



Nutrition Facts	
Serving Size: Approx. 1/2 Cup (56g)	
Serving Per Container About 5.5	
Amount Per Serving	
Calories: 240	Cal from Fat: 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 12g	
Vitamin A 2% • Vitamin C 0%	
Calcium 6% • Iron 8%	
*Percent 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
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g
Calories Per Gram	
Fat 9 • Carbohydrate 4 • Protein 4	



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Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 12g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 10%	
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Amount Per Serving	
Calories: 270	Cal from Fat: 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 12g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 10%	
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Calories: 270	Cal from Fat: 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 12g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 10%	
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Calories Per Gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Oats, Whey Protein Concentrate, Brown Sugar, Almonds, Coconut, Blueberries, Mango, Coconut Oil, Rice Flour, Vanilla, Salt, Cinnamon

Oats, Whey Protein Concentrate, Brown Sugar, Almonds, Coconut, Cranberries, Cherries, Coconut Oil, Rice Flour, Vanilla, Salt, Cinnamon

Oats, Whey Protein Concentrate, Brown Sugar, Almonds, Coconut, Pineapple, Coconut Oil, Rice Flour, Vanilla, Salt, Cinnamon

Oats, Whey Protein Concentrate, Brown Sugar, Almonds Coconut, Banana Chips, Apples, Coconut Oil, Rice Flour, Vanilla, Salt, Cinnamon



Blue Mango

SKU: PG-BM11



Red Berry

SKU: PG-RB11



Pina Colada

SKU: PG-PC11



Banana Apple

SKU: PG-GP11

12g of PROTEIN!

Gluten Free | Non GMO | High Protein



Unit Wt: 11oz | Units / CS: 6 | Unit Dims: 10" x 6.5" x 2.5"
Case Wt: 4.5 lbs | Case Dims: 10" x 9" x 6.5"
Shelf Life: 12 Months

bitefuel.com
971.249.2026
info@bitefuel.com

Food for Warriors™

Made in USA

