



Nutritional Information

FLAVOR	Aprox. Calories Per Oz.	Aprox. Carbs Per Oz.	Aprox. Sugars Per Oz.	Gluten	Milk	Nuts	Egg	Soy
NON-FAT:								
Angel Food Cake	27.5	6.25g	4.75g	Yes	Yes	No	Yes	No
Apple Crumb Pie	25	5.25g	4.25g	No	Yes	No	No	No
Banana	27	6g	4.25g	No	Yes	No	No	No
Cappuccino	25	5.25g	4g	No	Yes	No	No	No
Carrot Cake	25	5.25g	4g	No	Yes	No	No	No
Cherry	27.5	6g	5g	No	Yes	No	No	No
White Choc. Mac. Nut	25	5.25g	4.5g	No	Yes	No	No	No
Chocolate Mania	30	6.5g	4.5g	No	Yes	No	No	No
Chocolate Milkshake	27.75	5.75g	5.25g	Yes	Yes	No	No	No
Egg Nog	27.5	5.75g	4.5g	No	Yes	No	Yes	No
Gingerbread Cookie	25	5.5g	4.5g	No	Yes	No	No	No
Graham Cracker Mix	27.25	6g	4.25g	Yes	Yes	No	No	Yes
Just Peachy	25	5.75g	4.5g	No	Yes	No	No	No
Mint	25	5.5g	4.5g	No	Yes	No	Yes	No
Mint Chocolate	30	6.25g	4.5g	No	Yes	No	No	No
N.Y. Cheesecake	27.5	5.5g	4.5g	No	Yes	No	Yes	No
Peppermint	25	5g	4.25g	No	Yes	No	No	No
Pineapple	25	5.5g	4.5g	No	Yes	No	No	No
Pistachio	25	5.5g	4.5g	No	Yes	No	No	No
Pumpkin	27.5	5.75g	4.5g	No	Yes	No	No	No
Raspberry	25	5.75g	4.25g	No	Yes	No	No	No
Root Beer Float	25	5.5g	4.5g	No	Yes	No	No	No
Smores	30.75	7g	4.75g	No	Yes	No	No	No
Snickerdoodle	25	5g	4.25g	No	Yes	No	No	No
Strawberry Patch	25	5.25g	4.25g	No	Yes	No	No	No
Thin Mint Cookie	27.5	6g	4.5g	Yes	Yes	No	Yes	Yes
Vanilla	25	5.25g	4g	No	Yes	No	No	No
Vanilla Bean	27.5	6.25g	4.25g	No	Yes	No	No	No
Vanilla Milkshake	28.5	6g	4.5g	Yes	Yes	No	No	No
Java Chip	26.25	5.75g	4g	No	Yes	No	No	No

**KOSHER

**LIVE & ACTIVE CULTURES

**MOST FLAVORS ARE GLUTEN FREE

**MANUFACTURED IN A FACILITY THAT PROCESSES PEANUTS, TREENUTS, EGGS, MILK, SOY, WHEAT AND GLUTEN



Nutritional Information

FLAVOR	Aprox. Calories Per Oz.	Aprox. Carbs Per Oz.	Aprox. Sugars Per Oz.	Gluten	Milk	Nuts	Egg	Soy
98% FAT FREE:								
Cake Batter	31.75	6.75g	4.5g	Yes	Yes	No	Yes	No
Cookies & Cream	30	5.25 g	4.25g	Yes	Yes	No	No	Yes
Dreamy Peanut Butter	37.5	5g	3.25g	No	Yes	Yes	No	No
Dulce de Leche	30	5.5g	4.5g	No	Yes	No	Yes	No
Espresso	30	4.75g	4g	No	Yes	No	No	No
Heath Bar	27.5	5.75g	4.25g	No	Yes	Yes	No	Yes
Salted Southern Pecan	44.3	9g	6.6g	No	Yes	Yes	No	Yes
Peanut Butter Cup	33.5	6.5g	5g	No	Yes	Yes	No	No
Red Velvet	30	5.5g	4.25g	Yes	Yes	No	Yes	No
Tropical Island Coconut	27.5	5.5g	4.5g	No	Yes	Yes	No	Yes
Choc. Chip Cookie Dough	30	5.75g	4.25g	Yes	Yes	No	Yes	Yes
Brownie Batter	30	6g	4.75g	No	Yes	No	Yes	No

FLAVOR	Aprox. Calories Per Oz.	Aprox. Carbs Per Oz.	Aprox. Sugars Per Oz.	Gluten	Milk	Nuts	Egg	Soy
TARTS NON-FAT:								
Tart Blueberry	23	7.5g	5.8g	No	Yes	No	No	No
Tart Cherry	29	6.5g	4.3g	No	Yes	No	No	No
Tart Green Apple	29	6.5g	4.3g	No	Yes	No	No	No
Tart Green Tea	29	6.5g	4.3g	No	Yes	No	No	No
Tart Kiwi	29	6.5g	4.3g	No	Yes	No	No	No
Tart Mango	29	6.5g	4.3g	No	Yes	No	No	No
Tart Peach	29	6.5g	4.3g	No	Yes	No	No	No
Tart Pineapple	29	6.5g	4.3g	No	Yes	No	No	No
Plain Tart	22.5	4.5g	4g	No	Yes	No	No	No
Tart Pomegranate	33	5.9g	5.9g	No	Yes	No	No	No
Tart Strawberry	29	6.5g	4.3g	No	Yes	No	No	No

**KOSHER

**LIVE & ACTIVE CULTURES

**MOST FLAVORS ARE GLUTEN FREE

**MANUFACTURED IN A FACILITY THAT PROCESSES PEANUTS, TREENUTS, EGGS, MILK, SOY, WHEAT AND GLUTEN



Nutritional Information

FLAVOR	Aprox. Calories Per Oz.	Aprox. Carbs Per Oz.	Aprox. Sugars Per Oz.	Gluten	Milk	Nuts	Egg	Soy
NO SUGAR ADDED NON-FAT:								
Blueberry Blast	17.5	4.5g	1.5g	No	Yes	No	No	No
Boysenberry	21.75	5g	1.75g	No	Yes	No	No	No
Chocolate	22.5	5g	1.5g	No	Yes	No	No	No
Cinnamon Swirl	21	5.25g	1.5g	No	Yes	No	No	No
French Vanilla	21.25	5g	1.5g	No	Yes	No	No	No
Pecan Pralines	20.25	5.25g	1.5g	No	Yes	No	No	No
Raspberry	17.5	4.25g	1.5g	No	Yes	No	No	No
Strawberry	17.5	4.5g	1.5g	No	Yes	No	No	No
Strawberry Banana	20.5	4.75g	1.5g	No	Yes	No	No	No

FLAVOR	Aprox. Calories Per Oz.	Aprox. Carbs Per Oz.	Aprox. Sugars Per Oz.	Gluten	Milk	Nuts	Egg	Soy
NON-DAIRY (NON-FAT):								
Caribbean Breeze	26	6.5g	4g	No	No	No	No	No
Mango Sensation	20	5.25g	3.75g	No	No	No	No	No
Outrageous Orange	22.5	5.5g	4.75g	No	No	No	No	No
Pink Lemonade	22.5	5.5g	4.75g	No	No	No	No	Yes
Strawberry Kiwi	26	6.5g	4.25g	No	No	No	No	No
Watermelon	30	7.25g	5.5g	No	No	No	No	No

****KOSHER**

****LIVE & ACTIVE CULTURES**

****MOST FLAVORS ARE GLUTEN FREE**

****MANUFACTURED IN A FACILITY THAT PROCESSES PEANUTS, TREENUTS, EGGS, MILK, SOY, WHEAT AND GLUTEN**