



AUTOIMMUNE SUPPORT

Autoimmune diseases are a group of conditions where the immune system, which is designed to protect the body from harmful invaders, mistakenly starts attacking its own healthy tissues. This can result in inflammation and damage to various organs and systems in the body. **Some major types of autoimmune diseases include:**

1. **Rheumatoid Arthritis:** This autoimmune disease primarily affects the joints, leading to pain, swelling, and stiffness. It can also impact other body systems.
2. **Lupus:** Lupus is a systemic autoimmune disease that can affect various organs, including the skin, joints, kidneys, heart, and lungs. It often presents with symptoms like joint pain, skin rashes, and fatigue.
3. **Type 1 Diabetes:** In this condition, the immune system attacks and destroys the insulin-producing cells in the pancreas, leading to high blood sugar levels.
4. **Multiple Sclerosis (MS):** MS affects the central nervous system, causing a range of neurological symptoms such as numbness, weakness, and problems with coordination.
5. **Celiac Disease:** This autoimmune condition is triggered by the consumption of gluten, a protein found in wheat, rye, and barley. It damages the lining of the small intestine and can lead to digestive issues and malnutrition.
6. **Hashimoto's Thyroiditis and Graves' Disease:** These are autoimmune diseases affecting the thyroid gland. Hashimoto's leads to an underactive thyroid, while Graves' causes an overactive thyroid.
7. **Inflammatory Bowel Disease (IBD):** This includes conditions like Crohn's disease and ulcerative colitis, where the immune system attacks the gastrointestinal tract, causing inflammation and digestive problems.

The importance of diet in managing autoimmune diseases cannot be overstated. While diet alone cannot cure these conditions, it can play a significant role in symptom management and overall well-being. **Here are a few key dietary considerations:**

1. **Anti-Inflammatory Diet:** Many autoimmune diseases involve chronic inflammation. A diet rich in anti-inflammatory foods like fruits, vegetables, fatty fish, and whole grains can help reduce inflammation and alleviate symptoms.
2. **Elimination Diets:** For some autoimmune diseases like celiac disease, eliminating specific trigger foods (e.g., gluten) is essential to prevent flare-ups and manage the condition effectively.
3. **Balanced Nutrition:** Maintaining a well-balanced diet is crucial to ensure that the body receives all the necessary nutrients. This can support overall health and potentially reduce the severity of symptoms.
4. **Food Sensitivities:** Identifying and managing food sensitivities can be vital. Some autoimmune disease sufferers may have additional sensitivities that can exacerbate their symptoms.

Importance of Consulting with a Trained Healthcare Professional: Since the dietary needs of individuals with autoimmune diseases can vary significantly, it's advisable to work with your trained healthcare professional and a registered dietitian who specializes in autoimmune conditions. They can provide personalized guidance and help create a diet plan tailored to individual needs.

In conclusion, autoimmune diseases are a complex group of conditions, and diet plays a critical role in managing these diseases effectively. While diet cannot replace medical treatment, making informed dietary choices can help improve symptoms, reduce inflammation, and enhance overall quality of life for individuals living with autoimmune diseases.

Disclaimer: This information is intended to serve as a substitute for medical advice. Refer to disclaimer statement on p42.



BLACK & WHITE PEPPER SPREAD (CASE)

[LFL1006](#)
Pre-order

MOVE OVER CREAM CHEESE – HERE COMES CREME CASHUMEL. THIS SPREAD IS RICH AND CREAMY, AND A GREAT ADDITION TO ANY BREAKFAST BAGEL, OR SPREAD FOR CRACKERS.

LOW IN SODIUM AND FREE FROM PRESERVATIVES, ARTIFICIAL COLOURS AND FLAVOURS.

ORDER NOW



BLACK GARLIC WHITE TRUFFLE (CASE)

[LFL1002](#)
Pre-order

AN EXTENSION OF THE VEGAN MOTHER SAUCE. THIS PRODUCT HAS THE SWEETNESS OF FERMENTED BLACK GARLIC WITHOUT THE STRONG TASTE. THE EARTHINESS OF THE WHITE TRUFFLE ROUNDS THE TASTE EXPERIENCE. GOOD ON SINGLE VEGETABLE, FISH OR POULTRY OR JUST ON ITS OWN ON GNOCCHI.

LOW IN SODIUM, NO ADDED SUGAR, 3G OF PROTEIN PER SERVING, SOURCE OF IRON, NO CHOLESTEROL, NO ARTIFICIAL COLOUR OR PRESERVATIVES.

ORDER NOW



BREAKFAST SAUSAGE MIX (CASE)

[BS300](#)
Pre-order

A PLANT-BASED MEAT ALTERNATIVE BREAKFAST SAUSAGE MIX WILL HAVE YOU ASKING YOURSELF, “WHERE HAVE YOU BEEN MY WHOLE LIFE?”. JUST ADD WATER (OR MAYBE APPLE JUICE?), STIR. LET SIT FOR 10 MINUTES OR OVERNIGHT, REFRIGERATED. FRY AS A CRUMBLE AND ADD TO OMELETS OR WRAPS. SHAPE INTO A PATTY AND MAKE A BREAKFAST SANDWICH.

LOW IN SODIUM, 10G OF PROTEIN AND 8G OF FIBRE PER SERVING, SOURCE OF IRON, NO CHOLESTEROL, NO ARTIFICIAL COLOUR OR PRESERVATIVES.

ORDER NOW

CALCIWELL+ BAR (VGN) (CASE)

[BALNCE101-30-PEQ](#)

Available



CALCIWELL+ IS YOUR ULTIMATE CALCIUM SUPPORT FOR A THRIVING PLANT-BASED LIFESTYLE. DESIGNED TO BRIDGE THE CALCIUM GAP IN PLANT-BASED DIETS, THIS ADVANCED FORMULA IS ALSO IDEAL FOR INDIVIDUALS AT RISK OF OSTEOPOROSIS. LET CALCIWELL+ BE YOUR TRUSTED COMPANION ON YOUR JOURNEY TO OPTIMAL HEALTH AND WELL-BEING.

370 CALORIES, 12 GRAMS OF PROTEIN, 8 GRAMS OF FIBRE, 96% OF DAILY CALCIUM INTAKE, 79% OF DAILY MAGNESIUM INTAKE.

ORDER NOW



Nutrition Facts		
Valeur nutritive		
Per 1 (210 g)		
Par 1 (210 g)		
Calories 460		% Daily Value*
Fat / Lipides 21 g		% valeur quotidienne*
Saturated / saturés 2.0 g		28 %
+ Trans / trans 0 g		10 %
Carbohydrate / Glucides 55 g		
Fibre / Fibres 12 g		43 %
Sugars / Sucres 4 g		4 %
Protein / Protéines 17 g		
Cholesterol / Cholestérol 0 mg		0 %
Sodium 520 mg		23 %
Potassium 400 mg		12 %
Calcium 150 mg		12 %
Iron / Fer 5.5 mg		31 %

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

CILANTRO-LIME FIESTA WRAP

[WRAP117-1-PEQ](#)

Available

A DELECTABLE CILANTRO-LIME FIESTA WRAP. A CULINARY MASTERPIECE CRAFTED WITH HEALTH-CONSCIOUS INDIVIDUALS IN MIND. FEATURING A HARMONIOUS FUSION OF BABZ SEED-BASED TACO MIX, ZESTY GINGER LIME QUINOA, AND A VELVETY CREAMY DRESSING.

460 CALORIES, 17 GRAMS OF PROTEIN, 12 GRAMS OF FIBRE, AND AN EXCELLENT SOURCE OF IRON.

ORDER NOW



CLASSIC BURGER MIX (CASE)

[CB300](#)

Pre-order



BURGERS, SHEPHERD'S PIE, SLOPPY JOE'S, MEATLOAF OR CHILI. ARE YOU HUNGRY YET? OUR DELICIOUS AND VERSATILE PLANT-BASED MEAT ALTERNATIVE CLASSIC BURGER MIX WILL CHANGE THE WAY YOU EAT. ADD LIQUID AND WHETHER IT'S WATER, WINE, BEER, JUICE OR SALAD DRESSING, YOU WILL WOW YOUR FAMILY AND FRIENDS. ADD YOUR FAVOURITE SEASONING AND MAKE IT ANY FLAVOUR YOU WANT!

360 CALORIES, 18 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE, PER SERVING. AN EXCELLENT SOURCE OF IRON.

ORDER NOW





CLASSIC FLATBREAD (CASE)

[CFB300](#)

Pre-order

FOR ALL OF YOUR SWEET AND SAVOURY FLATBREAD COOKING NEEDS, OUR 100% PLANT-BASED CLASSIC FLATBREAD IS SO VERSATILE THAT IT WILL HAVE YOU COOKING UP A STORM IN NO TIME.

110 CALORIES, 5 GRAMS OF PROTEIN AND 5 GRAMS OF FIBRE, PER SERVING.

ORDER NOW



CRANBERRY APPLE SPREAD (CASE)

[LFL1005](#)

Pre-order

MOVE OVER CREAM CHEESE – HERE COMES CREME CASHUMEL. THIS SPREAD IS RICH AND CREAMY, A GREAT ADDITION TO ANY BREAKFAST BAGEL, OR SPREAD FOR CRACKERS.

LOW IN SODIUM AND FREE FROM PRESERVATIVES, ARTIFICIAL COLOURS AND FLAVOURS.

ORDER NOW



Nutrition Facts		
Valeur nutritive		
Per 1 (280 g)		
Par 1 (280 g)		
Calories 400		% Daily Value*
		% valeur quotidienne*
Fat / Lipides 27 g		36 %
Saturated / saturés 3.0 g		15 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 33 g		
Fibre / Fibres 12 g		43 %
Sugars / Sucres 7 g		7 %
Protein / Protéines 14 g		
Cholesterol / Cholestérol 0 mg		0 %
Sodium 380 mg		17 %
Potassium 600 mg		18 %
Calcium 150 mg		12 %
Iron / Fer 5 mg		28 %
*5% or less is a little 15% or more is a lot		
*5% ou moins c'est peu 15% ou plus c'est beaucoup		

FIESTA TACO BOWL

[BOWL103-1-PEQ](#)

Available

INTRODUCING OUR FIESTA TACO BOWL. A PLANT-RICH SALAD BOWL USING BABZ SEED-BASED TACO MIX AND COMBINING WITH PEQISH VEGETABLE MIX, BLACK BEAN AND CORN, AND CREAMY GARLIC-LIME DRESSING.

400 CALORIES, 12 GRAMS OF FIBRE, AND 14 GRAMS OF PROTEIN.

ORDER NOW





GARLIC HERB SPREAD (CASE)

[LFL1004](#)

Pre-order

MOVE OVER CREAM CHEESE – HERE COMES CREME CASHUMEL. THIS SPREAD IS RICH AND CREAMY, A GREAT ADDITION TO ANY BREAKFAST BAGEL, OR SPREAD FOR CRACKERS.

LOW IN SODIUM AND FREE FROM PRESERVATIVES, ARTIFICIAL COLOURS AND FLAVOURS.



GOOD EARTH SPINACH SALAD (VGN, GF, DF)

[SALAD102-1-PEQ](#)

Not available

FRESH SPINACH TOGETHER WITH OUR OWN LEMON BASIL CHIKPEAS, SHREDDED CARROTS, PUMPKIN SEEDS AND CRAISINS. ACCOMPANIED BY OUR OWN SIGNATURE MINT LIME DRESSING.

330 CALORIES, 6 GRAMS OF PROTEIN, 4 GRAMS OF FIBRE AND A GOOD SOURCE OF VITAMIN A, VITAMIN C AND IRON. SPINACH IS A GREAT SOURCE OF VITAMIN C, AND VITAMIN C HELPS BOOST THE IMMUNE SYSTEM.



GOOD EARTH SPINACH SALAD (VGN, GF, DF) (CASE)

[SALAD102-18-PEQ](#)

Not available

FRESH SPINACH TOGETHER WITH OUR OWN LEMON BASIL CHIKPEAS, SHREDDED CARROTS, PUMPKIN SEEDS AND CRAISINS. ACCOMPANIED BY OUR OWN SIGNATURE MINT LIME DRESSING.

330 CALORIES, 6 GRAMS OF PROTEIN, 4 GRAMS OF FIBRE AND A GOOD SOURCE OF VITAMIN A, VITAMIN C AND IRON. SPINACH IS A GREAT SOURCE OF VITAMIN C, AND VITAMIN C HELPS BOOST THE IMMUNE SYSTEM.



HARVEST CHICKPEA SALAD (VGN)

[WRAP116-1-PEQ](#)

Available

THIS TASTY PLANT-RICH CHICKPEA SALAD IS RICH IN FIBER AND CONTAINS A HEFTY DOSE OF PROTEIN WITH A GENEROUS SERVING OF VEGGIES. TEXTURE AND TASTE OF TRADITIONAL SEAFOOD, WRAPPED IN A WHOLE GRAIN TORTILLA BECAUSE PLANT RICH FOODS TOGETHER WITH FIBER ARE BETTER FOR YOU AND YOUR GUT.

370 CALORIES, 13 GRAMS OF PROTEIN, 9 GRAMS OF FIBRE.



ORDER NOW



HARVEST CHICKPEA SALAD (VGN) (CASE)

[WRAP116-24-PEQ](#)

Available

THIS TASTY PLANT-RICH CHICKPEA SALAD IS RICH IN FIBER AND CONTAINS A HEFTY DOSE OF PROTEIN WITH A GENEROUS SERVING OF VEGGIES. TEXTURE AND TASTE OF TRADITIONAL SEAFOOD, WRAPPED IN A WHOLE GRAIN TORTILLA BECAUSE PLANT RICH FOODS TOGETHER WITH FIBER ARE BETTER FOR YOU AND YOUR GUT.

370 CALORIES, 13 GRAMS OF PROTEIN, 9 GRAMS OF FIBRE.



ORDER NOW



Nutrition Facts		Valeur nutritive	
Per 1 (190 g)		Par 1 (190 g)	
Calories 420	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 24 g	32 %		
Saturated / saturés 3.5 g		19 %	
+ Trans / trans 0.3 g			
Carbohydrate / Glucides 34 g			
Fibre / Fibres 5 g	18 %		
Sugars / Sucres 2 g	2 %		
Protein / Protéines 16 g			
Cholesterol / Cholestérol 35 mg	12 %		
Sodium 510 mg	22 %		
Potassium 450 mg	13 %		
Calcium 75 mg	6 %		
Iron / Fer 2.5 mg	14 %		
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

HEALTHICARB WEST COAST SALMON WRAP

[WRAP119-1-PEQ](#)

Available

EXPERIENCE THE TASTE OF THE OCEAN WITH OUR DELECTABLE WEST COAST SALMON WRAP, A CULINARY DELIGHT THAT CELEBRATES THE RICHNESS OF OCEAN-WISE SALMON AND THE VIBRANT FLAVORS OF FRESH HERBS AND VEGETABLES. CRAFTED WITH CARE AND PRESENTED IN A WHOLE WHEAT TORTILLA, THIS WRAP IS A TRUE COASTAL TREASURE THAT WILL TRANSPORT YOUR SENSES STRAIGHT TO THE WEST COAST.

420 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE.

ORDER NOW





ITALIAN MIX (CASE)

[IM300](#)

Pre-order

THE TASTE OF ITALY IS AT YOUR FINGERTIPS WITH OUR PLANT-BASED MEAT ALTERNATIVE ITALIAN MIX. WITH JUST A LITTLE WATER, YOU TOO CAN BE EATING ITALIAN-SEASONED SPICED MEATLESS BALLS. OR FRY AS CRUMBLE AND PUT IN YOUR FAVOURITE PASTA SAUCE. SERVE WITH YOUR FAVOURITE PASTA AND SAUCE AND DINNER IS DONE!

360 CALORIES, 17 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE PER SERVING.

ORDER NOW



KETO MULTIGRAIN BREAD (12 X 427G)

[KMB1-LC01](#)

Available

BREADYMIX'S SIGNATURE MIX AND YOUR SOON-TO-BE "GOOD EVENING" BREAD. EASY BAKE: JUST ADD WATER. FULL OF NUTRITIOUS GRAINS. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOWCARB.

2.5G NET CARB, 9.5G OF PROTEIN, 4G OF FIBRE, 100 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6, GOOD SOURCE OF IRON

ORDER NOW



KETO MULTIGRAIN BREAD (8 X 854G)

[KMB2-LC01](#)

Available

BREADYMIX'S SIGNATURE MIX AND YOUR SOON-TO-BE "GOOD EVENING" BREAD. EASY BAKE: JUST ADD WATER. FULL OF NUTRITIOUS GRAINS. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOWCARB.

2.5G NET CARB, 9.5G OF PROTEIN, 4G OF FIBRE, 100 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6, GOOD SOURCE OF IRON

ORDER NOW



KETO SANDWICH BREAD (12 X 369G)

[KSB1-LC02](#)

Available

YOUR GO-TO SANDWICH CHAMPION. FIRM CRUST, SOFT CENTER, LIGHTLY SWEET AND SUPER SLICEABLE. EASY BAKE: JUST ADD WATER. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOW CARB.

5.5G NET CARB, 9G OF PROTEIN, 3G OF FIBRE, 80 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6 AND IRON

ORDER NOW



KETO SANDWICH BREAD (8 X 738G)

[KSB2-LC02](#)

Available

YOUR GO-TO SANDWICH CHAMPION. FIRM CRUST, SOFT CENTER, LIGHTLY SWEET AND SUPER SLICEABLE. EASY BAKE: JUST ADD WATER. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOW CARB.

5.5G NET CARB, 9G OF PROTEIN, 3G OF FIBRE, 80 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6 AND IRON

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (202 g)	
Par 1 (202 g)	
Calories 290	% Daily Value*
Fat / Lipides 14 g	% valeur quotidienne*
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 22 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 23 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 560 mg	24 %
Potassium 550 mg	16 %
Calcium 100 mg	8 %
Iron / Fer 4 mg	22 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

LOW-CARB GARDEN GOODNESS SANDWICH

[HSAND101-1-PEQ](#)

Limited Stock

MADE WITH FRESH GARDEN VEGETABLES AND A SAVORY MEDITERRANEAN SAUCE, THIS SANDWICH IS PACKED WITH WHOLE, REAL, PLANT-RICH FOODS THAT PROVIDE A PROTECTIVE EFFECT ACROSS A NUMBER OF DIFFERENT DISEASE SPECTRUMS. UNLIKE ULTRA-PROCESSED PLANT-BASED FOODS, WHICH CAN ACTUALLY INCREASE THE RISK OF CERTAIN HEALTH CONDITIONS, THIS PROVIDES THE NUTRIENTS AND FIBER YOUR BODY NEEDS TO STAY HEALTHY AND STRONG.

290 CALORIES, 23 GRAMS OF PROTEIN, 11 GRAMS OF FIBRE.

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (167 g)	
Par 1 (167 g)	
Calories 390	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 25 g	33 %
Saturated / saturés 4.0 g	21 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 25 mg	8 %
Sodium 490 mg	21 %
Potassium 650 mg	19 %
Calcium 75 mg	6 %
Iron / Fer 3 mg	17 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

LOW-CARB SALMON STACK SANDWICH

[HSAND103-1-PEQ](#)

Limited Stock

THIS DELICIOUS SANDWICH IS MADE WITH HOMESTYLE ROASTED SALMON, FRESH HERBS, ONIONS, DILL, CAPERS, CARROTS, AND LETTUCE - ALL CAREFULLY SELECTED BY OUR CULINARY MEDICINE EXPERTS TO CREATE A TANTALIZING BLEND OF FLAVORS AND SEASONINGS THAT PERFECTLY COMPLEMENT THE ROASTED SALMON. AND WITH BREADMIX'S LOW CARB MULTIGRAIN BREAD, EVERY BITE PROVIDES A BURST OF FLAVOR THAT'S SURE TO SATISFY.

390 CALORIES, 27 GRAMS OF PROTEIN, 9 GRAMS OF FIBRE.

ORDER NOW



MOTHER SAUCE (CASE)

[LFL1000](#)

Pre-order

DELIGHTFULLY SAVORY, CASHUMEL™ IS THE CONVENIENT AND EASY WAY TO ADD UMAMI TO ANY DISH. IT IS THE PERFECT SUBSTITUTE FOR CREAM IN SAUCES, CASSEROLES AND SOUPS.

LOW IN SODIUM AND FREE FROM PRESERVATIVES, ARTIFICIAL COLOURS AND FLAVOURS.

ORDER NOW



PEQISH EAT. RIGHT. NOW. BAR (VGN)

[BALNCE100-30-PEQ](#)

Available

WITH OUR INCREASINGLY FAST PACED LIVES, A PROPER START TO YOUR DAY CAN BE A CHALLENGE. THE PEQISH EAT. RIGHT. NOW. BAR HAS BEEN SPECIFICALLY FORMULATED BY OUR TEAM OF DOCTORS AND CHEFS TO SET YOUR DAY UP ON THE RIGHT STEP. AT 130 GRAMS, THIS VEGAN PLANT RICH PRODUCT IS ONLY 350 CALORIES, THE RIGHT SIZE FOR A MEAL REPLACEMENT BAR. WITH BALANCED MACROS, A GOOD SOURCE OF FIBRE, AND NO ADDED SUGAR, PEQISH EAT. RIGHT. NOW. FUELS YOUR MORNING.

350 CALORIES, 8 GRAMS OF PROTEIN, 7 GRAMS OF FIBRE

ORDER NOW





PLANT-BASED BOLOGNESE (CASE)

[LFL1003](#)
Pre-order

ANOTHER EXTENSION OF THE VEGAN MOTHER SAUCE. THIS SAUCE IS PACKED WITH VEGETABLES AND THE PROTEIN PIECES ARE MADE FROM CANADIAN PEAS.

NO SUGAR ADDED, 8G OF PROTEIN PER SERVING, SOURCE OF IRON, GLUTEN-FREE, 2 SERVINGS OF VEGETABLES

ORDER NOW



Nutrition Facts		Valeur nutritive	
Per 1 (56 g)		Par 1 (56 g)	
Calories 170		% Daily Value*	% valeur quotidienne*
Fat / Lipides 9 g		12 %	
Saturated / saturés 5 g		25 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 22 g			
Fibre / Fibres 3 g		11 %	
Sugars / Sucres 12 g		12 %	
Protein / Protéines 3 g			
Cholesterol / Cholestérol 0 mg		0 %	
Sodium 160 mg		7 %	
Potassium 125 mg		4 %	
Calcium 40 mg		3 %	
Iron / Fer 1.5 mg		8 %	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

POWER COOKIE

[VCOOK101-1-PEQ](#)
Available

INTRODUCING OUR PLANT RICH VEGAN POWER COOKIE! THIS COOKIE IS THE PERFECT COMBINATION OF WHOLESOME, NUTRITIOUS INGREDIENTS AND IRRESISTIBLE FLAVOR. MADE WITH WHOLE GRAINS INCLUDING OATS, PUMPKIN SEEDS, CHIA SEEDS, FLAXSEED, AND BUCKWHEAT, THIS COOKIE IS PACKED WITH FIBER AND PROTEIN, ENSURING YOU STAY FULL AND SATISFIED. COOKIE IS THE PERFECT CHOICE FOR YOU!

170 CALORIES, 9 GRAMS OF TOTAL FAT, 160MG OF SODIUM, 3 GRAMS OF PROTEIN, 3 GRAMS OF FIBRE.

ORDER NOW



PUMPKIN SEED, FLAX SEED & SEA SALT CRACKERS

[20003](#)
Pre-order

OUR SUPER HEALTHY AND SATISFYING SEED CRACKER IS MADE FROM A SCIENTIFIC FORMULA CONSISTING OF PUMPKIN SEEDS, FLAX SEEDS AND A DASH OF SEA SALT! ENJOY 'OH NATURAL', OR DRESSED UP WITH YOUR FAVOURITE TOPPING!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL-FREE, NUT-FREE AND VEGAN.

ORDER NOW





PUMPKIN SEED, FLAX SEED & TUMERIC CRACKERS

[20001](#)

Pre-order

A SUPER HEALTHY AND SATISFYING RECIPE MADE WITH PUMPKIN SEEDS, FLAX SEEDS AND TURMERIC POWDER! KIDS ENJOY THESE WITHOUT EVEN REALIZING THEY ARE EATING SUPERFOODS! THE ANTI-INFLAMMATORY TURMERIC ADDS TO THE BRILLIANT COLOUR AND UNIQUE TASTE. IF YOU LOVE CURRY, THIS IS A MUST-HAVE PANTRY ITEM!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL- FREE, NUT-FREE AND VEGAN.

ORDER NOW



SEARED SALMON QUINOA DUET (GF, DF)

[PROTEIN212-1-PEQ](#)

Available

A MEDLEY OF FRESH GREENS TOGETHER WITH SEARED SALMON, QUINOA, VINE RIPENED TOMATOES, RED PEPPERS, SHREDDED CARROT, RED AND WHITE ONION, AND CILANTRO. ACCOMPANIED BY A SCRATCHMADE GINGER CITRUS VINAIGRETTE.

420 CALORIES, 21 GRAMS OF PROTEIN, 4 GRAMS OF FIBRE AND A GOOD SOURCE OF VITAMIN A, VITAMIN C AND POTASSIUM. SALMON IS A GREAT SOURCE OF OMEGA-3, AND OMEGA-3 HELPS BOOST THE IMMUNE SYSTEM.

ORDER NOW



SEARED SALMON QUINOA DUET (GF, DF) (CASE)

[PROTEIN212-18-PEQ](#)

Available

A MEDLEY OF FRESH GREENS TOGETHER WITH SEARED SALMON, QUINOA, VINE RIPENED TOMATOES, RED PEPPERS, SHREDDED CARROT, RED AND WHITE ONION, AND CILANTRO. ACCOMPANIED BY A SCRATCHMADE GINGER CITRUS VINAIGRETTE.

420 CALORIES, 21 GRAMS OF PROTEIN, 4 GRAMS OF FIBRE AND A GOOD SOURCE OF VITAMIN A, VITAMIN C AND POTASSIUM. SALMON IS A GREAT SOURCE OF OMEGA-3, AND OMEGA-3 HELPS BOOST THE IMMUNE SYSTEM.

ORDER NOW





SIGNATURE FALAFEL SANDWICH

[SAND108-1-PEQ](#)

Not available

A GREAT PLANT BASED OPTION. OUR SCRATCHMADE FALAFEL TOGETHER WITH A HOUSEMADE MEDITERRANEAN REMOULADE, SLICED TOMATO, CUCUMBER, SHREDDED CARROT, AND FRESH GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

510 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE.

ORDER NOW



SIGNATURE FALAFEL SANDWICH (CASE)

[SAND108-24-PEQ](#)

Not available

A GREAT PLANT BASED OPTION. OUR SCRATCHMADE FALAFEL TOGETHER WITH A HOUSEMADE MEDITERRANEAN REMOULADE, SLICED TOMATO, CUCUMBER, SHREDDED CARROT, AND FRESH GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

510 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE.

ORDER NOW



SMOKEY BBQ MIX (CASE)

[SBBQ300](#)

Pre-order

JUST LIKE THE CLASSIC BURGER MIX, OUR SMOKEY BBQ BURGERZ MIX IS PERFECT FOR ALL YOUR PLANT-BASED MEAT ALTERNATIVE MEALS. NO ADDED SOY, DAIRY OR GLUTEN, OR MULTI-SYLLABIC INGREDIENTS. NO ADDED FAT OR OIL BUT TONS OF MOUTH- WATERING SMOKEY FLAVOUR AND AROMA.

370 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE PER SERVING. LOW IN SODIUM.

ORDER NOW





SPICY SUNDRIED TOMATO (CASE)

[LFL1001](#)
Pre-order

ANOTHER EXTENSION OF THE VEGAN MOTHER SAUCE. THIS PRODUCT ADDS A PUNCH, JUST ENOUGH HEAT TO STIMULATE YOUR TASTE BUDS. THE SWEETNESS OF THE PEPPERS AND SUNDRIED TOMATOES ENSURES THE HEAT IS PLEASURABLE. USE WHEREVER YOU NEED TO ADD A LOT OF FLAVOUR.

NO SUGAR ADDED, 3G OF PROTEIN PER SERVING, SOURCE OF IRON, NO CHOLESTEROL, NO ARTIFICIAL COLOUR OR PRESERVATIVES

ORDER NOW



SUNFLOWER SEED, SESAME SEED & CAYENNE CRACKERS

[20002](#)
Pre-order

OUR SUPER HEALTHY AND SATISFYING RECIPE MADE WITH SUNFLOWER SEEDS, BLACK SESAME SEEDS AND A BIT OF CAYENNE PEPPER AND BLACK PEPPER TO GIVE IT A LITTLE KICK! SUPER ADDICTIVE WITH A LIGHT AIRY, CRUNCHY TEXTURE. LIKE EATING CHIPS BUT WAY HEALTHIER!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL- FREE, NUT-FREE AND VEGAN.

ORDER NOW



SUNFLOWER SEED, SESAME SEED & SEA SALT CRACKERS

[20004](#)
Pre-order

OUR SUPER HEALTHY AND SATISFYING RECIPE MADE WITH SUNFLOWER SEEDS, BLACK SESAME SEEDS AND A DASH OF SEA SALT! ENJOY 'OH NATURAL', OR WITH YOUR FAVOURITE TOPPING!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL- FREE, NUT-FREE AND VEGAN.

ORDER NOW





TACO MIX (CASE)

[TM300](#)
Pre-order

TACOS AREN'T JUST FOR TUESDAYS ANYMORE. WITH OUR PLANT-BASED MEAT ALTERNATIVE TACO MIX, YOU CAN ENJOY TACOS EVERY DAY! OUR EASY-TO-PREPARE TACO MIX HAS ALL THE SEASONINGS; JUST ADD WATER! YOU'LL BE EATING HEALTHY, PLANT-BASED TACOS IN NO TIME!

360 CALORIES, 18 GRAMS OF PROTEIN, 13 GRAMS OF FIBRE PER SERVING.

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (220 g)	
Par 1 (220 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1.0 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 48 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 590 mg	26 %
Potassium 125 mg	3 %
Calcium 150 mg	12 %
Iron / Fer 4 mg	22 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

VEGGIE DELIGHT SANDWICH (VGN)

[SAND202-1-PEQ](#)
Available

THIS FRESH AND CRISPY VEGAN SANDWICH FEATURES OUR IN-HOUSE MADE MEDITERRANEAN REMOULADE (CAN YOU BELIEVE OUR PESTO IS DAIRY AND NUT FREE!?!), IT'S PACKED WITH FRESH CUCUMBERS, CARROTS AND TOMATOES, AND FINISHED WITH LETTUCE. THIS DELICIOUS, PLANT-RICH SANDWICH PACKS A LIGHT LUNCH WITH SNAPPY VEGETABLE AND A GREAT TASTE.

290 CALORIES, 11 GRAMS OF PROTEIN, 6 GRAMS OF FIBRE.

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (220 g)	
Par 1 (220 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1.0 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 48 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 590 mg	26 %
Potassium 125 mg	3 %
Calcium 150 mg	12 %
Iron / Fer 4 mg	22 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

VEGGIE DELIGHT SANDWICH (VGN) (CASE)

[SAND202-24-PEQ](#)
Available

THIS FRESH AND CRISPY VEGAN SANDWICH FEATURES OUR IN-HOUSE MADE MEDITERRANEAN REMOULADE (CAN YOU BELIEVE OUR PESTO IS DAIRY AND NUT FREE!?!), IT'S PACKED WITH FRESH CUCUMBERS, CARROTS AND TOMATOES, AND FINISHED WITH LETTUCE. THIS DELICIOUS, PLANT-RICH SANDWICH PACKS A LIGHT LUNCH WITH SNAPPY VEGETABLE AND A GREAT TASTE.

290 CALORIES, 11 GRAMS OF PROTEIN, 6 GRAMS OF FIBRE.

ORDER NOW

BLACK GARLIC WHITE TRUFFLE (CASE)

[LFL1002](#)
Pre-order



AN EXTENSION OF THE VEGAN MOTHER SAUCE. THIS PRODUCT HAS THE SWEETNESS OF FERMENTED BLACK GARLIC WITHOUT THE STRONG TASTE. THE EARTHINESS OF THE WHITE TRUFFLE ROUNDS THE TASTE EXPERIENCE. GOOD ON SINGLE VEGETABLE, FISH OR POULTRY OR JUST ON ITS OWN ON GNOCCHI.

LOW IN SODIUM, NO ADDED SUGAR, 3G OF PROTEIN PER SERVING, SOURCE OF IRON, NO CHOLESTEROL, NO ARTIFICIAL COLOUR OR PRESERVATIVES.

ORDER NOW



BREAKFAST SAUSAGE MIX (CASE)

[BS300](#)
Pre-order



A PLANT-BASED MEAT ALTERNATIVE BREAKFAST SAUSAGE MIX WILL HAVE YOU ASKING YOURSELF, "WHERE HAVE YOU BEEN MY WHOLE LIFE?" JUST ADD WATER (OR MAYBE APPLE JUICE?), STIR. LET SIT FOR 10 MINUTES OR OVERNIGHT, REFRIGERATED. FRY AS A CRUMBLE AND ADD TO OMELETS OR WRAPS.

LOW IN SODIUM, 10G OF PROTEIN AND 8G OF FIBRE PER SERVING, SOURCE OF IRON, NO CHOLESTEROL, NO ARTIFICIAL COLOUR OR PRESERVATIVES.

ORDER NOW



CILANTRO-LIME FIESTA WRAP

[WRAP117-1-PEQ](#)
Available

A DELECTABLE CILANTRO-LIME FIESTA WRAP. A CULINARY MASTERPIECE CRAFTED WITH HEALTH-CONSCIOUS INDIVIDUALS IN MIND. FEATURING A HARMONIOUS FUSION OF BABZ SEED-BASED TACO MIX, ZESTY GINGER LIME QUINOA, AND A VELVETY CREAMY DRESSING.

460 CALORIES, 17 GRAMS OF PROTEIN, 12 GRAMS OF FIBRE, AND AN EXCELLENT SOURCE OF IRON.

ORDER NOW



Nutrition Facts		Valeur nutritive	
Per 1 (210 g)		Par 1 (210 g)	
Calories 460		% Daily Value*	
Fat / Lipides 21 g		% valeur quotidienne*	
Saturated / saturés 2.0 g			10 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 55 g			
Fibre / Fibres 12 g			43 %
Sugars / Sucres 4 g			4 %
Protein / Protéines 17 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 520 mg			23 %
Potassium 400 mg			12 %
Calcium 150 mg			12 %
Iron / Fer 5.5 mg			31 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			



CARDIOVASCULAR SUPPORT

Cardiovascular disease (CVD) is a broad category of conditions that affect the heart and blood vessels. Cardiovascular diseases are a major global health concern and a leading cause of mortality.

Major Types of Cardiovascular Disease include:

1. **Coronary Artery Disease (CAD):** CAD is the most common type of CVD and involves the narrowing of the coronary arteries, which supply blood to the heart muscle. This can lead to angina (chest pain) and heart attacks.
2. **Heart Failure:** Heart failure occurs when the heart can't pump blood effectively, leading to symptoms like shortness of breath and fatigue.
3. **Arrhythmias:** These are irregular heart rhythms that can cause palpitations, dizziness, or even fainting.
4. **Stroke:** A stroke is a sudden interruption in the blood supply to the brain, often caused by a blood clot or a ruptured blood vessel.
5. **Peripheral Artery Disease (PAD):** PAD affects the blood vessels outside the heart, typically those supplying the legs. It can result in leg pain, poor wound healing, and even limb amputation.
6. **Hypertension (High Blood Pressure):** High blood pressure is a significant risk factor for many cardiovascular diseases. It can strain the heart and blood vessels over time, leading to damage.

Diet plays a pivotal role in both the prevention and management of CVD. Here are some key considerations:

1. **Heart-Healthy Diet:** The cornerstone of cardiovascular health is a heart-healthy diet. This includes a diet rich in fruits, vegetables, whole grains, and lean proteins. These foods are high in fiber, vitamins, and minerals that support heart health.
2. **Low Sodium Diet:** Reducing salt (sodium) intake is vital, as excessive sodium can lead to high blood pressure, increasing the risk of heart disease. Limiting processed and restaurant foods, which are often high in sodium, is essential.
3. **Healthy Fats:** Replacing saturated and trans fats with unsaturated fats, such as those found in olive oil, avocados, and fatty fish, can help lower bad cholesterol levels and reduce the risk of atherosclerosis (hardening of the arteries).
4. **Omega-3 Fatty Acids:** Consuming foods rich in omega-3 fatty acids, like salmon and walnuts, can help reduce inflammation and lower the risk of arrhythmias and heart disease.
5. **Fiber:** A diet high in fiber from sources like whole grains, legumes, and fruits can help lower cholesterol levels and improve blood vessel function.
6. **Weight Management:** Maintaining a healthy weight through a balanced diet can significantly reduce the risk of heart disease. A diet focused on portion control and calorie moderation is key.
7. **Limiting Added Sugars:** Excessive sugar consumption can contribute to obesity, diabetes, and metabolic syndrome, all of which increase the risk of cardiovascular disease.
8. **Regular Monitoring:** Regularly monitoring cholesterol levels, blood pressure, and blood sugar, and adjusting your diet accordingly, is vital in managing cardiovascular disease risk factors.

Importance of Consulting with a Registered Dietitian: Since the dietary needs of individuals with CVD can vary significantly, it's advisable to work with your trained healthcare professional and a registered dietitian who specializes in CVD patient management. They can provide personalized guidance and help create a diet plan tailored to individual needs.

In conclusion, diet plays a pivotal role in preventing and managing CVD. A heart-healthy diet rich in whole, unprocessed foods and low in salt and unhealthy fats can help maintain cardiovascular health.

Disclaimer: This information is intended to serve as a substitute for medical advice. Refer to disclaimer statement on p42.



CLASSIC BURGER MIX (CASE)

[CB300](#)

Pre-order

BURGERS, SHEPHERD'S PIE, SLOPPY JOE'S, MEATLOAF OR CHILI. ARE YOU HUNGRY YET? OUR DELICIOUS AND VERSATILE PLANT-BASED MEAT ALTERNATIVE CLASSIC BURGER MIX WILL CHANGE THE WAY YOU EAT. ADD LIQUID AND WHETHER IT'S WATER, WINE, BEER, JUICE OR SALAD DRESSING, YOU WILL WOW YOUR FAMILY AND FRIENDS. ADD YOUR FAVOURITE SEASONING AND MAKE IT ANY FLAVOUR YOU WANT!

360 CALORIES, 18 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE, PER SERVING. AN EXCELLENT SOURCE OF IRON.

ORDER NOW



CLASSIC FLATBREAD (CASE)

[CFB300](#)

Pre-order

FOR ALL OF YOUR SWEET AND SAVOURY FLATBREAD COOKING NEEDS, OUR 100% PLANT-BASED CLASSIC FLATBREAD IS SO VERSATILE THAT IT WILL HAVE YOU COOKING UP A STORM IN NO TIME.

110 CALORIES, 5 GRAMS OF PROTEIN AND 5 GRAMS OF FIBRE, PER SERVING.

ORDER NOW



CRANBERRY APPLE SPREAD (CASE)

[LFL1005](#)

Pre-order

MOVE OVER CREAM CHEESE – HERE COMES CREME CASHUMEL. THIS SPREAD IS RICH AND CREAMY, A GREAT ADDITION TO ANY BREAKFAST BAGEL, OR SPREAD FOR CRACKERS.

LOW IN SODIUM AND FREE FROM PRESERVATIVES, ARTIFICIAL COLOURS AND FLAVOURS.

ORDER NOW



Nutrition Facts	
Valeur nutritive	
Per 1 (280 g)	
Par 1 (280 g)	
Calories 400	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 27 g	36 %
Saturated / saturés 3.0 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 33 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 380 mg	17 %
Potassium 600 mg	18 %
Calcium 150 mg	12 %
Iron / Fer 5 mg	28 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

FIESTA TACO BOWL

[BOWL103-1-PEQ](#)

Available

INTRODUCING OUR FIESTA TACO BOWL. A PLANT-RICH SALAD BOWL USING BABZ SEED-BASED TACO MIX AND COMBINING WITH PEQISH VEGETABLE MIX, BLACK BEAN AND CORN, AND CREAMY GARLIC-LIME DRESSING.

400 CALORIES, 12 GRAMS OF FIBRE, AND 14 GRAMS OF PROTEIN.



GARLIC HERB SPREAD (CASE)

[LFL1004](#)

Pre-order

MOVE OVER CREAM CHEESE – HERE COMES CREME CASHUMEL. THIS SPREAD IS RICH AND CREAMY, A GREAT ADDITION TO ANY BREAKFAST BAGEL, OR SPREAD FOR CRACKERS.

LOW IN SODIUM AND FREE FROM PRESERVATIVES, ARTIFICIAL COLOURS AND FLAVOURS.



Nutrition Facts	
Valeur nutritive	
Per 1 (190 g)	
Par 1 (190 g)	
Calories 360	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 10 g	13 %
Saturated / saturés 1.0 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 31 g	
Cholesterol / Cholestérol 70 mg	23 %
Sodium 600 mg	26 %
Potassium 600 mg	18 %
Calcium 50 mg	4 %
Iron / Fer 3 mg	17 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

HEALTHICARB ROASTED CHICKEN WRAP

[WRAP120-1-PEQ](#)

Available

INTRODUCING OUR DELICIOUS ROASTED CHICKEN WRAP, A WHOLESOME AND SATISFYING OPTION THAT WILL DELIGHT YOUR TASTE BUDS WHILE SUPPORTING YOUR WEIGHT LOSS GOALS. PACKED WITH FLAVORFUL INGREDIENTS AND THOUGHTFULLY BALANCED NUTRITION, THIS WRAP IS A PERFECT COMBINATION OF TASTE AND HEALTH.

360 CALORIES, 4 GRAMS OF FIBRE, 31 GRAMS OF PROTEIN.



Nutrition Facts		Valeur nutritive	
Per 1 (190 g)		Par 1 (190 g)	
Calories 380	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 20 g	27 %		
Saturated / saturés 4.0 g	21 %		
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 34 g			
Fibre / Fibres 4 g	14 %		
Sugars / Sucres 2 g	2 %		
Protein / Protéines 17 g			
Cholesterol / Cholestérol 280 mg	93 %		
Sodium 550 mg	24 %		
Potassium 300 mg	9 %		
Calcium 100 mg	8 %		
Iron / Fer 3 mg	17 %		

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

HEALTHICARB SUMMIT EGG WRAP

[WRAP118-1-PEQ](#)

Available

INDULGE IN THE COMFORTING AND SATISFYING FLAVORS OF OUR EGG SALAD WRAP, A DELIGHTFUL CREATION THAT CELEBRATES THE SIMPLICITY OF EGGS AND THE GOODNESS OF FRESH HERBS AND VEGETABLES. ENCASED IN A WHOLESOME WHOLE WHEAT TORTILLA, THIS WRAP IS A TRUE TREAT THAT PROMISES TO TANTALIZE YOUR TASTE BUDS AND NOURISH YOUR BODY.

380 CALORIES, 17 GRAMS OF PROTEIN, 4 GRAMS OF FIBRE.

ORDER NOW



Nutrition Facts		Valeur nutritive	
Per 1 (190 g)		Par 1 (190 g)	
Calories 420	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 24 g	32 %		
Saturated / saturés 3.5 g	19 %		
+ Trans / trans 0.3 g			
Carbohydrate / Glucides 34 g			
Fibre / Fibres 5 g	18 %		
Sugars / Sucres 2 g	2 %		
Protein / Protéines 16 g			
Cholesterol / Cholestérol 35 mg	12 %		
Sodium 510 mg	22 %		
Potassium 450 mg	13 %		
Calcium 75 mg	6 %		
Iron / Fer 2.5 mg	14 %		

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

HEALTHICARB WEST COAST SALMON WRAP

[WRAP119-1-PEQ](#)

Available

EXPERIENCE THE TASTE OF THE OCEAN WITH OUR DELECTABLE WEST COAST SALMON WRAP, A CULINARY DELIGHT THAT CELEBRATES THE RICHNESS OF OCEAN-WISE SALMON AND THE VIBRANT FLAVORS OF FRESH HERBS AND VEGETABLES. CRAFTED WITH CARE AND PRESENTED IN A WHOLE WHEAT TORTILLA, THIS WRAP IS A TRUE COASTAL TREASURE THAT WILL TRANSPORT YOUR SENSES STRAIGHT TO THE WEST COAST.

420 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE.

ORDER NOW



ITALIAN MIX (CASE)

[IM300](#)

Pre-order

THE TASTE OF ITALY IS AT YOUR FINGERTIPS WITH OUR PLANT-BASED MEAT ALTERNATIVE ITALIAN MIX. WITH JUST A LITTLE WATER, YOU TOO CAN BE EATING ITALIAN-SEASONED SPICED MEATLESS BALLS. OR FRY AS CRUMBLE AND PUT IN YOUR FAVOURITE PASTA SAUCE. SERVE WITH YOUR FAVOURITE PASTA AND SAUCE AND DINNER IS DONE!

360 CALORIES, 17 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE PER SERVING.

ORDER NOW



Nutrition Facts		Valeur nutritive	
Per 1 (285 g)		Par 1 (285 g)	
Calories 330		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 10 g		13 %	
Saturated / saturés 2.0 g		10 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 44 g			
Fibre / Fibres 5 g		18 %	
Sugars / Sucres 7 g		7 %	
Protein / Protéines 17 g			
Cholesterol / Cholestérol 55 mg		18 %	
Sodium 480 mg		21 %	
Potassium 600 mg		18 %	
Calcium 75 mg		6 %	
Iron / Fer 2.5 mg		14 %	
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			

LEMONGRASS CHICKEN VEGGIE BOWL (GF, DF)

[BOWL101-1-PEQ](#)

Available

DELIGHT IN OUR LEMONGRASS CHICKEN VEGGIE BOWL, A MOUTHWATERING FUSION OF LEMONGRASS-MARINATED CHICKEN WITH A WHOLESOME MEDLEY OF INGREDIENTS. THIS DELECTABLE DISH FEATURES TENDER LEMONGRASS CHICKEN, CRISP WRAP VEGETABLES, ROASTED YAMS, AND A COLORFUL MIX ATOP A NUTRITIOUS BASE OF BROWN RICE AND QUINOA. TOSSED IN A ZESTY MISO DRESSING, IT'S A HARMONIOUS COMBINATION OF FLAVORS AND TEXTURES THAT GUARANTEES A DELIGHTFUL AND SATISFYING DINING EXPERIENCE.

330 CALORIES, 17 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE.

ORDER NOW



MOTHER SAUCE (CASE)

[LFL1000](#)

Pre-order

DELIGHTFULLY SAVORY, CASHUMEL™ IS THE CONVENIENT AND EASY WAY TO ADD UMAMI TO ANY DISH. IT IS THE PERFECT SUBSTITUTE FOR CREAM IN SAUCES, CASSEROLES AND SOUPS.

LOW IN SODIUM AND FREE FROM PRESERVATIVES, ARTIFICIAL COLOURS AND FLAVOURS.

ORDER NOW



SMOKEY BBQ MIX (CASE)

[SBBQ300](#)

Pre-order

JUST LIKE THE CLASSIC BURGER MIX, OUR SMOKEY BBQ BURGERZ MIX IS PERFECT FOR ALL YOUR PLANT-BASED MEAT ALTERNATIVE MEALS. NO ADDED SOY, DAIRY OR GLUTEN, OR MULTI-SYLLABIC INGREDIENTS. NO ADDED FAT OR OIL BUT TONS OF MOUTH- WATERING SMOKEY FLAVOUR AND AROMA.

370 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE PER SERVING. LOW IN SODIUM.

ORDER NOW



Nutrition Facts Valeur nutritive	
Per 1 (175 g) Par 1 (175 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 1.0 g	
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 42 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 15 mg	5 %
Sodium 460 mg	20 %
Potassium 75 mg	2 %
Calcium 125 mg	10 %
Iron / Fer 4 mg	22 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

TUNA SALAD SANDWICH (DF)

[SAND203-1-PEQ](#)

Available

KEEPING THE TUNA FLAVOUR AS FORWARD AS POSSIBLE, WE MIX TOGETHER LEMON JUICE, CAPERS, CRUNCHY VEGETABLES AND FINISH OFF WITH LETTUCE TO PROVIDE AN ALL AROUND GREAT TASTING TUNA SALAD SANDWICH. ALL ON DELICIOUS, LOCALLY MADE MULTIGRAIN BREAD. A CLASSIC TUNA SALAD SANDWICH THAT ALL WILL ENJOY.

290 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE

ORDER NOW



Nutrition Facts Valeur nutritive	
Per 1 (175 g) Par 1 (175 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 1.0 g	
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 42 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 15 mg	5 %
Sodium 460 mg	20 %
Potassium 75 mg	2 %
Calcium 125 mg	10 %
Iron / Fer 4 mg	22 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

TUNA SALAD SANDWICH (DF) (CASE)

[SAND203-24-PEQ](#)

Available

KEEPING THE TUNA FLAVOUR AS FORWARD AS POSSIBLE, WE MIX TOGETHER LEMON JUICE, CAPERS, CRUNCHY VEGETABLES AND FINISH OFF WITH LETTUCE TO PROVIDE AN ALL AROUND GREAT TASTING TUNA SALAD SANDWICH. ALL ON DELICIOUS, LOCALLY MADE MULTIGRAIN BREAD. A CLASSIC TUNA SALAD SANDWICH THAT ALL WILL ENJOY.

290 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE.

ORDER NOW



Nutrition Facts Valeur nutritive	
Per 1 (220 g) Par 1 (220 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1.0 g	
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 48 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 590 mg	26 %
Potassium 125 mg	3 %
Calcium 150 mg	12 %
Iron / Fer 4 mg	22 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

VEGGIE DELIGHT SANDWICH (VGN)

[SAND202-1-PEQ](#)

Available

THIS FRESH AND CRISPY VEGAN SANDWICH FEATURES OUR IN-HOUSE MADE MEDITERRANEAN REMOULADE (CAN YOU BELIEVE OUR PESTO IS DAIRY AND NUT FREE!?!), IT'S PACKED WITH FRESH CUCUMBERS, CARROTS AND TOMATOES, AND FINISHED WITH LETTUCE. THIS DELICIOUS, PLANT-RICH SANDWICH PACKS A LIGHT LUNCH WITH SNAPPY VEGETABLE AND A GREAT TASTE.

290 CALORIES, 11 GRAMS OF PROTEIN, 6 GRAMS OF FIBRE.

ORDER NOW





Nutrition Facts		Valeur nutritive	
Per 1 (220 g)			
Par 1 (220 g)			
Calories 290		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 7 g			9 %
Saturated / saturés 1.0 g			5 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 48 g			
Fibre / Fibres 6 g			21 %
Sugars / Sucres 4 g			4 %
Protein / Protéines 11 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 590 mg			26 %
Potassium 125 mg			3 %
Calcium 150 mg			12 %
Iron / Fer 4 mg			22 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

VEGGIE DELIGHT SANDWICH (VGN) (CASE)

[SAND202-24-PEQ](#)

Available

THIS FRESH AND CRISPY VEGAN SANDWICH FEATURES OUR IN-HOUSE MADE MEDITERRANEAN REMOULADE (CAN YOU BELIEVE OUR PESTO IS DAIRY AND NUT FREE!?!), IT'S PACKED WITH FRESH CUCUMBERS, CARROTS AND TOMATOES, AND FINISHED WITH LETTUCE. THIS DELICIOUS, PLANT-RICH SANDWICH PACKS A LIGHT LUNCH WITH SNAPPY VEGETABLE AND A GREAT TASTE.

290 CALORIES, 11 GRAMS OF PROTEIN, 6 GRAMS OF FIBRE.

ORDER NOW



TYPE 2 DIABETES SUPPORT

Type 2 diabetes is a chronic metabolic disorder characterized by high blood sugar levels, often resulting from the body's inability to use insulin effectively. It is a prevalent health condition worldwide and is closely linked to lifestyle and genetics. **Key Aspects of Type 2 Diabetes**

- 1. Insulin Resistance:** In Type 2 diabetes, the body's cells become resistant to the action of insulin, a hormone responsible for regulating blood sugar levels. This resistance leads to elevated blood sugar levels.
- 2. High Blood Sugar (Hyperglycemia):** High blood sugar levels, if not properly managed, can result in various health complications, including cardiovascular disease, kidney problems, and nerve damage.
- 3. Risk Factors:** Risk factors for Type 2 diabetes include obesity, sedentary lifestyle, a family history of diabetes, and poor dietary choices.
- 4. Symptoms:** Common symptoms include frequent urination, excessive thirst, unexplained weight loss, fatigue, and slow wound healing. Many people with Type 2 diabetes may not exhibit noticeable symptoms.
- 5. Management:** Management strategies often include lifestyle changes (diet and exercise), oral medications, and, in some cases, insulin therapy.

Diet plays a pivotal role in Type 2 diabetes prevention and management. **Here are key dietary considerations.**

- 1. Carbohydrate Control:** Managing carbohydrate intake is central to blood sugar control. Complex carbohydrates, such as whole grains and legumes, should replace simple sugars and refined grains. These complex carbohydrates release glucose more gradually, preventing spikes in blood sugar levels.
- 2. Portion Control:** Proper portion sizes are essential. Overeating, even healthy foods, can lead to excessive calorie intake and weight gain, increasing insulin resistance.
- 3. Balanced Nutrition:** A well-rounded diet should consist of a variety of vegetables, fruits, lean proteins, and healthy fats. These foods provide essential nutrients, control hunger, and help maintain a healthy weight.
- 4. Fiber-Rich Foods:** High-fiber foods like vegetables, fruits, and whole grains not only aid in digestion but also help stabilize blood sugar levels.
- 5. Regular Meals:** Eating consistent, balanced meals and snacks can prevent blood sugar fluctuations and excessive hunger.
- 6. Limiting Added Sugars:** Reducing added sugars in the diet is crucial. Sugary beverages and sweets can lead to rapid spikes in blood sugar levels.
- 7. Weight Management:** Achieving and maintaining a healthy weight through a well-managed diet is a primary strategy for preventing and managing Type 2 diabetes.

Importance of Consulting with a Registered Dietitian: Since the dietary needs of individuals with Type 2 Diabetes can vary significantly, it's advisable to work with your trained healthcare professional and a registered dietitian who specializes in T2 Diabetes. They can provide personalized guidance and help create a diet plan tailored to individual needs.

In conclusion, diet is an essential component of managing and preventing Type 2 diabetes. A balanced and mindful approach to nutrition can significantly impact blood sugar control and overall health. Alongside dietary choices, regular physical activity and stress management are important factors in maintaining a healthy lifestyle and reducing the risk of Type 2 diabetes and its complications.

Disclaimer: This information is intended to serve as a substitute for medical advice. Refer to disclaimer statement on p42.



BREAKFAST SAUSAGE MIX (CASE)

[BS300](#)

Pre-order

A PLANT-BASED MEAT ALTERNATIVE BREAKFAST SAUSAGE MIX WILL HAVE YOU ASKING YOURSELF, "WHERE HAVE YOU BEEN MY WHOLE LIFE?". JUST ADD WATER (OR MAYBE APPLE JUICE?), STIR. LET SIT FOR 10 MINUTES OR OVERNIGHT, REFRIGERATED. FRY AS A CRUMBLE AND ADD TO OMELETS OR WRAPS.

LOW IN SODIUM, 10G OF PROTEIN AND 8G OF FIBRE PER SERVING, SOURCE OF IRON, NO CHOLESTEROL, NO ARTIFICIAL COLOUR OR PRESERVATIVES.

ORDER NOW



CLASSIC BURGER MIX (CASE)

[CB300](#)

Pre-order

BURGERS, SHEPHERD'S PIE, SLOPPY JOE'S, MEATLOAF OR CHILI. ARE YOU HUNGRY YET? OUR DELICIOUS AND VERSATILE PLANT-BASED MEAT ALTERNATIVE CLASSIC BURGER MIX WILL CHANGE THE WAY YOU EAT. ADD LIQUID AND WHETHER IT'S WATER, WINE, BEER, JUICE OR SALAD DRESSING, YOU WILL WOW YOUR FAMILY AND FRIENDS. ADD YOUR FAVOURITE SEASONING AND MAKE IT ANY FLAVOUR YOU WANT!

360 CALORIES, 18 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE, PER SERVING. AN EXCELLENT SOURCE OF IRON.

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (190 g)	
Par 1 (190 g)	
Calories 360	% Daily Value*
Fat / Lipides 10 g	13 %
Saturated / saturés 1.0 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 31 g	
Cholesterol / Cholestérol 70 mg	23 %
Sodium 600 mg	26 %
Potassium 600 mg	18 %
Calcium 50 mg	4 %
Iron / Fer 3 mg	17 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

HEALTHICARB ROASTED CHICKEN WRAP

[WRAP120-1-PEQ](#)

Available

INTRODUCING OUR DELICIOUS ROASTED CHICKEN WRAP, A WHOLESOME AND SATISFYING OPTION THAT WILL DELIGHT YOUR TASTE BUDS WHILE SUPPORTING YOUR WEIGHT LOSS GOALS. PACKED WITH FLAVORFUL INGREDIENTS AND THOUGHTFULLY BALANCED NUTRITION, THIS WRAP IS A PERFECT COMBINATION OF TASTE AND HEALTH.

360 CALORIES, 4 GRAMS OF FIBRE, 31 GRAMS OF PROTEIN.

ORDER NOW

Nutrition Facts		Valeur nutritive	
Per 1 (190 g)		Par 1 (190 g)	
Calories 380		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 20 g			27 %
Saturated / saturés 4.0 g			21 %
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 34 g			
Fibre / Fibres 4 g			14 %
Sugars / Sucres 2 g			2 %
Protein / Protéines 17 g			
Cholesterol / Cholestérol 280 mg			93 %
Sodium 550 mg			24 %
Potassium 300 mg			9 %
Calcium 100 mg			8 %
Iron / Fer 3 mg			17 %

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

HEALTHICARB SUMMIT EGG WRAP

[WRAP118-1-PEQ](#)

Available

INDULGE IN THE COMFORTING AND SATISFYING FLAVORS OF OUR EGG SALAD WRAP, A DELIGHTFUL CREATION THAT CELEBRATES THE SIMPLICITY OF EGGS AND THE GOODNESS OF FRESH HERBS AND VEGETABLES. ENCASED IN A WHOLESOME WHOLE WHEAT TORTILLA, THIS WRAP IS A TRUE TREAT THAT PROMISES TO TANTALIZE YOUR TASTE BUDS AND NOURISH YOUR BODY.

380 CALORIES, 17 GRAMS OF PROTEIN, 4 GRAMS OF FIBRE.

ORDER NOW



Nutrition Facts		Valeur nutritive	
Per 1 (190 g)		Par 1 (190 g)	
Calories 420		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 24 g			32 %
Saturated / saturés 3.5 g			19 %
+ Trans / trans 0.3 g			
Carbohydrate / Glucides 34 g			
Fibre / Fibres 5 g			18 %
Sugars / Sucres 2 g			2 %
Protein / Protéines 16 g			
Cholesterol / Cholestérol 35 mg			12 %
Sodium 510 mg			22 %
Potassium 450 mg			13 %
Calcium 75 mg			6 %
Iron / Fer 2.5 mg			14 %

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

HEALTHICARB WEST COAST SALMON WRAP

[WRAP119-1-PEQ](#)

Available

EXPERIENCE THE TASTE OF THE OCEAN WITH OUR DELECTABLE WEST COAST SALMON WRAP, A CULINARY DELIGHT THAT CELEBRATES THE RICHNESS OF OCEAN-WISE SALMON AND THE VIBRANT FLAVORS OF FRESH HERBS AND VEGETABLES. CRAFTED WITH CARE AND PRESENTED IN A WHOLE WHEAT TORTILLA, THIS WRAP IS A TRUE COASTAL TREASURE THAT WILL TRANSPORT YOUR SENSES STRAIGHT TO THE WEST COAST.

420 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE.

ORDER NOW



ITALIAN MIX (CASE)

[IM300](#)

Pre-order

THE TASTE OF ITALY IS AT YOUR FINGERTIPS WITH OUR PLANT-BASED MEAT ALTERNATIVE ITALIAN MIX. WITH JUST A LITTLE WATER, YOU TOO CAN BE EATING ITALIAN-SEASONED SPICED MEATLESS BALLS. OR FRY AS CRUMBLE AND PUT IN YOUR FAVOURITE PASTA SAUCE. SERVE WITH YOUR FAVOURITE PASTA AND SAUCE AND DINNER IS DONE!

360 CALORIES, 17 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE PER SERVING.

ORDER NOW





SMOKEY BBQ MIX (CASE)

[SBBQ300](#)

Pre-order

JUST LIKE THE CLASSIC BURGER MIX, OUR SMOKEY BBQ BURGERZ MIX IS PERFECT FOR ALL YOUR PLANT-BASED MEAT ALTERNATIVE MEALS. NO ADDED SOY, DAIRY OR GLUTEN, OR MULTI-SYLLABIC INGREDIENTS. NO ADDED FAT OR OIL BUT TONS OF MOUTH- WATERING SMOKEY FLAVOUR AND AROMA.

370 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE PER SERVING. LOW IN SODIUM.

ORDER NOW





GUT SUPPORT

Functional Gastrointestinal Disorders (FGIDs) encompass a group of chronic digestive conditions, each characterized by its unique set of symptoms and challenges. These conditions, including dyspepsia, Irritable Bowel Syndrome (IBS), constipation, diarrhea, and bloating, are often attributed to disturbances in gut function rather than structural abnormalities.

1. **Dyspepsia:** Dyspepsia, often referred to as indigestion, encompasses a range of symptoms such as upper abdominal pain, discomfort, and early satiety.
2. **Irritable Bowel Syndrome (IBS):** IBS is a common FGID characterized by symptoms such as abdominal pain, bloating, constipation, and diarrhea. It is often classified into four subtypes based on predominant symptoms: IBS with constipation (IBS-C), IBS with diarrhea (IBS-D), mixed IBS (IBS-M), and unclassified IBS.
3. **Constipation:** Chronic constipation is characterized by infrequent bowel movements, straining during bowel movements, and a sense of incomplete evacuation. It can be related to various underlying factors, including dietary choices.
4. **Diarrhea:** Chronic diarrhea is a condition marked by frequent, loose, or watery stools, often accompanied by urgency and abdominal discomfort. It can have various causes, including dietary triggers.
5. **Bloating:** Abdominal bloating involves a sensation of fullness, tightness, or distension in the abdominal area, often associated with excessive gas production or retention.

Diet plays a fundamental role in managing and alleviating the symptoms of FGIDs.

1. **Dyspepsia:** For those with dyspepsia, it's essential to identify specific dietary triggers that exacerbate symptoms. Common culprits include spicy foods, caffeine, and fatty foods. Opting for smaller, more frequent meals and avoiding late-night eating can also help reduce discomfort.
2. **Irritable Bowel Syndrome (IBS):** Dietary management is especially crucial for IBS. A low FODMAP diet, which restricts fermentable carbohydrates, can help alleviate symptoms for many IBS sufferers. However, specific dietary recommendations may vary based on IBS subtype.
3. **Constipation:** A diet rich in dietary fiber from whole grains, fruits, and vegetables, along with plenty of fluids, can help regulate bowel movements and alleviate constipation. Prunes and other high-fiber foods can be particularly beneficial.
4. **Diarrhea:** Diarrhea management often involves identifying specific food triggers, such as lactose or caffeine, and eliminating them from the diet. Consuming soluble fiber can help absorb excess water and bulk up stools.
5. **Bloating:** Reducing the intake of gas-producing foods such as carbonated beverages, beans, and cruciferous vegetables can alleviate bloating. Pre and probiotic-rich foods may also help maintain a healthy gut microbiome.
6. **FODMAP Diet:** Some individuals with FGIDs may benefit from following a low FODMAP diet, which involves reducing specific fermentable carbohydrates known to trigger symptoms.

Importance of Consulting with a Registered Dietitian: Since the dietary needs of individuals with autoimmune diseases can vary significantly, it's advisable to work with your trained healthcare professional and a registered dietitian who specializes in autoimmune conditions. They can provide personalized guidance and help create a diet plan tailored to individual needs.

In conclusion, diet plays a crucial role in managing and alleviating symptoms associated with Functional Gastrointestinal Disorders. Tailored dietary strategies, coupled with lifestyle modifications, can significantly improve the quality of life for those living with these conditions. Collaboration with healthcare professionals and registered dietitians is essential for achieving the most effective dietary management approach for individual cases.

Disclaimer: This information is intended to serve as a substitute for medical advice. Refer to disclaimer statement on p42.

Nutrition Facts	
Valeur nutritive	
Per 1 (285 g)	
Par 1 (285 g)	
Calories 350	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 13 g	17 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 45 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 35 mg	12 %
Sodium 690 mg	30 %
Potassium 600 mg	18 %
Calcium 75 mg	6 %
Iron / Fer 2.5 mg	14 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

ASIAN BBQ PORK VEGGIE BOWL (GF,DF)

[BOWL100-1-PEQ](#)

Available

INDULGE IN OUR ASIAN BBQ PORK VEGGIE BOWL, A TANTALIZING BLEND OF ASIAN BARBECUE GOODNESS WITH A WHOLESOME TWIST. THIS ENTICING DISH FEATURES SUCCULENT ASIAN BBQ PORK, CRISP WRAP VEGETABLES, ROASTED YAMS, AND A VIBRANT MEDLEY OF INGREDIENTS ATOP A NUTRITIOUS BASE OF BROWN RICE AND QUINOA. DRIZZLED WITH A SAVORY MISO DRESSING, IT'S A SYMPHONY OF FLAVORS AND TEXTURES THAT PROMISES A SATISFYING AND DELICIOUS DINING EXPERIENCE.

350 CALORIES, 17 GRAMS OF PROTEIN, 6 GRAMS OF FIBRE.

ORDER NOW



BREAKFAST SAUSAGE MIX (CASE)

[BS300](#)

Pre-order

A PLANT-BASED MEAT ALTERNATIVE BREAKFAST SAUSAGE MIX WILL HAVE YOU ASKING YOURSELF, "WHERE HAVE YOU BEEN MY WHOLE LIFE?" JUST ADD WATER (OR MAYBE APPLE JUICE?), STIR. LET SIT FOR 10 MINUTES OR OVERNIGHT, REFRIGERATED. FRY AS A CRUMBLE AND ADD TO OMELETS OR WRAPS.

LOW IN SODIUM, 10G OF PROTEIN AND 8G OF FIBRE PER SERVING, SOURCE OF IRON, NO CHOLESTEROL, NO ARTIFICIAL COLOUR OR PRESERVATIVES.

ORDER NOW



CALCIWELL+ BAR (VGN) (CASE)

[BALNCE101-30-PEQ](#)

Available

CALCIWELL+ IS YOUR ULTIMATE CALCIUM SUPPORT FOR A THRIVING PLANT-BASED LIFESTYLE. DESIGNED TO BRIDGE THE CALCIUM GAP IN PLANT-BASED DIETS, THIS ADVANCED FORMULA IS ALSO IDEAL FOR INDIVIDUALS AT RISK OF OSTEOPOROSIS. LET CALCIWELL+ BE YOUR TRUSTED COMPANION ON YOUR JOURNEY TO OPTIMAL HEALTH AND WELL-BEING.

370 CALORIES, 12 GRAMS OF PROTEIN, 8 GRAMS OF FIBRE, 96% OF DAILY CALCIUM INTAKE, 79% OF DAILY MAGNESIUM INTAKE.

ORDER NOW



Nutrition Facts		Valeur nutritive	
Per 1 (210 g)		Par 1 (210 g)	
Calories 460	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 21 g	28 %		
Saturated / saturés 2.0 g			
+ Trans / trans 0 g	10 %		
Carbohydrate / Glucides 55 g			
Fibre / Fibres 12 g	43 %		
Sugars / Sucres 4 g	4 %		
Protein / Protéines 17 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 520 mg	23 %		
Potassium 400 mg	12 %		
Calcium 150 mg	12 %		
Iron / Fer 5.5 mg	31 %		
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

CILANTRO-LIME FIESTA WRAP

[WRAP117-1-PEQ](#)

Available

A DELECTABLE CILANTRO-LIME FIESTA WRAP. A CULINARY MASTERPIECE CRAFTED WITH HEALTH-CONSCIOUS INDIVIDUALS IN MIND. FEATURING A HARMONIOUS FUSION OF BABZ SEED-BASED TACO MIX, ZESTY GINGER LIME QUINOA, AND A VELVETY CREAMY DRESSING.

460 CALORIES, 17 GRAMS OF PROTEIN, 12 GRAMS OF FIBRE, AND AN EXCELLENT SOURCE OF IRON.

ORDER NOW



CLASSIC BURGER MIX (CASE)

[CB300](#)

Pre-order

BURGERS, SHEPHERD'S PIE, SLOPPY JOE'S, MEATLOAF OR CHILI. ARE YOU HUNGRY YET? OUR DELICIOUS AND VERSATILE PLANT-BASED MEAT ALTERNATIVE CLASSIC BURGER MIX WILL CHANGE THE WAY YOU EAT. ADD LIQUID AND WHETHER IT'S WATER, WINE, BEER, JUICE OR SALAD DRESSING, YOU WILL WOW YOUR FAMILY AND FRIENDS. ADD YOUR FAVOURITE SEASONING AND MAKE IT ANY FLAVOUR YOU WANT!

360 CALORIES, 18 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE, PER SERVING. AN EXCELLENT SOURCE OF IRON.

ORDER NOW



FESTIVE CHICKEN CRANCHERRY SANDWICH

[SAND105-1-PEQ](#)

Available

A TASTY DAIRY FREE OPTION. OUR OVEN ROASTED CHICKEN BREAST ACCOMPANIED BY OUR SIGNATURE CRANCHERRY COMPOTE, RED ONION AND FRESH GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

390 CALORIES, 20 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF IRON.

ORDER NOW



FESTIVE CHICKEN CRANCHERRY SANDWICH

[SAND119-1-PEQ](#)
Available

A TASTY DAIRY FREE OPTION. OUR OVEN ROASTED CHICKEN BREAST ACCOMPANIED BY OUR SIGNATURE CRANCHERRY COMPOTE, RED ONION AND FRESH GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

390 CALORIES, 20 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF IRON.

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (280 g)	
Par 1 (280 g)	
Calories 400	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 27 g	36 %
Saturated / saturés 3.0 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 33 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 380 mg	17 %
Potassium 600 mg	18 %
Calcium 150 mg	12 %
Iron / Fer 5 mg	28 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

FIESTA TACO BOWL

[BOWL103-1-PEQ](#)
Available

INTRODUCING OUR FIESTA TACO BOWL. A PLANT-RICH SALAD BOWL USING BABZ SEED-BASED TACO MIX AND COMBINING WITH PEQISH VEGETABLE MIX, BLACK BEAN AND CORN, AND CREAMY GARLIC-LIME DRESSING.

400 CALORIES, 12 GRAMS OF FIBRE, AND 14 GRAMS OF PROTEIN.

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (190 g)	
Par 1 (190 g)	
Calories 420	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 24 g	32 %
Saturated / saturés 3.5 g	19 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 35 mg	12 %
Sodium 510 mg	22 %
Potassium 450 mg	13 %
Calcium 75 mg	6 %
Iron / Fer 2.5 mg	14 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

HEALTHICARB WEST COAST SALMON WRAP

[WRAP119-1-PEQ](#)
Available

EXPERIENCE THE TASTE OF THE OCEAN WITH OUR DELECTABLE WEST COAST SALMON WRAP, A CULINARY DELIGHT THAT CELEBRATES THE RICHNESS OF OCEAN-WISE SALMON AND THE VIBRANT FLAVORS OF FRESH HERBS AND VEGETABLES. CRAFTED WITH CARE AND PRESENTED IN A WHOLE WHEAT TORTILLA, THIS WRAP IS A TRUE COASTAL TREASURE THAT WILL TRANSPORT YOUR SENSES STRAIGHT TO THE WEST COAST.

420 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE.

ORDER NOW



ITALIAN MIX (CASE)

[IM300](#)

Pre-order

THE TASTE OF ITALY IS AT YOUR FINGERTIPS WITH OUR PLANT-BASED MEAT ALTERNATIVE ITALIAN MIX. WITH JUST A LITTLE WATER, YOU TOO CAN BE EATING ITALIAN-SEASONED SPICED MEATLESS BALLS. OR FRY AS CRUMBLE AND PUT IN YOUR FAVOURITE PASTA SAUCE. SERVE WITH YOUR FAVOURITE PASTA AND SAUCE AND DINNER IS DONE!

360 CALORIES, 17 GRAMS OF PROTEIN AND 13 GRAMS OF FIBRE PER SERVING.

ORDER NOW



KALE, SPINACH & EGG WRAP

[BWRAP104-1-PEQ](#)

Available

A VEGETARIAN'S DELIGHT TO FUEL YOUR MORNING. OUR HOUSEMADE ROASTED EGG TOPPED WITH ROASTED RED PEPPERS, ROASTED ONIONS, KALE AND SPINACH FINISHED OFF WITH OUR SIGNATURE PESTO.

340 CALORIES, 14 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF CALCIUM AND IRON.

ORDER NOW



KALE, SPINACH & EGG WRAP (CASE)

[BWRAP104-24-PEQ](#)

Available

A VEGETARIAN'S DELIGHT TO FUEL YOUR MORNING. OUR HOUSEMADE ROASTED EGG TOPPED WITH ROASTED RED PEPPERS, ROASTED ONIONS, KALE AND SPINACH FINISHED OFF WITH OUR SIGNATURE PESTO.

340 CALORIES, 14 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF CALCIUM AND IRON.

ORDER NOW



KETO MULTIGRAIN BREAD (12 X 427G)

[KMB1-LC01](#)
Available

BREADYMIX'S SIGNATURE MIX AND YOUR SOON-TO-BE "GOOD EVENING" BREAD. EASY BAKE: JUST ADD WATER. FULL OF NUTRITIOUS GRAINS. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOWCARB.

2.5G NET CARB, 9.5G OF PROTEIN, 4G OF FIBRE, 100 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6 , GOOD SOURCE OF IRON

ORDER NOW



KETO MULTIGRAIN BREAD (8 X 854G)

[KMB2-LC01](#)
Available

BREADYMIX'S SIGNATURE MIX AND YOUR SOON-TO-BE "GOOD EVENING" BREAD. EASY BAKE: JUST ADD WATER. FULL OF NUTRITIOUS GRAINS. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOWCARB.

2.5G NET CARB, 9.5G OF PROTEIN, 4G OF FIBRE, 100 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6 , GOOD SOURCE OF IRON

ORDER NOW



KETO SANDWICH BREAD (12 X 369G)

[KSB1-LC02](#)
Available

YOUR GO-TO SANDWICH CHAMPION. FIRM CRUST, SOFT CENTER, LIGHTLY SWEET AND SUPER SLICEABLE. EASY BAKE: JUST ADD WATER. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOW CARB.

5.5G NET CARB, 9G OF PROTEIN, 3G OF FIBRE, 80 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6 AND IRON

ORDER NOW



KETO SANDWICH BREAD (8 X 738G)

[KSB2-LC02](#)

Available

YOUR GO-TO SANDWICH CHAMPION. FIRM CRUST, SOFT CENTER, LIGHTLY SWEET AND SUPER SLICEABLE. EASY BAKE: JUST ADD WATER. KETO-CERTIFIED. HIGH-PROTEIN. 100% CLEAN. VEGAN. NON-GMO. LOW CARB.

5.5G NET CARB, 9G OF PROTEIN, 3G OF FIBRE, 80 CAL PER SLICE. SOURCE OF OMEGA-3 & OMEGA-6 AND IRON

ORDER NOW

Nutrition Facts		Valeur nutritive	
Per 1 (285 g) Par 1 (285 g)			
Calories 330		% Daily Value*	
Fat / Lipides 10 g		% valeur quotidienne*	13 %
Saturated / saturés 2.0 g			10 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 44 g			
Fibre / Fibres 5 g			18 %
Sugars / Sucres 7 g			7 %
Protein / Protéines 17 g			
Cholesterol / Cholestérol 55 mg			18 %
Sodium 480 mg			21 %
Potassium 600 mg			18 %
Calcium 75 mg			6 %
Iron / Fer 2.5 mg			14 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

LEMONGRASS CHICKEN VEGGIE BOWL (GF, DF)

[BOWL101-1-PEQ](#)

Available

DELIGHT IN OUR LEMONGRASS CHICKEN VEGGIE BOWL, A MOUTHWATERING FUSION OF LEMONGRASS-MARINATED CHICKEN WITH A WHOLESOME MEDLEY OF INGREDIENTS. THIS DELECTABLE DISH FEATURES TENDER LEMONGRASS CHICKEN, CRISP WRAP VEGETABLES, ROASTED YAMS, AND A COLORFUL MIX ATOP A NUTRITIOUS BASE OF BROWN RICE AND QUINOA. TOSSED IN A ZESTY MISO DRESSING, IT'S A HARMONIOUS COMBINATION OF FLAVORS AND TEXTURES THAT GUARANTEES A DELIGHTFUL AND SATISFYING DINING EXPERIENCE.

330 CALORIES, 17 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE.

ORDER NOW

Nutrition Facts		Valeur nutritive	
Per 1 Sandwich (167 g) Par 1 sandwich (167 g)			
Calories 370		% Daily Value*	
Fat / Lipides 23 g		% valeur quotidienne*	31 %
Saturated / saturés 4.5 g			24 %
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 16 g			
Fibre / Fibres 9 g			32 %
Sugars / Sucres 3 g			3 %
Protein / Protéines 28 g			
Cholesterol / Cholestérol 180 mg			60 %
Sodium 520 mg			23 %
Potassium 550 mg			16 %
Calcium 100 mg			8 %
Iron / Fer 3.5 mg			19 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

LOW-CARB EGGCIOUS SANDWICH

[HSAND100-1-PEQ](#)

Limited Stock

FOR THOSE LOOKING FOR A NUTRITIOUS AND DELICIOUS BREAKFAST OR LUNCH OPTION, THE **LOW-CARB EGGCIOUS** FROM PEQISH IS THE PERFECT CHOICE. OUR SPECIAL RECIPE USES ONLY THE FRESHEST INGREDIENTS, WITH CREAMY EGG SALAD MADE FROM LOCALLY SOURCED EGGS AND SERVED ON BREADYMIX'S LOW CARB MULTIGRAIN BREAD. WE ALSO ADD FRESH HERBS TO GIVE IT AN EXTRA BURST OF FLAVOR.

370 CALORIES, 29 GRAMS OF PROTEIN, 9 GRAMS OF FIBRE.

ORDER NOW

Nutrition Facts Valeur nutritive	
Per 1 (202 g) Par 1 (202 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 22 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 23 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 560 mg	24 %
Potassium 550 mg	16 %
Calcium 100 mg	8 %
Iron / Fer 4 mg	22 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

LOW-CARB GARDEN GOODNESS SANDWICH

[HSAND101-1-PEQ](#)

Limited Stock

MADE WITH FRESH GARDEN VEGETABLES AND A SAVORY MEDITERRANEAN SAUCE, THIS SANDWICH IS PACKED WITH WHOLE, REAL, PLANT-RICH FOODS THAT PROVIDE A PROTECTIVE EFFECT ACROSS A NUMBER OF DIFFERENT DISEASE SPECTRUMS. UNLIKE ULTRA-PROCESSED PLANT-BASED FOODS, WHICH CAN ACTUALLY INCREASE THE RISK OF CERTAIN HEALTH CONDITIONS, THIS PROVIDES THE NUTRIENTS AND FIBER YOUR BODY NEEDS TO STAY HEALTHY AND STRONG.

290 CALORIES, 23 GRAMS OF PROTEIN, 11 GRAMS OF FIBRE.

ORDER NOW



Nutrition Facts Valeur nutritive	
Per 1 (167 g) Par 1 (167 g)	
Calories 340	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 2.0 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 37 g	
Cholesterol / Cholestérol 45 mg	15 %
Sodium 560 mg	24 %
Potassium 750 mg	22 %
Calcium 75 mg	6 %
Iron / Fer 3.5 mg	19 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

LOW-CARB ROASTED CHICKEN SANDWICH

[HSAND102-1-PEQ](#)

Limited Stock

THE LOW-CARB ROASTED CHICKEN IS A DELICIOUS AND HEALTHY MEAL THAT'S PERFECT FOR ANYONE LOOKING TO MAINTAIN A HEALTHY LIFESTYLE. PACKED WITH PROTEIN AND PLANT BASED FIBER, IT'S MADE WITH MINIMALLY PROCESSED ROASTED CHICKEN BREAST, FRESH LETTUCE, AND A REDUCED FAT MAYONNAISE, ALL CAREFULLY SELECTED BY OUR CULINARY MEDICINE EXPERTS, AND PAIRED WITH BREADYMIX'S LOW CARB MULTIGRAIN BREAD FOR A BURST OF FLAVOR IN EVERY BITE.

340 CALORIES, 37 GRAMS OF PROTEIN, 9 GRAMS OF FIBRE.

ORDER NOW



Nutrition Facts Valeur nutritive	
Per 1 (167 g) Par 1 (167 g)	
Calories 390	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 25 g	33 %
Saturated / saturés 4.0 g	21 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 25 mg	8 %
Sodium 490 mg	21 %
Potassium 650 mg	19 %
Calcium 75 mg	6 %
Iron / Fer 3 mg	17 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

LOW-CARB SALMON STACK SANDWICH

[HSAND103-1-PEQ](#)

Limited Stock

THIS DELICIOUS SANDWICH IS MADE WITH HOMESTYLE ROASTED SALMON, FRESH HERBS, ONIONS, DILL, CAPERS, CARROTS, AND LETTUCE - ALL CAREFULLY SELECTED BY OUR CULINARY MEDICINE EXPERTS TO CREATE A TANTALIZING BLEND OF FLAVORS AND SEASONINGS THAT PERFECTLY COMPLEMENT THE ROASTED SALMON. AND WITH BREADYMIX'S LOW CARB MULTIGRAIN BREAD, EVERY BITE PROVIDES A BURST OF FLAVOR THAT'S SURE TO SATISFY.

390 CALORIES, 27 GRAMS OF PROTEIN, 9 GRAMS OF FIBRE.

ORDER NOW



PEQISH EAT. RIGHT. NOW. BAR (VGN)

[BALNCE100-30-PEQ](#)

Available



WITH OUR INCREASINGLY FAST PACED LIVES, A PROPER START TO YOUR DAY CAN BE A CHALLENGE. THE PEQISH EAT. RIGHT. NOW. BAR HAS BEEN SPECIFICALLY FORMULATED BY OUR TEAM OF DOCTORS AND CHEFS TO SET YOUR DAY UP ON THE RIGHT STEP. AT 130 GRAMS, THIS VEGAN PLANT RICH PRODUCT IS ONLY 350 CALORIES, THE RIGHT SIZE FOR A MEAL REPLACEMENT BAR. WITH BALANCED MACROS, A GOOD SOURCE OF FIBRE, AND NO ADDED SUGAR, PEQISH EAT. RIGHT. NOW. FUELS YOUR MORNING.

350 CALORIES, 8 GRAMS OF PROTEIN, 7 GRAMS OF FIBRE.

ORDER NOW

PLANT-BASED BOLOGNESE (CASE)

[LFL1003](#)

Pre-order



ANOTHER EXTENSION OF THE VEGAN MOTHER SAUCE. THIS SAUCE IS PACKED WITH VEGETABLES AND THE PROTEIN PIECES ARE MADE FROM CANADIAN PEAS.

NO SUGAR ADDED, 8G OF PROTEIN PER SERVING, SOURCE OF IRON, GLUTEN-FREE, 2 SERVINGS OF VEGETABLES

ORDER NOW

Nutrition Facts		Valeur nutritive	
Per 1 (56 g)			
Par 1 (56 g)			
Calories 170		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 9 g			12 %
Saturated / saturés 5 g			25 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 22 g			
Fibre / Fibres 3 g			11 %
Sugars / Sucres 12 g			12 %
Protein / Protéines 3 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 160 mg			7 %
Potassium 125 mg			4 %
Calcium 40 mg			3 %
Iron / Fer 1.5 mg			8 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

POWER COOKIE

[VCOOK101-1-PEQ](#)

Available

INTRODUCING OUR PLANT RICH VEGAN POWER COOKIE! THIS COOKIE IS THE PERFECT COMBINATION OF WHOLESOME, NUTRITIOUS INGREDIENTS AND IRRESISTIBLE FLAVOR. MADE WITH WHOLE GRAINS INCLUDING OATS, PUMPKIN SEEDS, CHIA SEEDS, FLAXSEED, AND BUCKWHEAT, THIS COOKIE IS PACKED WITH FIBER AND PROTEIN, ENSURING YOU STAY FULL AND SATISFIED. COOKIE IS THE PERFECT CHOICE FOR YOU!

170 CALORIES, 9 GRAMS OF TOTAL FAT, 160MG OF SODIUM, 3 GRAMS OF PROTEIN, 3 GRAMS OF FIBRE.

ORDER NOW



PUMPKIN SEED, FLAX SEED & SEA SALT CRACKERS

[20003](#)

Pre-order

OUR SUPER HEALTHY AND SATISFYING SEED CRACKER IS MADE FROM A SCIENTIFIC FORMULA CONSISTING OF PUMPKIN SEEDS, FLAX SEEDS AND A DASH OF SEA SALT! ENJOY 'OH NATURAL', OR DRESSED UP WITH YOUR FAVOURITE TOPPING!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL- FREE, NUT-FREE AND VEGAN.

ORDER NOW



PUMPKIN SEED, FLAX SEED & TURMERIC CRACKERS

[20001](#)

Pre-order

A SUPER HEALTHY AND SATISFYING RECIPE MADE WITH PUMPKIN SEEDS, FLAX SEEDS AND TURMERIC POWDER! KIDS ENJOY THESE WITHOUT EVEN REALIZING THEY ARE EATING SUPERFOODS! THE ANTI-INFLAMMATORY TURMERIC ADDS TO THE BRILLIANT COLOUR AND UNIQUE TASTE. IF YOU LOVE CURRY, THIS IS A MUST-HAVE PANTRY ITEM!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL- FREE, NUT-FREE AND VEGAN.

ORDER NOW



ROAST CHICKEN RANCHERO (GF, DF)

[PROTEIN211-1-PEQ](#)

Available

A MEDLEY OF FRESH GREENS TOGETHER WITH ALL WHITE MEAT SEASONED ROAST CHICKEN BREAST, SHREDDED CARROTS, GREEN AND RED PEPPERS, BLACK BEANS AND CORN. ACCOMPANIED BY OUR SIGNATURE GINGER CITRUS VINAIGRETTE.

370 CALORIES, 21 G OF PROTEIN, 5 G OF FIBRE AND A GOOD SOURCE OF VITAMIN A AND C.

ORDER NOW

ROAST CHICKEN RANCHERO (GF, DF) (CASE)

[PROTEIN211-18-PEQ](#)

Available

A MEDLEY OF FRESH GREENS TOGETHER WITH ALL WHITE MEAT SEASONED ROAST CHICKEN BREAST, SHREDDED CARROTS, GREEN AND RED PEPPERS, BLACK BEANS AND CORN. ACCOMPANIED BY OUR SIGNATURE GINGER CITRUS VINAIGRETTE.

370 CALORIES, 21 G OF PROTEIN, 5 G OF FIBRE AND A GOOD SOURCE OF VITAMIN A AND C.



ORDER NOW



SIGNATURE FALAFEL SANDWICH

[SAND108-1-PEQ](#)

Not available

A GREAT PLANT BASED OPTION. OUR SCRATCHMADE FALAFEL TOGETHER WITH A HOUSEMADE MEDITERRANEAN REMOULADE, SLICED TOMATO, CUCUMBER, SHREDDED CARROT, AND FRESH GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

510 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE.



ORDER NOW



SIGNATURE FALAFEL SANDWICH (CASE)

[SAND108-24-PEQ](#)

Not available

A GREAT PLANT BASED OPTION. OUR SCRATCHMADE FALAFEL TOGETHER WITH A HOUSEMADE MEDITERRANEAN REMOULADE, SLICED TOMATO, CUCUMBER, SHREDDED CARROT, AND FRESH GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

510 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE.



ORDER NOW





SMOKEY BBQ MIX (CASE)

[SBBQ300](#)
Pre-order

JUST LIKE THE CLASSIC BURGER MIX, OUR SMOKEY BBQ BURGERZ MIX IS PERFECT FOR ALL YOUR PLANT-BASED MEAT ALTERNATIVE MEALS. NO ADDED SOY, DAIRY OR GLUTEN, OR MULTI-SYLLABIC INGREDIENTS. NO ADDED FAT OR OIL BUT TONS OF MOUTH- WATERING SMOKEY FLAVOUR AND AROMA.

370 CALORIES, 19 GRAMS OF PLANT PROTEIN AND 6 GRAMS OF FIBRE PER SERVING. LOW IN SODIUM.



SUMMIT EGG SALAD SANDWICH

[SAND102-1-PEQ](#)
Available

A CLASSIC DAIRY FREE OPTION. BOILED EGGS, OUR SIGNATURE AIOLI, TOGETHER WITH ONIONS, GREEN PEPPERS, FRESH DILL AND GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

460 CALORIES, 15 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF IRON.



SUMMIT EGG SALAD SANDWICH (CASE)

[SAND102-24-PEQ](#)
Available

A CLASSIC DAIRY FREE OPTION. BOILED EGGS, OUR SIGNATURE AIOLI, TOGETHER WITH ONIONS, GREEN PEPPERS, FRESH DILL AND GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

460 CALORIES, 15 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF IRON.





SUNFLOWER SEED, SESAME SEED & CAYENNE CRACKERS

[20002](#)

Pre-order

OUR SUPER HEALTHY AND SATISFYING RECIPE MADE WITH SUNFLOWER SEEDS, BLACK SESAME SEEDS AND A BIT OF CAYENNE PEPPER AND BLACK PEPPER TO GIVE IT A LITTLE KICK! SUPER ADDICTIVE WITH A LIGHT AIRY, CRUNCHY TEXTURE. LIKE EATING CHIPS BUT WAY HEALTHIER!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL- FREE, NUT-FREE AND VEGAN.

ORDER NOW



SUNFLOWER SEED, SESAME SEED & SEA SALT CRACKERS

[20004](#)

Pre-order

OUR SUPER HEALTHY AND SATISFYING RECIPE MADE WITH SUNFLOWER SEEDS, BLACK SESAME SEEDS AND A DASH OF SEA SALT! ENJOY 'OH NATURAL', OR WITH YOUR FAVOURITE TOPPING!

NO ARTIFICIAL FLAVOURS OR PRESERVATIVES, NO ADDED SUGAR, AND ARE NATURALLY GLUTEN-FREE, TRANS FAT-FREE, CHOLESTEROL- FREE, NUT-FREE AND VEGAN.

ORDER NOW



TACO MIX (CASE)

[TM300](#)

Pre-order

TACOS AREN'T JUST FOR TUESDAYS ANYMORE. WITH OUR PLANT- BASED MEAT ALTERNATIVE TACO MIX, YOU CAN ENJOY TACOS EVERY DAY! OUR EASY-TO-PREPARE TACO MIX HAS ALL THE SEASONINGS; JUST ADD WATER! YOU'LL BE EATING HEALTHY, PLANT-BASED TACOS IN NO TIME!

360 CALORIES, 18 GRAMS OF PROTEIN, 13 GRAMS OF FIBRE PER SERVING.

ORDER NOW

Nutrition Facts		Valeur nutritive	
Per 1 (175 g)		Par 1 (175 g)	
Calories 290	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 6 g	8 %		
Saturated / saturés 1.0 g		5 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 42 g			
Fibre / Fibres 5 g	18 %		
Sugars / Sucres 3 g	3 %		
Protein / Protéines 16 g			
Cholesterol / Cholestérol 15 mg	5 %		
Sodium 460 mg	20 %		
Potassium 75 mg	2 %		
Calcium 125 mg	10 %		
Iron / Fer 4 mg	22 %		

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

TUNA SALAD SANDWICH (DF)

[SAND203-1-PEQ](#)

Available

KEEPING THE TUNA FLAVOUR AS FORWARD AS POSSIBLE, WE MIX TOGETHER LEMON JUICE, CAPERS, CRUNCHY VEGETABLES AND FINISH OFF WITH LETTUCE TO PROVIDE AN ALL AROUND GREAT TASTING TUNA SALAD SANDWICH. ALL ON DELICIOUS, LOCALLY MADE MULTIGRAIN BREAD. A CLASSIC TUNA SALAD SANDWICH THAT ALL WILL ENJOY.

290 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE

ORDER NOW

Nutrition Facts		Valeur nutritive	
Per 1 (175 g)		Par 1 (175 g)	
Calories 290	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 6 g	8 %		
Saturated / saturés 1.0 g		5 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 42 g			
Fibre / Fibres 5 g	18 %		
Sugars / Sucres 3 g	3 %		
Protein / Protéines 16 g			
Cholesterol / Cholestérol 15 mg	5 %		
Sodium 460 mg	20 %		
Potassium 75 mg	2 %		
Calcium 125 mg	10 %		
Iron / Fer 4 mg	22 %		

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

TUNA SALAD SANDWICH (DF) (CASE)

[SAND203-24-PEQ](#)

Available

KEEPING THE TUNA FLAVOUR AS FORWARD AS POSSIBLE, WE MIX TOGETHER LEMON JUICE, CAPERS, CRUNCHY VEGETABLES AND FINISH OFF WITH LETTUCE TO PROVIDE AN ALL AROUND GREAT TASTING TUNA SALAD SANDWICH. ALL ON DELICIOUS, LOCALLY MADE MULTIGRAIN BREAD. A CLASSIC TUNA SALAD SANDWICH THAT ALL WILL ENJOY.

290 CALORIES, 16 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE

ORDER NOW

Nutrition Facts		Valeur nutritive	
Per 1 (220 g)		Par 1 (220 g)	
Calories 290	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 7 g	9 %		
Saturated / saturés 1.0 g		5 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 48 g			
Fibre / Fibres 6 g	21 %		
Sugars / Sucres 4 g	4 %		
Protein / Protéines 11 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 590 mg	26 %		
Potassium 125 mg	3 %		
Calcium 150 mg	12 %		
Iron / Fer 4 mg	22 %		

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

VEGGIE DELIGHT SANDWICH (VGN)

[SAND202-1-PEQ](#)

Available

THIS FRESH AND CRISPY VEGAN SANDWICH FEATURES OUR IN-HOUSE MADE MEDITERRANEAN REMOULADE (CAN YOU BELIEVE OUR PESTO IS DAIRY AND NUT FREE!?!), IT'S PACKED WITH FRESH CUCUMBERS, CARROTS AND TOMATOES, AND FINISHED WITH LETTUCE. THIS DELICIOUS, PLANT-RICH SANDWICH PACKS A LIGHT LUNCH WITH SNAPPY VEGETABLE AND A GREAT TASTE.

290 CALORIES, 11 GRAMS OF PROTEIN, 6 GRAMS OF FIBRE.

ORDER NOW

Nutrition Facts	
Valeur nutritive	
Per 1 (220 g)	
Par 1 (220 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1.0 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 48 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 590 mg	26 %
Potassium 125 mg	3 %
Calcium 150 mg	12 %
Iron / Fer 4 mg	22 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

VEGGIE DELIGHT SANDWICH (VGN) (CASE)

[SAND202-24-PEQ](#)

Available

THIS FRESH AND CRISPY VEGAN SANDWICH FEATURES OUR IN-HOUSE MADE MEDITERRANEAN REMOULADE (CAN YOU BELIEVE OUR PESTO IS DAIRY AND NUT FREE!?!), IT'S PACKED WITH FRESH CUCUMBERS, CARROTS AND TOMATOES, AND FINISHED WITH LETTUCE. THIS DELICIOUS, PLANT-RICH SANDWICH PACKS A LIGHT LUNCH WITH SNAPPY VEGETABLE AND A GREAT TASTE.

290 CALORIES, 11 GRAMS OF PROTEIN, 6 GRAMS OF FIBRE.

ORDER NOW

WEST COAST SALMON SALAD SANDWICH

[SAND104-1-PEQ](#)

Available

A NUTRITIOUS DAIRY FREE OPTION. OUR SIGNATURE AIOLI, TOGETHER WITH ONIONS, CAPERS, SHREDDED CARROTS, PEPPERS, FRESH DILL AND GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

450 CALORIES, 13 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF IRON.

ORDER NOW



WEST COAST SALMON SALAD SANDWICH (CASE)

[SAND104-24-PEQ](#)

Available

A NUTRITIOUS DAIRY FREE OPTION. OUR SIGNATURE AIOLI, TOGETHER WITH ONIONS, CAPERS, SHREDDED CARROTS, PEPPERS, FRESH DILL AND GREENS SERVED ON A LOCALLY MADE MULTIGRAIN BREAD.

450 CALORIES, 13 GRAMS OF PROTEIN, 5 GRAMS OF FIBRE AND A GOOD SOURCE OF IRON.

ORDER NOW





DISCLAIMER STATEMENT

This Information is Not Intended to Be Medical Advice or Serve as a Substitute to Medical Advice from an appropriate trained professional.

The content provided in this catalog is for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

The information presented here is intended to offer general guidance and educational insights on the importance of eating healthy. However, individual health circumstances can vary widely, and what may be suitable for one person may not be appropriate for another.

It is crucial to consult with a healthcare professional or a registered dietitian who can assess your specific medical history, treatment/management plan, and dietary requirements. They can provide personalized recommendations tailored to your unique needs and circumstances.

Any changes to your diet, exercise regimen, or treatment plan should be discussed and approved by a qualified healthcare provider.

Always follow your healthcare provider's advice and treatment plan to effectively manage your diabetes and achieve the best possible health outcomes.