

LC-Fresh Baked Brownies®



Net Carbs
1g
Per Serving

Low Carb & Diabetic Friendly



Refrigerate or freeze upon receiving. Paper bakeware is oven safe for warming. Remove air from bag before resealing.

Nutrition Facts

Serving Size 1.2 oz (34g)
(approx 1 1/2" x 1 1/2" brownie square)
Servings per container 12
Amount Per Serving
Calories 122
Calories from Fat 68

		%Daily Value*	
Total Fat	7.5g	12%	Total Carbohydrate 11g 4%
Saturated Fat	3g	15%	Dietary Fiber 10g 40%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	37mg	12%	Protein 2.5g 5%
Sodium	69mg	3%	Net Carbs 1g

*Percent daily values are based on a 2000 calorie diet.
Ingredients: Wheat protein isolate, almond and coconut flours, flax meal, cocoa, eggs, butter, sour cream, unsweetened chocolate liquor, cocoa butter, sunflower lecithin, vanilla extract, inulin chichory root, baking powder, vanilla, salt, stevia, monk fruit.
Allergen Warning: Processed in a facility that uses wheat gluten and nuts

Net Wt. 14.4 oz. (410g)

Manufactured by LC Foods™
Company, Raleigh NC 27604

LC-Bagel Chips® Cinnamon & Sugar



Diabetic Friendly Low Carb

Net Carbs
1g
Per Serving



Refrigerate upon receiving. Remove air from bag before resealing.

Nutrition Facts

Serving Size 5 Chips (36.6g)
chips are variable in size and averaged
Servings per container 6
Amount Per Serving
Calories 99
Calories from Fat 16

		%Daily Value*	
Total Fat	1.8g	3%	Total Carbohydrate 9.7g 3%
Saturated Fat	.2g	1%	Dietary Fiber 8.7g 35%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 11g 22%
Sodium	87mg	4%	Net Carbs 1g

*Percent daily values are based on a 2000 calorie diet.
Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, olive oil, vital wheat gluten, instant dry yeast, inulin (chicory root) fiber, cinnamon, calcium propionate (as a preservative), vinegar, organic stevia rebaudiana leaf natural herbal extracts, and natural luo han guo monk fruit.
Allergen Warning: Processed in a facility that uses nuts and gluten.

Net Wt. 7.7 oz. (220g) approx 30 chips

Manufactured by LC Foods™
Company, Raleigh NC 27604

LC-Orange Cranberry Muffins®



Diabetic Friendly Low Carb

Net Carbs
2g
Per Serving



Refrigerate or Freeze After Receiving Remove Air From Bag Before Closing

Nutrition Facts

Serving Size 2.4 oz (70g)
1 large muffin 2 1/2" x 1 1/4"
Servings per container 4
Amount Per Serving
Calories 176
Calories from Fat 81

		%Daily Value*	
Total Fat	9g	14%	Total Carbohydrate 12.6g 4%
Saturated Fat	5g	25%	Dietary Fiber 10.6g 42%
Trans Fat	0g		Sugars 0g
Cholesterol	81mg	27%	Protein 11g 22%
Sodium	217mg	9%	Net Carbs 2g

*Percent daily values are based on a 2000 calorie diet.
Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, eggs, butter, cream, coconut oil, cranberries, inulin, digestion resistant polydextrose fiber, baking powder, salt, organic stevia, natural luo han guo monk fruit, vanilla extract, natural orange flavors and natural enzymes.
Allergen Warning: Processed in a facility that uses nuts and gluten

Net Wt. 9.8 oz. (280g)

Manufactured by LC Foods™
Company, Raleigh NC 27604



LC-Snack Pack®



Chocolate Chips & Toasted Coconut

Diabetic Friendly Gluten Free

Net Carbs
2g
Per Serving

Paleo Ketogenic LCHF Friendly

Nutrition Facts

Amount Per Serving
Serving Size 1/4 cup (24.5g)
Servings per container 2
Calories 151
Calories from Fat 103

		%Daily Value*	
Total Fat	11.4g	18%	Total Carbohydrate 10.5g 4%
Saturated Fat	8.9g	44%	Dietary Fiber 5.5g 22%
Trans Fat	0g		Sugars 0g
Cholesterol	0mg	0%	Alcohol Sugars 3g
Sodium	5mg	0%	Protein 1.7g 3%

*Percent daily values are based on a 2000 calorie diet.
Ingredients: Unsweetened chocolate liquor, toasted coconut chips, inulin chichory root fiber, erythritol, cocoa butter, organic sunflower lecithin, vanilla extract.
Allergen Warning: Processed in a facility using gluten and nuts.



Manufactured by:
LC-Foods® Corp
Raleigh, NC 27610
www.LowCarbFoods.com

Net Wt. 1.7 oz. (49.1g) (Mix Weight May Vary)



LC-Snack Pack®



SF Dark Chocolate Covered Peanuts

Diabetic Friendly Gluten Free

Net Carbs
3g
Per Serving

Artificial Sweetener FREE

Nutrition Facts

Amount Per Serving
Serving Size 1/4 cup (45.6g)
Servings per container 2
Calories 272
Calories from Fat 180

		%Daily Value*	
Total Fat	20g	31%	Total Carbohydrate 19g 6%
Saturated Fat	9.5g	48%	Dietary Fiber 5g 20%
Trans Fat	0g		Sugars 0g
Cholesterol	0mg	0%	Alcohol Sugars 11g
Sodium	3mg	0%	Protein 4g 8%

*Percent daily values are based on a 2000 calorie diet.
Ingredients: Dry roasted peanuts, unsweetened chocolate liquor, erythritol, cocoa butter, inulin, sunflower lecithin, vanilla.
Allergen Warning: Processed in a facility using gluten.



Manufactured by:
LC-Foods® Corp
Raleigh, NC 27604
www.HoldTheCarbs.com

Net Wt. 3.2 oz. (91.2g) (Mix Weight May Vary)

LC-Vanilla Ice Cream®



Diabetic Friendly Gluten Free

Low Lactose No Milk Sugar



Make your favorite frozen ice cream treats!

Net Carbs
<1g
Per Serving

Artificial Sweetener FREE

Nutrition Facts

Mix Serving Size 3.3 tsp (10.4g)
(approx 1/2 cup ice cream prepared)
Servings per container 16
Amount Per Serving
Calories 34
Calories from Fat 0

		%Daily Value*	
Total Fat	0g	0%	Total Carbohydrate 8.6g 3%
Saturated Fat	0g	0%	Dietary Fiber 7g 28%
Trans Fat	0g		Alcohol Sugars 1.2g 0%
Cholesterol	0mg	0%	Protein 1g 2%
Sodium	9mg	1%	Net Carbs <1g

*Percent daily values are based on a 2000 calorie diet.
Ingredients: Contains a proprietary/patent pending blend of whey protein isolates, inulin chichory root fibers, digestive resistant maltodextrin, dietary fiber, polydextrose, erythritol, organic stevia rebaudiana leaf extract, natural luo han guo extract, salt, cellulose gum.
Allergen Warning: Processed in a facility that uses wheat gluten and nuts

Net Wt. 5.8 oz. (166g) Approx. 1 cup & 2 Tbsp

Manufactured by LC Foods™
Company, Raleigh NC 27604