Protein	0.8 g	5.8 g
Fat, total	3.6 g	23.9 g
- saturated	2.2 g	14.5 g
Carbohydrate	9.0 g	59.9 g
- sugars	4.1 g	27.2 g
Dietary fibre, total	0.8 g	5.4 g
Sodium	<0.1mg	<0.1mg

CLIF BAR PEANUT BUTTER

INGREDIENTS

Peanut Butter, Oat Flour, Rolled Oats, Brown Rice Syrup, Date Paste, Cane Syrup, Pea Protein, Tapioca Syrup, Rice Starch, High Oleic Sunflower Oil, Palm Oil, Peanut Flour, Cane Sugar, Rice Flour, Natural Flavours Peanuts, Humectant (Vegetable Glycerin), Sea Salt, Emulsifier (Sunflower Lecithin) & Antioxidant (Mixed Tocopherols).

ALLERGENS

CONTAINS: PEANUTS & GLUTEN

MAY CONTAIN: TREE NUTS, MILK, SESAME & SOY



NUTRITION INFORMATION

Servings per package: 1

Serving size: 50 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	949 kJ	1898 kJ
Protein	7 g	14 g
Fat, total	10 g	21.4 g
- saturated	2.3 g	4.6 g
Carbohydrate	26.7 g	53.4 g
- sugars	9.5 g	19 g
Dietary fibre, total	2.9 g	5.8 g
Sodium	156.3 mg	312.6 mg

CLIF BAR CHOCOLATE HAZELNUT BUTTER

INGREDIENTS

Nut Butter Blend (Hazelnut Butter, Cashew Butter, Almond Butter), Oat Flour, Rolled Oats, Pea Protein, Brown Rice Syrup, Date Paste, High Oleic Sunflower Oil, Tapioca Syrup, Cane Syrup, Cane Sugar, Rice Starch, Palm Oil, Rice Flour, Alkalized Cocoa, Humectant (Vegetable Glycerin), Natural Flavours, Sea Salt, Unsweetened Chocolate, Coconut, Cocoa, Emulsifier (Sunflower Lecithin) & Antioxidant (Mixed Tocopherols).

ALLERGENS

CONTAINS: ALMONDS, CASHEWS, HAZELNUTS & GLUTEN

MAY CONTAIN: TREE NUTS, OTHER TREE NUTS, MILK, SESAME & SOY



NUTRITION INFORMATION

Servings per package: 1

Serving size: 50 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	946.3 kJ	1892.6 kJ
Protein	6 g	12 g
Fat, total	10.8 g	21.6 g
- saturated	2 g	4
Carbohydrate	27 g	54 g
- sugars	9.7 g	19.4 g
Dietary fibre, total	3 g	6 g
Sodium	164.2 mg	328.4 mg

DO-GOOD-LAB POPCORN CHEDDAR CHEESE

INGREDIENTS

Wholegrain Corn (79%), Sunflower Oil, Sea Salt (1.5%)

ALLERGENS

MAY CONTAIN PEANUTS, TREE NUTS,
SOY AND SULPHITES



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	460 kJ (110 Cal)	1840 kJ (440 Cal)
Protein	2.5 g	10.2 g
- Gluten	Not Detected	Not Detected
Fat, total	5.5 g	22.3 g
- saturated	less than 1.0 g	2.6 g
Carbohydrate	10.9 g	43.8 g
- sugars	less than 1.0 g	less than 1.0 g
Sodium	161 mg	646 mg

DO-GOOD-LAB POPCORN CHEDDAR CHEESE

INGREDIENTS

Wholegrain Corn (63%), Cane Sugar, Sunflower Oil, Sea Salt (1%)

ALLERGENS

MAY CONTAIN PEANUTS, TREE NUTS,
SOY AND SULPHITES



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	569 kJ (136 Cal)	2270 kJ (543 Cal)
Protein	1.4 g	5.8 g
- Gluten	Not Detected	Not Detected
Fat, total	8.6 g	34.6 g
- saturated	2.4 g	9.8 g
Carbohydrate	12.5 g	50.1 g
- sugars	4.7 g	18.9 g
Sodium	220 mg	882 mg

DO-GOOD-LAB POPCORN CHEDDAR CHEESE

INGREDIENTS

Wholegrain Corn (55%), Sunflower Oil, Tasty Cheddar Cheese (16%) [Milk Solids, Cheese Solids (Pasteurised Milk, Salt, Starter Culture, Enzymes), Salt, Acidity Regulator (Citric Acid)], Sea Salt, Natural Colour (Beta Carotene).

ALLERGENS

CONTAINS MILK
MAY CONTAIN PEANUTS, TREE NUTS,
SOY AND SULPHITES



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	545 kJ (130 Cal)	2180 kJ (521 Cal)
Protein	2.4 g	9.8 g
- Gluten	Not Detected	Not Detected
Fat, total	9.0 g	36.2 g
- saturated	1.9 g	7.9 g
Carbohydrate	8.9 g	35.8 g
- sugars	1.2 g	5.1 g
Sodium	174 mg	697 mg