

BAKERY ITEMS & SHALEY'S COMETS

FIT FUEL

Serving Size	1 pack
Calories	192
Protein	8
Carbs	10
Fat	15
Sodium	56
Dietary Fiber	3

CINNAMON VANILLA PROTEIN

Serving Size	1 pack
Calories	291
Protein	12
Carbs	10
Fat	15
Sodium	29
Dietary Fiber	3

FAT BOMBS

Serving Size	1 pack
Calories	300
Protein	12
Carbs	14
Fat	27
Sodium	280
Dietary Fiber	4

BANANA BREAD PROTEIN

Serving Size	1
Calories	300
Protein	28
Carbs	44
Fat	20
Sodium	32
Dietary Fiber	6

HEMP SEED BARS

Serving Size	1
Calories	275
Protein	13
Carbs	16
Fat	32
Sodium	71
Dietary Fiber	6

MAPLE PECAN SCONE

Serving Size	1
Calories	285
Protein	8
Carbs	7.5
Fat	8
Sodium	184
Dietary Fiber	3.7

"OATMEAL" CHOCOLATE CHIP COOKIE

Serving Size	1
Calories	225
Protein	5
Carbs	8.5
Fat	20.6
Sodium	137
Dietary Fiber	4.04

OATMEAL APPLE CRAN COOKIE

Serving Size	1
Calories	293
Protein	5.5
Carbs	41.3
Fat	16.7
Sodium	150
Dietary Fiber	5