

## Exante Diet Original Protein Granola

**Ingredients:** Rolled **Oats**, **Soy** Protein Flakes (Isolated **Soya** Protein, Rice Flour, Whole **Oat** Flour, **Barley** Flour, Brown Rice Syrup), **Soy** Protein Crispies (Isolate **Soya** Protein, Rice Flour, Malt Extract (**Barley**), Salt), Concentrated Apple Juice, Pumpkin Seeds, Rapeseed Oil, Chicory Fibre, Black Treacle, **Oat** Bran, Chopped **Almonds**, Chopped **Walnuts**, Desiccated Coconut, Fructose, Natural Flavouring

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 40g
Energy (kJ)	1910	764
Energy (kcal)	457	183
Fat (g)	19.5	7.8
of which saturates (g)	3.8	1.5
Carbohydrate (g)	43.6	17.4
of which sugars (g)	13.3	5.3
Fibre (g)	8.1	3.2
Protein (g)	25.3	10.1
Salt (g)	0.0	0.0

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegan, Vegetarian

**Suggest Use:** Follow instructions on packet.

## Ape Lightly Salted Coconut Curls

**Ingredients:** Coconut, Natural Rock Salt (g).

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 20g
Energy (kJ)	2246	449
Energy (kcal)	543	109
Fat (g)	40	8
of which saturates (g)	36	7.2
Carbohydrate (g)	28	5.6
of which sugars (g)	12	2.4
Fibre (g)	22	4.4
Protein (g)	7	1.4
Salt (g)	1.4	0.3

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegan, Vegetarian, Gluten-Free

**Suggest Use:** Consume orally.

## Bioglan Superfoods Chia, Maca, Peanut Raw Bites

**Ingredients:** Peanuts, Sultanas, Dates, Sunflower Seeds, Chia Seeds, Maca Root Powder.

### Nutritional Information:

Typical Nutritional Values	Per Serving	Per 100g
Energy (kJ)	686	1715
Energy (kcal)	181	453
Fat (g)	10.2	25.8
Carbohydrate (g)	16.9	42.2
of which sugars (g)	11.9	29.8
Fibre (g)	4	9.9
Protein (g)	6.7	16.7
Salt (g)	<0.1	0.1

**Allergens:** For allergens, see ingredients in **bold**.

**Suitable:** Vegan, Vegetarian, Gluten-Free

**Suggest Use:** Consume orally.

## Raw Halo Mylk & Goji Berry & Vanilla Artisan Raw Chocolate

**Ingredients:** Raw Cacao Butter\*, Coconut Sugar\*, Raw Cacao Powder\*, Goji Berries\* (10%), **Cashew Nuts\*** (9%), Lucuma Powder\*, Inulin Powder\*, Vanilla Powder\* (1%), Pure Vanilla Extract\* (0.2%)

\*Certified organic ingredients.  
Cocoa solids 57% minimum

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 33g Bar
Energy (kJ)	2485	820
Energy (kcal)	601	198
Fat (g)	50.5	16.6
of which saturates (g)	30.2	10.0
Carbohydrate (g)	31.2	10.3
of which sugars (g)	18.5	6.1
Protein (g)	6.8	2.2
Salt (g)	0.2	0.1

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegan, Vegetarian, Gluten-Free, Wheat-Free, Dairy-Free, Lactose-Free

**Suggest Use:** Consume orally.

## Aduna Baobab Superfruit Raw Energy Bar

**Ingredients:** Dates, Apple Juice, Dried Pineapple (15%), Baobab Powder (15%), Raisins (Raisins, Sunflower Oil), **Almonds** (11%)

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 33g Bar
Energy (kJ)	1385	623
Energy (kcal)	329	148
Fat (g)	6.6	3
of which saturates (g)	0.5	0.2
Carbohydrate (g)	58.2	26.2
of which sugars (g)	50.4	22.7
Fibre (g)	9.8	4.4
Protein (g)	4.2	1.9
Salt (g)	0.1	0.04

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Organic, Raw, Vegan, Vegetarian, Gluten-Free, Wheat-Free, Dairy-Free

**Suggest Use:** Consume orally.

## Moma Super Seed Porridge

**Ingredients:** Wholegrain Oats (68%), Skimmed **Milk** Powder, Pumpkin Seed (3%), Linseed (3%), Chia Seed (1%)

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 70g Pot
Energy (kJ)	1537	1076
Energy (kcal)	363	254
Fat (g)	6.1	4.3
of which saturates (g)	1.1	0.8
Carbohydrate (g)	60.3	42.2
of which sugars (g)	14.2	9.9
Protein (g)	20.5	14.4
Salt (g)	0.5	0.3

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegetarian, Gluten-Free, No Added Sugar

**Suggest Use:** Consume orally.

## Moma Plain Porridge (No Added Sugar)

**Ingredients:** Wholegrain Oats (73%), Skimmed **Milk** Powder

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 70g Pot
Energy (kJ)	1491	1044
Energy (kcal)	352	246
Fat (g)	3.7	2.6
of which saturates (g)	0.8	0.6
Carbohydrate (g)	63.3	44.3
of which sugars (g)	15.1	10.6
Fibre (g)	6.6	4.7
Protein (g)	20.5	14.3
Salt (g)	0.5	0.3

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegetarian, Gluten-Free, No Added Sugar

**Suggest Use:** Consume orally.

## Squirrel Sisters Coconut Cashew Snack Bar

**Ingredients:** Dates, **Cashews**, Coconut (16%), Sultanas, **Almonds**, Sunflower Seeds

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 20g Bar
Energy (kJ)	1910	328
Energy (kcal)	456	91
Fat (g)	28.8	5.8
of which saturates (g)	11	2.2
Carbohydrate (g)	45.5	9.1
of which sugars	27.4	5.5
Fibre (g)	5.2	1
Protein (g)	10.9	2.2
Salt (g)	0	0

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegetarian, Gluten-Free, Vegan, Paleo

**Suggest Use:** Consume orally.

## Sweet Virtues Maqui Chocolate Halo Thins

**Ingredients:** 67% Dark Chocolate (Cacao Mass, Cacao Butter, Coconut Sugar), Olive Oil, Coconut Nectar, **Almonds**, Sunflower Seeds, Lucuma, Carob, Maca, Apple Powder, Ginseng, Soya Lecithin (emulsifier), Cocoa Powder, Maqui Berry

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 115g Bar
Energy (kJ)	1914	2210
Energy (kcal)	457	525
Fat (g)	28	32.2
of which saturates (g)	16	18.4
Carbohydrate (g)	45.5	52.3
of which sugars (g)	24	27.6
Fibre (g)	4.4	5.1
Protein (g)	7.6	8.7
Salt (g)	0.3	0

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Organic, Vegan, Vegetarian, Gluten-Free, Dairy-Free, Nut-Free, Sugar-Free

**Suggest Use:** Consume orally.

## Sibberi Birch Water

**Ingredients:** Birch Water

### **Nutritional Information:**

Typical Nutritional Values	Per 100ml
Energy (kJ)	13
Energy (kcal)	3
Fat (g)	<0.1
of which saturates (g)	<0.03
Carbohydrate (g)	0.8
of which Sugar (g)	0.8
Protein (g)	0
Salt (g)	<0.01

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegetarian

**Suggest Use:** Consume orally.

## Mighty Bee Spicy BBQ Coconut Jerky

**Ingredients:** Coconut Meat, Water, Sundried Tomato, Dates, Smoked Paprika, Cayenne Pepper, Garlic, Salt, Onion, Oregano, Basil

### Nutrition Information:

Typical Nutritional Values	Per 100g	Per 30g
Energy (kJ)	1678	503
Energy (kcal)	405	122
Fat (g)	26.0	7.8
of which saturates (g)	21.53	6.46
Carbohydrate (g)	43.6	13.08
of which sugars (g)	24.7	7.41
Fibre (g)	19.0	5.7
Protein (g)	8.58	2.57
Salt (g)	3.03	0.91
Sodium (mg)	1.21	0.36

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegetarian, Vegan, Paleo, Raw, Organic

**Suggest Use:** Consume orally.

## Mighty Bee Teriyaki Coconut Jerky

**Ingredients:** Coconut Meat, Dates, Tamari, Coconut Sugar, Brown Rice Vinegar, Garlic, Ginger

### Nutrition Information:

Typical Nutritional Values	Per 100g	Per 30g
Energy (kJ)	1448	435
Energy (kcal)	346	104
Fat (g)	17.2	5.2
of which saturates (g)	13.6	4
Carbohydrate (g)	45.3	13.6
of which sugars (g)	30.4	9.1
Fibre (g)	10.1	3
Protein (g)	7.5	2.3
Salt (g)	4	1.2
Sodium (mg)	1.62	0.5

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegetarian, Vegan, Paleo, Raw, Organic

**Suggest Use:** Consume orally.

## Mighty Bee Chocolate Hazelnut Coconut Jerky

**Ingredients:** Coconut Meat, Water, Hazelnut, Dates, Coconut Sugar, Raw Cacao, **Cashew**, Vanilla Extract, Cinnamon, Nutritional Yeast

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 30g
Energy (kJ)	2059	618
Energy (kcal)	497	149
Fat (g)	36.3	10.9
of which saturates (g)	18.7	5.6
Carbohydrate (g)	26.5	8.0
of which sugars (g)	25.9	7.8
Fibre (g)	13.8	4.1
Protein (g)	9.5	2.75
Salt (g)	0.2	0.1

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Vegetarian, Vegan, Paleo, Raw, Organic

**Suggest Use:** Consume orally.

## Punch Foods Chilli Smoke Superseeds

**Ingredients:** Sunflower Seeds, Pumpkin Seeds, Tamari, Tomato, Cayenne Pepper, Smoked Paprika

### Nutritional Information:

Typical Nutritional Values	Per 25g	Per 100g
Energy (kJ)	607	2428
Energy (kcal)	146	587
Fat (g)	12.8	51.3
of which saturates (g)	1.8	7.3
Monounsaturates (g)	2.7	11.1
Polyunsaturates (g)	7.6	30.4
Carbohydrate (g)	0.3	1.4
of which sugars (g)	0.5	2.2
Fibre (g)	5	20.0
Protein (g)	6	24.7
Salt (g)	0.4	1.8

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Gluten-Free, Dairy-Free, Vegetarian, Vegan, Organic

**Suggest Use:** Consume orally.

## Punch Foods Cinnamon Spice Superseeds

**Ingredients:** Sunflower Seeds, Pumpkin Seeds, Coconut Sugar, Cinnamon, Ginger, Nutmeg, Turmeric

### Nutritional Information:

Typical Nutritional Values	Per 25g	Per 100g
Energy (kJ)	635	2500
Energy (kcal)	151	605
Fat (g)	13	52.6
of which saturates (g)	1.9	7.6
Monounsaturates (g)	3	12.2
Polyunsaturates (g)	7.5	30.3
Carbohydrate (g)	0.02	0.1
of which sugars (g)	1	5.6
Fibre (g)	4.2	17.1
Protein (g)	6	24.3
Salt (g)	0	0.01

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Gluten-Free, Dairy-Free, Vegetarian, Vegan, Organic

**Suggest Use:** Consume orally.

## Punch Foods Coconut Brownie Superseeds

**Ingredients:** Sunflower Seeds, Pumpkin Seeds, Raw Cacao Powder, Coconut Sugar, Flaked Coconut, Coconut Oil

### Nutritional Information:

Typical Nutritional Values	Per 25g	Per 100g
Energy (kJ)	637	2550
Energy (kcal)	154	616
Fat (g)	13	52.2
of which saturates (g)	6.6	26.5
Monounsaturates (g)	1.8	7.4
Polyunsaturates (g)	3.9	15.9
Carbohydrate (g)	2.8	11.4
of which sugars (g)	2	8.7
Fibre (g)	3	11.3
Protein (g)	5	19.6
Salt (g)	<0.01	0.03

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Gluten-Free, Dairy-Free, Vegetarian, Vegan, Organic

**Suggest Use:** Consume orally.

## Punch Foods Japanese Tamari Superseeds

**Ingredients:** Sunflower Seeds, Pumpkin Seeds, Tamari

### Nutritional Information:

Typical Nutritional Values	Per 25g	Per 100g
Energy (kJ)	646	2584
Energy (kcal)	156	625
Fat (g)	13.9	55.6
of which saturates (g)	2	8.1
Monounsaturates (g)	3	12.1
Polyunsaturates (g)	8.3	33.3
Carbohydrate (g)	0.09	0.4
of which sugars (g)	0.2	1.0
Fibre (g)	2.5	10.1
Protein (g)	7	26.2
Salt (g)	0.4	1.6

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Gluten-Free, Dairy-Free, Vegetarian, Vegan, Organic

**Suggest Use:** Consume orally.

## Punch Foods Maca Caramel Superseeds

**Ingredients:** Sunflower Seeds, Pumpkin Seeds, Maca Powder, Coconut Sugar

### Nutritional Information:

Typical Nutritional Values	Per 25g	Per 100g
Energy (kJ)	592	2370
Energy (kcal)	143	574
Fat (g)	12	48.4
of which saturates (g)	1.7	6.8
Monounsaturates (g)	2.7	11.19
Polyunsaturates (g)	7	28.16
Carbohydrate (g)	0.02	0.1
of which sugars (g)	2.5	10.1
Fibre (g)	5.5	21.8
Protein (g)	6	23.7
Salt (g)	0	0.01

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Gluten-Free, Dairy-Free, Vegetarian, Vegan, Organic

**Suggest Use:** Consume orally.

## Meridian Almond Nut Bar

**Ingredients:** **Almonds** (55%), Brown Rice Malt, Agave Nectar, Rice Bran, Concentrated Fruit Juice (Apple, Pear, Grape), Rice Protein, Rice Starch, Emulsifier: Sunflower Lecithin

### Nutritional Information:

Typical Nutritional Values	Per 100g	Per 40g
Energy (kJ)	2101	840
Energy (kcal)	504	202
Fat (g)	30.5	12.2
of which saturates (g)	3.0	1.2
Carbohydrate (g)	35.2	14.1
of which sugars (g)	23.2	9.3
Fibre (g)	9.9	4
Protein (g)	17.4	7
Salt (g)	0.0	0.0

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Egg-Free, Wheat-Free, Soy-Free, Gluten-Free, Dairy-Free, Vegetarian, Vegan

**Suggest Use:** Consume orally.

## Meridian Peanut Bar

**Ingredients:** **Peanuts** (55%), Brown Rice Malt, Agave Nectar, Rice Bran, Concentrated Fruit Juice (Apple, Pear, Grape), Rice Protein, Rice Starch, Emulsifier: Sunflower Lecithin

### Nutritional Information:

Typical Nutritional Values	per 100g	per 40g
Energy (kJ)	1936	774
Energy (kcal)	463	185
Fat (g)	22.2	8.9
of which saturates (g)	4.0	1.6
Carbohydrate (g)	39.8	15.9
of which sugars (g)	27.4	11
Fibre (g)	6.8	2.7
Protein (g)	19.9	8
Salt (g)	0.1	0.0

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Egg-Free, Milk-Free, Wheat-Free, Soy-Free, Gluten-Free, Vegetarian, Vegan

**Suggest Use:** Consume orally.

## Meridian Cashew Bar

**Ingredients:** **Cashews** (55%), Brown Rice Malt, Agave Nectar, Rice Bran, Concentrated Fruit Juice (Apple, Pear, Grape), Rice Protein, Rice Starch, Emulsifier: Sunflower Lecithin, Vanilla Flavouring

### Nutritional Information:

Typical Nutritional Values	per 100g	per 40g
Energy (kJ)	2090	836
Energy (kcal)	501	200
Fat (g)	30.3	12.1
of which saturates (g)	5.9	2.4
Carbohydrate (g)	39.3	15.7
of which sugars (g)	21.7	8.7
Fibre (g)	5.1	2.0
Protein (g)	15.4	6.2
Salt (g)	<0.1	<0.1

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Egg-Free, Milk-Free, Wheat-Free, Soy-Free, Gluten-Free, Vegetarian, Vegan

**Suggest Use:** Consume orally.

## Meridian Peanut & Cocoa Bar

**Ingredients:** Peanuts (52%), Rice Syrup, Raisins (12%), Cocoa Powder (7%), Cocoa Butter (2%), Concentrated Fruit Juice (Apple, Pear, Grape), Emulsifier: Sunflower Lecithin

### Nutritional Information:

Typical Nutritional Values	per 100g	per 40g
Energy (kJ)	2031	812
Energy (kcal)	487	195
Fat (g)	27.8	11.1
of which saturates (g)	4.8	1.9
Carbohydrate (g)	37.9	15.2
of which sugars (g)	25.5	10.2
Fibre (g)	6.0	2.4
Protein (g)	18.3	7.3
Salt (g)	0.07	0.03

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Egg-Free, Milk-Free, Wheat-Free, Soy-Free, Gluten-Free, Vegetarian, Vegan

**Suggest Use:** Consume orally.

## Meridian Peanut & Banana Bar

**Ingredients:** **Peanuts** (48%), Sundried Banana (28%), Rice Syrup, Concentrated Fruit Juice (Apple, Pear, Grape), Brown Rice Protein, Emulsifier: Sunflower lecithin, Natural Flavouring

### Nutritional Information:

Typical Nutritional Values	per 100g	per 40g
Energy (kJ)	1805	608
Energy (kcal)	432	152
Fat (g)	23.8	9.5
of which saturates (g)	3.2	2.1
Carbohydrate (g)	34.8	13.9
of which sugars (g)	22.5	9
Fibre (g)	4.8	1.9
Protein (g)	17.4	6.9
Salt (g)	0.1	0.01

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Egg-Free, Milk-Free, Wheat-Free, Soy-Free, Gluten-Free, Vegetarian, Vegan

**Suggest Use:** Consume orally.

## Meridian Peanut & Berry Bar

**Ingredients:** Peanuts (52%), Rice Syrup, Cranberries (10%), Brown Rice Protein (g), Concentrated Fruit Juice (Apple, Pear, Grape), Dried Raspberries (3%), Emulsifier: Sunflower Lecithin, Natural Flavouring

### Nutritional Information:

Typical Nutritional Values	per 100g	per 40g
Energy (kJ)	2032	813
Energy (kcal)	487	195
Fat (g)	27.8	10.8
of which saturates (g)	4.8	1.5
Carbohydrate (g)	39.7	15.9
of which sugars (g)	24.9	10
Fibre (g)	7.7	3.1
Protein (g)	17.7	7.1
Salt (g)	0.05	0.02

**Allergens:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**Suitable:** Egg-Free, Milk-Free, Wheat-Free, Soy-Free, Gluten-Free, Vegetarian, Vegan

**Suggest Use:** Consume orally.