



ACAI BOWL

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Coconut Yogurt
Banana
Acai Powder

Hemp Seeds
Chia Seeds
Flax Seeds

Blackberries
Raspberries
Blueberries

Pumpkin Seeds
Goji Berries

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	349.4	17.5
Caffeine	-	-
Water	163.28g	10.9

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.13mg	8.9
B2 (Riboflavin)	.19mg	11.3
B3 (Niacin)	1.59mg	8
B5 (Pantothenic Acid)	.68mg	6.8
B6 (Pyridoxine)	.63mg	31.4
B12 (Cobalamin)	-	-
Biotin	.21mcg	.1
Choline	22.05mg	4
Folate	41.23mcg	10.3
Vitamin A	716.87IU	14.3
Alpha-Carotene	39.89mcg	-
Beta-Carotene	159mcg	-
Beta-Cryptoxanthin	151mcg	-
Lutein+Zeaxanthin	441mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	21.20mcg	-
Vitamin C	20.39mg	34
Vitamin D	-	-
Vitamin E	.64mg	3.2
Beta Tocopherol	.01mg	-
Delta Tocopherol	.24mg	-
Gamma Tocopherol	1.06mg	-
Vitamin K	16.03mcg	20

MINERALS	AMOUNT	% DV
Calcium	37.63mg	3.8
Chromium	-	-
Copper	.24mg	11.9
Fluoride	-	-
Iodine	-	-
Iron	1.72mg	9.6
Magnesium	68.26mg	17.1
Manganese	.89mg	44.3
Molybdenum	-	-
Phosphorus	84.05mg	8.4
Potassium	731.45mg	20.9
Selenium	3.32mg	4.7
Sodium	19.98mg	.8
Zinc	.68mg	4.5

CARBOHYDRATES	AMOUNT	% DV
Carbs	48.98g	16.3
Fiber	9.03g	36.1
Starch	8.49g	-
Sugars	25.83g	-
Fructose	9.34g	-
Galactose	<.01g	-
Glucose	9.58g	-
Lactose	<.01g	-
Maltose	.03g	-
Sucrose	5.66g	-
Added Sugars	1.9g	3.8
Sugar Alcohol	.03g	-
Net Carbs	39.96g	-

LIPIDS	AMOUNT	% DV
Fat	15.78g	24.3
Monounsaturated	.24g	-
Polyunsaturated	1.23g	-
Omega-3	.64g	-
Omega-6	.57g	-
Saturated	8.39g	-
Trans-Fat	<.01g	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	6.04g	12.1
Alanine	.14g	-
Arginine	.18g	-
Aspartic Acid	.3g	-
Cystine	.03g	-
Glutamic Acid	.42g	-
Glycine	.11g	-
Histidine	.14g	-
Hydroxyproline	-	-
Isoleucine	.08g	-
Leucine	.17g	-
Lysine	.12g	-
Methionine	.04g	-
Phenylalanine	.12g	-
Proline	.08g	-
Serine	.12g	-
Threonine	.08g	-
Tryptophan	.03g	-
Tyrosine	.04g	-
Valine	.12g	-

JOULECRAFTEDNUTRITION.COM
/jool/ noun: a unit of energy
4615 NE SANDY BLVD | PORTLAND



Gluten Free | Organic/NGMO
Sugar Free, Corn Free, Soy Free, Dairy Optional
Paleo, W30, GAPS & WAPF Friendly



OXTAIL TACOS

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Beef Oxtail
Grain-Free Tortilla
Cilantro

Radish
Lime Juice
Red Cabbage

Kimchi
Salad Mix
Microgreens

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	359.4	18
Caffeine	-	-
Water	172.26g	11.5

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.14mg	9.4
B2 (Riboflavin)	.29mg	17.1
B3 (Niacin)	7.14mg	35.7
B5 (Pantothenic Acid)	.96mg	9.6
B6 (Pyridoxine)	.7mg	35.1
B12 (Cobalamin)	1.27mcg	21.2
Biotin	2mcg	.7
Choline	129.83mg	23.6
Folate	58.61mcg	14.7
Vitamin A	7939.67IU	158.8
Alpha-Carotene	574.21mcg	-
Beta-Carotene	3479mcg	-
Beta-Cryptoxanthin	1613mcg	-
Lutein+Zeaxanthin	322mcg	-
Lycopene	1.75mcg	-
Retinol	13mcg	-
Retinol Activity Equiv.	394mcg	-
Vitamin C	24.81mg	41.4
Vitamin D	31.47mcg	7.9
Vitamin E	1.9mg	9.4
Beta Tocopherol	-	-
Delta Tocopherol	<.01mg	-
Gamma Tocopherol	.09mg	-
Vitamin K	108mcg	135.1

MINERALS	AMOUNT	% DV
Calcium	109.42mg	10.9
Chromium	.4mcg	.3
Copper	.18mg	9.2
Fluoride	-	-
Iodine	.33mcg	.2
Iron	5.08mg	28.2
Magnesium	50.70mg	12.7
Manganese	.33mg	16.4
Molybdenum	.58mcg	.8
Phosphorus	725.67mg	23.7
Potassium	236.87mg	20.7
Selenium	28.25mcg	40.4
Sodium	589.17mg	24.5
Zinc	4.55mg	30.3

CARBOHYDRATES	AMOUNT	% DV
Carbs	32.57g	10.9
Fiber	5.09g	20.4
Starch	14.25g	-
Sugars	2.16g	-
Fructose	.29g	-
Galactose	<.01g	-
Glucose	.47g	-
Lactose	-	-
Maltose	-	-
Sucrose	.08g	-
Added Sugars	-	-
Sugar Alcohol	.02g	-
Net Carbs	27.47g	-

LIPIDS	AMOUNT	% DV
Fat	14.18g	21.8
Monounsaturated	5.94g	-
Polyunsaturated	.72g	-
Omega-3	.18g	-
Omega-6	.54g	-
Saturated	5.39g	-
Trans-Fat	.58g	-
Cholesterol	100.01g	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	26.02g	52
Alanine	1.45g	-
Arginine	1.55g	-
Aspartic Acid	2.23g	-
Cystine	.32g	-
Glutamic Acid	3.64g	-
Glycine	1.43g	-
Histidine	.75g	-
Hydroxyproline	-	-
Isoleucine	1.11g	-
Leucine	1.92g	-
Lysine	2g	-
Methionine	.63g	-
Phenylalanine	.97g	-
Proline	1.14g	-
Serine	.99g	-
Threonine	.97g	-
Tryptophan	.17g	-
Tyrosine	.78g	-
Valine	1.21g	-

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MAGIC AVOCADO TOAST

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Buckwheat Bread
Avocado
Himalayan Pink Salt

Microgreens
Lemon Juice
Chives

Vitamineral Earth

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	290.28	14.5
Caffeine	-	-
Water	90.24	6

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.22mg	14.4
B2 (Riboflavin)	.19mg	11.3
B3 (Niacin)	2.56mg	12.8
B5 (Pantothenic Acid)	1.27mg	12.7
B6 (Pyridoxine)	.3mg	15.2
B12 (Cobalamin)	<.01mcg	<.1
Biotin	.1mcg	<.1
Choline	22.18mg	4
Folate	90.83mcg	22.7
Vitamin A	141.40IU	2.8
Alpha-Carotene	16.32mcg	-
Beta-Carotene	62.62mcg	-
Beta-Cryptoxanthin	18.60mcg	-
Lutein+Zeaxanthin	199.53mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	6.67mcg	-
Vitamin C	8.72mg	14.5
Vitamin D	-	-
Vitamin E	2.09mg	10.4
Beta Tocopherol	.8mg	-
Delta Tocopherol	.1mg	-
Gamma Tocopherol	1mg	-
Vitamin K	17.58mcg	22

MINERALS	AMOUNT	% DV
Calcium	28.36mg	2.8
Chromium	.3mcg	.2
Copper	.19mg	9.7
Fluoride	-	-
Iodine	.25mcg	.2
Iron	3.35mg	18.6
Magnesium	48.66mg	12.2
Manganese	.56mg	27.9
Molybdenum	.44mcg	.6
Phosphorus	92.14mg	9.2
Potassium	461.32mg	13.2
Selenium	3.29mcg	4.7
Sodium	320.61mg	13.4
Zinc	.96mg	6.4

CARBOHYDRATES	AMOUNT	% DV
Carbs	41.39g	13.8
Fiber	7.87g	31.5
Starch	29.56g	-
Sugars	2.48g	-
Fructose	.15g	-
Galactose	.05g	-
Glucose	.28g	-
Lactose	0	-
Maltose	<.01g	-
Sucrose	1.95g	-
Added Sugars	1.81g	3.6
Sugar Alcohol	.04g	-
Net Carbs	33.52g	-

LIPIDS	AMOUNT	% DV
Fat	13.61g	20.9
Monounsaturated	7.26g	-
Polyunsaturated	3.15g	-
Omega-3	.09g	-
Omega-6	3.03g	-
Saturated	1.80g	-
Trans-Fat	<.01g	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	3.6g	7.2
Alanine	.22g	-
Arginine	.2g	-
Aspartic Acid	.35g	-
Cystine	.06g	-
Glutamic Acid	.58g	-
Glycine	.19g	-
Histidine	.08g	-
Hydroxyproline	-	-
Isoleucine	.14g	-
Leucine	.29g	-
Lysine	.18g	-
Methionine	.06g	-
Phenylalanine	.17g	-
Proline	.18g	-
Serine	.19g	-
Threonine	.13g	-
Tryptophan	.05g	-
Tyrosine	.1g	-
Valine	.19g	-

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PAD TOAST

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Buckwheat Bread
Sunbutter
Lime Juice

Cilantro
Chile Flakes
Sesame Seeds

Spiced Cashews
Chives
Himalayan Pink Salt

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	446.8	22.3
Caffeine	-	-
Water	45.3g	3.0

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.24mg	16
B2 (Riboflavin)	.21mg	12.2
B3 (Niacin)	4.33mg	21.7
B5 (Pantothenic Acid)	3.16mg	31.6
B6 (Pyridoxine)	0.45g	22.6
B12 (Cobalamin)	-	-
Biotin	-	-
Choline	37.6mg	6.8
Folate	132.1mcg	33.0
Vitamin A	362.6IU	7.3
Alpha-Carotene	1.6mcg	-
Beta-Carotene	212mcg	-
Beta-Cryptoxanthin	8.98mcg	-
Lutein+Zeaxanthin	55.08mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	18.12mcg	-
Vitamin C	3.9mg	6.5
Vitamin D	-	-
Vitamin E	11.39mg	56.6
Beta Tocopherol	1.24mg	-
Delta Tocopherol	.18mg	-
Gamma Tocopherol	0.69mg	-
Vitamin K	19.1mcg	23.9

MINERALS	AMOUNT	% DV
Calcium	53.24mg	5.3
Chromium	-	-
Copper	0.92mg	46.1
Fluoride	-	-
Iodine	-	-
Iron	4.0mg	22.2
Magnesium	99.1mg	24.8
Manganese	1.38mg	68.9
Molybdenum	-	-
Phosphorus	552.89mg	55.3
Potassium	510.13mg	14.6
Selenium	35.89mcg	51.3
Sodium	249.6mg	10.4
Zinc	3.0mg	20.0

CARBOHYDRATES	AMOUNT	% DV
Carbs	46.72g	15.6
Fiber	7.5g	30.0
Starch	34.95g	-
Sugars	3.49g	-
Fructose	0.08g	-
Galactose	-	-
Glucose	0.23g	-
Lactose	-	-
Maltose	-	-
Sucrose	3.13g	-
Added Sugars	1.81g	3.6
Sugar Alcohol	.01g	-
Net Carbs	39.21g	-

LIPIDS	AMOUNT	% DV
Fat	26.31g	40.5
Monounsaturated	5.93g	-
Polyunsaturated	16.06g	-
Omega-3	0.06g	-
Omega-6	16.0g	-
Saturated	2.98g	-
Trans-Fat	-	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	11.2g	22.4
Alanine	0.58g	-
Arginine	1.10g	-
Aspartic Acid	1.13g	-
Cystine	0.21g	-
Glutamic Acid	2.53g	-
Glycine	0.67g	-
Histidine	0.29g	-
Hydroxyproline	-	-
Isoleucine	0.52g	-
Leucine	0.84g	-
Lysine	0.46g	-
Methionine	0.24g	-
Phenylalanine	0.55g	-
Proline	0.57g	-
Serine	0.54g	-
Threonine	0.44g	-
Tryptophan	0.16g	-
Tyrosine	0.33g	-
Valine	0.62g	--

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DAY-OH TOAST

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Adventure Bread
Cinnamon Almond Butter
Banana

Flax Seeds
Chia Seeds
Hemp Seeds

Honey
Bee Pollen

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	588.49	29.4
Caffeine	-	-
Water	70.87g	4.7

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.22mg	14.8
B2 (Riboflavin)	.26mg	15.1
B3 (Niacin)	2.62mg	13.1
B5 (Pantothenic Acid)	1.76mg	17.6
B6 (Pyridoxine)	.38mg	19.2
B12 (Cobalamin)	-	-
Biotin	.04mcg	<.1
Choline	29.25mg	5.3
Folate	70mcg	17.5
Vitamin A	44.95IU	.9
Alpha-Carotene	7.38mcg	-
Beta-Carotene	13.47mcg	-
Beta-Cryptoxanthin	.44mcg	-
Lutein+Zeaxanthin	98.08mcg	-
Lycopene	.04mcg	-
Retinol	-	-
Retinol Activity Equiv.	1.43mcg	-
Vitamin C	3.6mg	6
Vitamin D	-	-
Vitamin E	12.29mg	61
Beta Tocopherol	.28mg	-
Delta Tocopherol	.1mg	-
Gamma Tocopherol	2.35mg	-
Vitamin K	19.90mcg	24.9

MINERALS	AMOUNT	% DV
Calcium	130.48mg	13
Chromium	-	-
Copper	.69mg	34.5
Fluoride	-	-
Iodine	-	-
Iron	5.36mg	29.8
Magnesium	175.51mg	43.9
Manganese	1.20mg	60.1
Molybdenum	-	-
Phosphorus	514.54mg	51.5
Potassium	667.37mg	19.1
Selenium	20.98mcg	30
Sodium	179.26mg	7.5
Zinc	2.76mg	18.4

CARBOHYDRATES	AMOUNT	% DV
Carbs	43.43g	14.5
Fiber	12.58g	50.3
Starch	4.77g	-
Sugars	13.20g	-
Fructose	4.28g	-
Galactose	.12g	-
Glucose	4.29g	-
Lactose	<.01g	-
Maltose	.07g	-
Sucrose	3.59g	-
Added Sugars	4.71g	9.4
Sugar Alcohol	.05g	-
Net Carbs	30.85g	-

LIPIDS	AMOUNT	% DV
Fat	42.87g	66
Monounsaturated	8.98g	-
Polyunsaturated	11.88g	-
Omega-3	2.61g	-
Omega-6	9.26g	-
Saturated	11.37g	-
Trans-Fat	.01g	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	15.81g	31.6
Alanine	.43g	-
Arginine	.93g	-
Aspartic Acid	.99g	-
Cystine	.15g	-
Glutamic Acid	2.14g	-
Glycine	.56g	-
Histidine	.25g	-
Hydroxyproline	-	-
Isoleucine	.39g	-
Leucine	.62g	-
Lysine	.35g	-
Methionine	.16g	-
Phenylalanine	.45g	-
Proline	.42g	-
Serine	.42g	-
Threonine	.33g	-
Tryptophan	.12g	-
Tyrosine	.23g	-
Valine	.46g	-

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ELDERBERRY JAM + SUNBUTTER TOAST

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Buckwheat Bread
Elderberry Jam
Sunbutter
Blackberries

Raspberries
Blueberries
Pumpkin Seeds
Goji Berries

Flax Seeds
Hemp Seeds
Chia Seeds

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	541.67	27.1
Caffeine	-	-
Water	78.55g	5.2

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.28mg	19
B2 (Riboflavin)	.42mg	24.9
B3 (Niacin)	4.52mg	22.6
B5 (Pantothenic Acid)	3.19mg	31.9
B6 (Pyridoxine)	.53mg	26.4
B12 (Cobalamin)	<.01mcg	<.01
Biotin	-	-
Choline	38.34.mg	7
Folate	129mcg	32.3
Vitamin A	322IU	6.4
Alpha-Carotene	.30mcg	-
Beta-Carotene	48.16mcg	-
Beta-Cryptoxanthin	50.38mcg	-
Lutein+Zeaxanthin	168mcg	-
Lycopene	<.01mcg	-
Retinol	-	-
Retinol Activity Equiv.	14.83mcg	-
Vitamin C	13.29mg	22.2
Vitamin D	-	-
Vitamin E	11.34mg	56.3
Beta Tocopherol	1.24mg	-
Delta Tocopherol	.27mg	-
Gamma Tocopherol	1.35mg	-
Vitamin K	12.47mcg	15.6

MINERALS	AMOUNT	% DV
Calcium	84.59mg	8.5
Chromium	-	-
Copper	.89mg	44.5
Fluoride	-	-
Iodine	-	-
Iron	5.04mg	28
Magnesium	103.28mg	25.8
Manganese	1.97mg	98.4
Molybdenum	-	-
Phosphorus	566.40mg	56.6
Potassium	613mg	17.5
Selenium	36.08mcg	51.5
Sodium	229mg	9.6
Zinc	3.13mg	20.9

CARBOHYDRATES	AMOUNT	% DV
Carbs	64.63g	21.5
Fiber	10.97g	43.9
Starch	34.52g	-
Sugars	14.15g	-
Fructose	.66g	-
Galactose	<.01g	-
Glucose	.98g	-
Lactose	<.01g	-
Maltose	<.01g	-
Sucrose	12.20g	-
Added Sugars	11.33g	22.7
Sugar Alcohol	.01g	-
Net Carbs	53.66g	-

LIPIDS	AMOUNT	% DV
Fat	28.07g	43.2
Monounsaturated	4.59g	-
Polyunsaturated	16.16g	-
Omega-3	.65g	-
Omega-6	15.48g	-
Saturated	3.46g	-
Trans-Fat	<.01g	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	13.37g	26.7
Alanine	.58g	-
Arginine	1.06g	-
Aspartic Acid	1.12g	-
Cystine	.21g	-
Glutamic Acid	2.47g	-
Glycine	.67g	-
Histidine	.29g	-
Hydroxyproline	-	-
Isoleucine	.51g	-
Leucine	.83g	-
Lysine	.46g	-
Methionine	.23g	-
Phenylalanine	.55g	-
Proline	.56g	-
Serine	.53g	-
Threonine	.44g	-
Tryptophan	.16g	-
Tyrosine	.33g	-
Valine	.61g	-

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MUSHROOM LEEK TOAST

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Buckwheat Bread
Roasted Mushrooms

Melted Leeks
Himalayan Pink Salt

Lemon Juice
Chives

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	312.59	15.6
Caffeine	-	-
Water	102.71g	6.8

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.21mg	13.7
B2 (Riboflavin)	.19mg	11.3
B3 (Niacin)	3.82mg	19.1
B5 (Pantothenic Acid)	.37mg	3.7
B6 (Pyridoxine)	.17mg	8.5
B12 (Cobalamin)	<.01mcg	<.01
Biotin	-	-
Choline	24.84mg	4.5
Folate	45.41mcg	11.4
Vitamin A	432.51IU	8.7
Alpha-Carotene	-	-
Beta-Carotene	259mcg	-
Beta-Cryptoxanthin	.24mcg	-
Lutein+Zeaxanthin	447mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	21.62mcg	-
Vitamin C	4.88mg	8.1
Vitamin D	243.39IU	60.8
Vitamin E	4.27mg	21.2
Beta Tocopherol	4.24mg	-
Delta Tocopherol	.38mg	-
Gamma Tocopherol	.54mg	-
Vitamin K	15.05mcg	18.8

MINERALS	AMOUNT	% DV
Calcium	33.36mg	3.3
Chromium	-	-
Copper	.17mg	8.4
Fluoride	-	-
Iodine	-	-
Iron	2.8mg	15.6
Magnesium	36.97mg	9.2
Manganese	.57mg	28.7
Molybdenum	-	-
Phosphorus	78.16mg	7.8
Potassium	253.69mg	7.2
Selenium	5.12mcg	7.3
Sodium	1068mg	44.5
Zinc	.67mg	4.5

CARBOHYDRATES	AMOUNT	% DV
Carbs	43.56	14.5
Fiber	5.58	22.3
Starch	29.91	-
Sugars	4.05g	-
Fructose	.49g	-
Galactose	-	-
Glucose	.93g	-
Lactose	.07g	-
Maltose	<.01g	-
Sucrose	2.14g	-
Added Sugars	1.81g	3.6
Sugar Alcohol	.30g	-
Net Carbs	37.98g	-

LIPIDS	AMOUNT	% DV
Fat	14.55g	22.4
Monounsaturated	2.42g	-
Polyunsaturated	9.89g	-
Omega-3	.05g	-
Omega-6	9.81g	-
Saturated	1.46g	-
Trans-Fat	<.01g	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	3.80g	7.6
Alanine	.19g	-
Arginine	.18g	-
Aspartic Acid	.27g	-
Cystine	.05g	-
Glutamic Acid	.51g	-
Glycine	.16g	-
Histidine	.07g	-
Hydroxyproline	-	-
Isoleucine	.11g	-
Leucine	.23g	-
Lysine	.14g	-
Methionine	.05g	-
Phenylalanine	.13g	-
Proline	.14g	-
Serine	.16g	-
Threonine	.12g	-
Tryptophan	.04g	-
Tyrosine	.09g	-
Valine	.15g	-

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Paleo, W30, GAPS & WAPF Friendly



MANGO OOH-LA-LASSI SMOOTHIE

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Coconut Yogurt
Mango

Honey
Cardamom

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	473.46	23.7
Caffeine	-	-
Water	146.69g	9.8

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.06mg	3.8
B2 (Riboflavin)	0.23mg	13.3
B3 (Niacin)	1.16mg	5.8
B5 (Pantothenic Acid)	0.34mg	3.4
B6 (Pyridoxine)	0.20mg	10.2
B12 (Cobalamin)	-	-
Biotin	-	-
Choline	13.37mg	2.4
Folate	73.21 µg	18.3
Vitamin A	1840.45IU	36.8
Alpha-Carotene	15.31 µg	-
Beta-Carotene	1088µg	-
Beta-Cryptoxanthin	17.01µg	-
Lutein+Zeaxanthin	39.12µg	-
Lycopene	5.10µg	-
Retinol	-	-
Retinol Activity Equiv.	92.07µg	-
Vitamin C	62.03mg	103.4
Vitamin D	-	-
Vitamin E	1.53mg	7.6
Beta Tocopherol	-	-
Delta Tocopherol	-	-
Gamma Tocopherol	-	-
Vitamin K	7.14µg	8.9

MINERALS	AMOUNT	% DV
Calcium	33.62mg	3.4
Chromium	-	-
Copper	0.19mg	9.7
Fluoride	-	-
Iodine	-	-
Iron	0.37mg	2.0
Magnesium	20.83mg	5.2
Manganese	0.61mg	30.6
Molybdenum	-	-
Phosphorus	25.07mg	2.5
Potassium	319.72mg	9.1
Selenium	1.25µg	1.8
Sodium	32.24mg	1.3
Zinc	0.38mg	2.5

CARBOHYDRATES	AMOUNT	% DV
Carbs	41.01g	13.7
Fiber	2.86g	11.5
Starch	.6g	-
Sugars	37.59g	-
Fructose	9.47g	-
Galactose	.11	-
Glucose	4.88g	-
Lactose	<.01g	-
Maltose	.05g	-
Sucrose	19.24g	-
Added Sugars	10.52g	21
Sugar Alcohol	.29g	-
Net Carbs	38.14g	-

LIPIDS	AMOUNT	% DV
Fat	33.33g	51.3
Monounsaturated	0.24g	-
Polyunsaturated	0.12g	-
Omega-3	0.09g	-
Omega-6	0.04g	-
Saturated	28.96g	-
Trans-Fat	-	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	3.38g	6.8
Alanine	0.14g	-
Arginine	0.05g	-
Aspartic Acid	0.12g	-
Cystine	-	-
Glutamic Acid	0.16g	-
Glycine	0.06g	-
Histidine	0.03g	-
Hydroxyproline	-	-
Isoleucine	0.05g	-
Leucine	0.09g	-
Lysine	0.11g	-
Methionine	0.01g	-
Phenylalanine	0.05g	-
Proline	0.05g	-
Serine	0.06g	-
Threonine	0.05g	-
Tryptophan	0.02g	-
Tyrosine	0.03g	-
Valine	0.07g	-

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RACE
DAY

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Almond Horchata
Banana

Dates
Cacao Powder

Maca
Vitamineral Earth

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	390	19.5
Caffeine	4.12mg	-
Water	126.9g	8.5

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.07mg	5.0
B2 (Riboflavin)	0.22mg	12.8
B3 (Niacin)	1.66mg	8.3
B5 (Pantothenic Acid)	0.8mg	8.0
B6 (Pyridoxine)	0.66mg	32.9
B12 (Cobalamin)	-	-
Biotin	0.21mcg	0.1
Choline	18.9mg	3.4
Folate	38.41mcg	9.6
Vitamin A	137.45IU	2.7
Alpha-Carotene	38.98mcg	-
Beta-Carotene	62.9mcg	-
Beta-Cryptoxanthin	0.31mcg	-
Lutein+Zeaxanthin	51.15mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	6.78mcg	-
Vitamin C	14.24mg	23.7
Vitamin D	-	-
Vitamin E	0.21mg	1.1
Beta Tocopherol	-	-
Delta Tocopherol	-	-
Gamma Tocopherol	0.04mg	-
Vitamin K	1.86mcg	2.3

MINERALS	AMOUNT	% DV
Calcium	83.39mg	8.3
Chromium	-	-
Copper	0.31mg	15.6
Fluoride	-	-
Iodine	-	-
Iron	2.04mg	11.3
Magnesium	72.23mg	18.1
Manganese	0.78mg	39.2
Molybdenum	-	-
Phosphorus	72.26mg	7.2
Potassium	989.7mg	28.3
Selenium	2.28mcg	3.3
Sodium	158.02mg	6.6
Zinc	0.60mg	4.0

CARBOHYDRATES	AMOUNT	% DV
Carbs	75.8g	25.3
Fiber	10.24g	41.0
Starch	9.11g	-
Sugars	49.6g	-
Fructose	18.06g	-
Galactose	-	-
Glucose	18.76g	-
Lactose	-	-
Maltose	0.10g	-
Sucrose	10.71g	-
Added Sugars	3.57g	7.1
Sugar Alcohol	0.04g	-
Net Carbs	65.55g	-

LIPIDS	AMOUNT	% DV
Fat	11.06g	17.0
Monounsaturated	0.15g	-
Polyunsaturated	0.13g	-
Omega-3	0.04g	-
Omega-6	0.08g	-
Saturated	1.45g	-
Trans-Fat	-	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	6.46g	13.0
Alanine	0.12g	-
Arginine	0.13g	-
Aspartic Acid	0.31g	-
Cystine	0.04g	-
Glutamic Acid	0.41g	-
Glycine	0.11g	-
Histidine	0.14g	-
Hydroxyproline	-	-
Isoleucine	0.08g	-
Leucine	0.16g	-
Lysine	0.12g	-
Methionine	0.02g	-
Phenylalanine	0.12g	-
Proline	0.1g	-
Serine	0.1g	-
Threonine	0.08g	-
Tryptophan	0.02g	-
Tyrosine	0.03g	-
Valine	0.12g	-

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FAIR SHAKE

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Fermented Beet Kvass
Beets
Blueberries

Avocado
Moringa
Turmeric

Lime Juice
Ginger
Myco Force Immunity

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	296.4	14.8
Caffeine	-	-
Water	288.5g	19.2

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.18mg	12.0
B2 (Riboflavin)	0.62mg	37.0
B3 (Niacin)	3.15mg	15.7
B5 (Pantothenic Acid)	2.1mg	21.0
B6 (Pyridoxine)	0.43mg	21.7
B12 (Cobalamin)	-	-
Biotin	-	-
Choline	23.9mg	4.3
Folate	130.6mcg	32.7
Vitamin A	613.0IU	12.3
Alpha-Carotene	32.64mcg	-
Beta-Carotene	108.8mcg	-
Beta-Cryptoxanthin	36.72mcg	-
Lutein+Zeaxanthin	407.1mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	11.9mcg	-
Vitamin C	24.64mg	41.1
Vitamin D	-	-
Vitamin E	2.98mg	14.8
Beta Tocopherol	0.09mg	-
Delta Tocopherol	0.05mg	-
Gamma Tocopherol	1.12mg	-
Vitamin K	38.1mcg	47.6

MINERALS	AMOUNT	% DV
Calcium	70.65mg	7.1
Chromium	-	-
Copper	0.28mg	14.0
Fluoride	-	-
Iodine	-	-
Iron	2.37mg	13.1
Magnesium	54.89mg	13.7
Manganese	0.45mg	22.7
Molybdenum	-	-
Phosphorus	86.3mg	8.6
Potassium	798.4mg	22.8
Selenium	0.69mcg	1.0
Sodium	589.2mg	24.5
Zinc	1.04mg	6.9

CARBOHYDRATES	AMOUNT	% DV
Carbs	27.36g	9.1
Fiber	13.96g	55.9
Starch	0.5g	-
Sugars	9.8g	-
Fructose	2.62g	-
Galactose	0.11g	-
Glucose	2.57g	-
Lactose	-	-
Maltose	-	-
Sucrose	0.44g	-
Added Sugars	-	-
Sugar Alcohol	0.07g	-
Net Carbs	13.4g	-

LIPIDS	AMOUNT	% DV
Fat	21.41g	32.9
Monounsaturated	13.38g	-
Polyunsaturated	2.64g	-
Omega-3	0.22g	-
Omega-6	2.38g	-
Saturated	2.94	-
Trans-Fat	-	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	4.61g	9.2
Alanine	0.16g	-
Arginine	0.14g	-
Aspartic Acid	0.38g	-
Cystine	0.04g	-
Glutamic Acid	0.45g	-
Glycine	0.16g	-
Histidine	0.07g	-
Hydroxyproline	-	-
Isoleucine	0.13g	-
Leucine	0.22g	-
Lysine	0.19g	-
Methionine	0.06g	-
Phenylalanine	0.15g	-
Proline	0.15g	-
Serine	0.17g	-
Threonine	0.11g	-
Tryptophan	0.04g	-
Tyrosine	0.07g	-
Valine	0.16g	-

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THE
QUEEN
BAE

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Cold Brew Coffee
Coconut Ice Cream

Banana
MCT Oil

Cacao Powder

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	611.9	30.6
Caffeine	154mg	-
Water	132.1g	8.8

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.07mg	5.0
B2 (Riboflavin)	0.62mg	36.4
B3 (Niacin)	1.09mg	5.4
B5 (Pantothenic Acid)	0.54mg	5.4
B6 (Pyridoxine)	0.57mg	28.7
B12 (Cobalamin)	-	-
Biotin	0.21mcg	0.1
Choline	15.91mg	2.9
Folate	31.18mcg	7.8
Vitamin A	99.79IU	2.0
Alpha-Carotene	38.98mcg	-
Beta-Carotene	40.5mcg	-
Beta-Cryptoxanthin	-	-
Lutein+Zeaxanthin	34.3mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	5.0mcg	-
Vitamin C	13.57mg	22.6
Vitamin D	-	-
Vitamin E	0.20mg	1.0
Beta Tocopherol	-	-
Delta Tocopherol	-	-
Gamma Tocopherol	-	-
Vitamin K	0.78mcg	1.0

MINERALS	AMOUNT	% DV
Calcium	49.7mg	5.0
Chromium	-	-
Copper	0.13mg	6.6
Fluoride	-	-
Iodine	-	-
Iron	0.57mg	3.2
Magnesium	56.4mg	14.1
Manganese	1.58mg	78.9
Molybdenum	-	-
Phosphorus	35.38mg	3.5
Potassium	662.81mg	18.9
Selenium	1.8mcg	2.6
Sodium	34.22mg	1.4
Zinc	0.82mg	5.5

CARBOHYDRATES	AMOUNT	% DV
Carbs	66.6g	22.2
Fiber	4.46g	17.9
Starch	8.39g	-
Sugars	46.7g	-
Fructose	7.77g	-
Galactose	-	-
Glucose	8.39g	-
Lactose	-	-
Maltose	0.02g	-
Sucrose	26.98g	-
Added Sugars	23.8g	47.6
Sugar Alcohol	-	-
Net Carbs	62.14g	-

LIPIDS	AMOUNT	% DV
Fat	38.0g	58.5
Monounsaturated	0.05g	-
Polyunsaturated	0.12g	-
Omega-3	0.04g	-
Omega-6	0.08g	-
Saturated	34.0	-
Trans-Fat	-	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	4.63g	9.3
Alanine	0.06g	-
Arginine	0.08g	-
Aspartic Acid	0.19g	-
Cystine	0.01g	-
Glutamic Acid	0.24g	-
Glycine	0.06g	-
Histidine	0.12g	-
Hydroxyproline	-	-
Isoleucine	0.04g	-
Leucine	0.11g	-
Lysine	0.08g	-
Methionine	0.01g	-
Phenylalanine	0.08g	-
Proline	0.04g	-
Serine	0.06g	-
Threonine	0.04g	-
Tryptophan	0.01g	-
Tyrosine	0.01g	-
Valine	0.07g	-

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GRAIN-FREE TORTILLA

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Butternut Squash
Cassava Flour

Arrowroot Flour
Egg

Oregano
Himalayan Pink Salt

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	129.2	6.5
Caffeine	-	-
Water	51.9g	3.5

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.04mg	2.8
B2 (Riboflavin)	0.05mg	3.2
B3 (Niacin)	0.49mg	2.5
B5 (Pantothenic Acid)	0.32mg	3.2
B6 (Pyridoxine)	0.07mg	3.7
B12 (Cobalamin)	0.10mcg	1.6
Biotin	1.87mcg	0.6
Choline	33.08mg	6.0
Folate	14.59mcg	3.6
Vitamin A	5624IU	112.5
Alpha-Carotene	563.7mcg	-
Beta-Carotene	2288mcg	-
Beta-Cryptoxanthin	1555mcg	-
Lutein+Zeaxanthin	33.33mcg	-
Lycopene	-	-
Retinol	13.02mcg	-
Retinol Activity Equiv.	292.2mcg	-
Vitamin C	7.54mg	12.6
Vitamin D	7.65IU	1.9
Vitamin E	0.76IU	3.8
Beta Tocopherol	-	-
Delta Tocopherol	-	-
Gamma Tocopherol	0.09mg	-
Vitamin K	1.53mcg	1.9

MINERALS	AMOUNT	% DV
Calcium	48.58mg	4.9
Chromium	-	-
Copper	0.04mg	2.0
Fluoride	-	-
Iodine	-	-
Iron	1.91mg	10.6
Magnesium	16.08mg	4.0
Manganese	0.16mg	7.9
Molybdenum	-	-
Phosphorus	29.46mg	2.9
Potassium	199.4mg	5.7
Selenium	2.96mcg	4.2
Sodium	373.7mg	15.6
Zinc	0.17mg	1.1

CARBOHYDRATES	AMOUNT	% DV
Carbs	29.31g	9.8
Fiber	3.39g	13.5
Starch	14.21g	-
Sugars	1.09g	-
Fructose	-	-
Galactose	-	-
Glucose	0.1g	-
Lactose	-	-
Maltose	-	-
Sucrose	-	-
Added Sugars	-	-
Sugar Alcohol	-	-
Net Carbs	25.9g	-

LIPIDS	AMOUNT	% DV
Fat	1.0g	1.5
Monounsaturated	0.36	-
Polyunsaturated	0.15g	-
Omega-3	0.02g	-
Omega-6	0.13g	-
Saturated	0.30g	-
Trans-Fat	-	-
Cholesterol	32.82mg	10.9
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	2.03g	4.1
Alanine	0.08g	-
Arginine	0.09g	-
Aspartic Acid	0.17g	-
Cystine	0.03g	-
Glutamic Acid	0.23g	-
Glycine	0.06g	-
Histidine	0.04g	-
Hydroxyproline	-	-
Isoleucine	0.08g	-
Leucine	0.12g	-
Lysine	0.10g	-
Methionine	0.04g	-
Phenylalanine	0.08g	-
Proline	0.06g	-
Serine	0.10g	-
Threonine	0.07g	-
Tryptophan	0.02g	-
Tyrosine	0.06g	-
Valine	0.09g	-

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BUCKWHEAT BREAD

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Arrowroot Flour
Sorghum Flour
White Rice Flour
Buckwheat Flour

Tapioca Flour
Maple Syrup
Grapeseed Oil
Psyllium Husk

Flaxseed
Himalayan Salt
Yeast

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	174	8.7
Caffeine	-	-
Water	35.2g	2.3

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.16mg	10.7
B2 (Riboflavin)	0.09mg	5.4
B3 (Niacin)	1.24mg	6.2
B5 (Pantothenic Acid)	0.27mg	2.7
B6 (Pyridoxine)	0.1mg	5.1
B12 (Cobalamin)	-	-
Biotin	-	-
Choline	12.2mg	2.2
Folate	27.6mcg	6.9
Vitamin A	11.04IU	0.2
Alpha-Carotene	-	-
Beta-Carotene	6.66mcg	-
Beta-Cryptoxanthin	-	-
Lutein+Zeaxanthin	12.75mcg	-
Lycopene	-	-
Retinol	-	-
Retinol Activity Equiv.	0.56mcg	-
Vitamin C	0.06mg	0.1
Vitamin D	-	-
Vitamin E	0.77mg	3.8
Beta Tocopherol	0.76mg	-
Delta Tocopherol	0.08mg	-
Gamma Tocopherol	0.53mg	-
Vitamin K	1.12mcg	1.4

MINERALS	AMOUNT	% DV
Calcium	15.93mg	1.6
Chromium	-	-
Copper	0.07mg	3.6
Fluoride	-	-
Iodine	-	-
Iron	1.93mg	10.7
Magnesium	27.39mg	6.8
Manganese	0.44mg	22.2
Molybdenum	-	-
Phosphorus	53.66mg	5.4
Potassium	100.46mg	2.9
Selenium	2.78mcg	4.0
Sodium	185.37mg	7.7
Zinc	0.48mg	3.2

CARBOHYDRATES	AMOUNT	% DV
Carbs	34.95g	11.7
Fiber	3.14g	12.6
Starch	29.48g	-
Sugars	2.1g	-
Fructose	0.03g	-
Galactose	-	-
Glucose	0.16g	-
Lactose	-	-
Maltose	-	-
Sucrose	1.88g	-
Added Sugars	1.81g	3.6
Sugar Alcohol	-	-
Net Carbs	31.81g	-

LIPIDS	AMOUNT	% DV
Fat	3.09g	4.7
Monounsaturated	0.59g	-
Polyunsaturated	1.91g	-
Omega-3	0.02g	-
Omega-6	1.89g	-
Saturated	0.35g	1.8
Trans-Fat	-	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	2.17g	4.3
Alanine	0.14g	-
Arginine	0.13g	-
Aspartic Acid	0.18g	-
Cystine	0.04g	-
Glutamic Acid	0.38g	-
Glycine	0.12g	-
Histidine	0.05g	-
Hydroxyproline	-	-
Isoleucine	0.09g	-
Leucine	0.19g	-
Lysine	0.09g	-
Methionine	0.04g	-
Phenylalanine	0.1g	-
Proline	0.11g	-
Serine	0.11g	-
Threonine	0.08g	-
Tryptophan	0.03g	-
Tyrosine	0.06g	-
Valine	0.11g	-

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Paleo, W30, GAPS & WAPF Friendly



CHICKEN & WAFFLE SANDWICH

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Oat Waffle
Fried Chicken
Kimchi

Steamed Kale
Maple Syrup

Apple Cider Vinegar
Pink Himalayan Salt

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	509.6	25.0
Caffeine	-	-
Water	127.4g	8.5

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.22mg	14.8
B2 (Riboflavin)	0.63mg	36.8
B3 (Niacin)	4.04mg	20.2
B5 (Pantothenic Acid)	1.14mg	11.4
B6 (Pyridoxine)	0.37mg	18.7
B12 (Cobalamin)	1.0mcg	16.6
Biotin	-	-
Choline	114.96mg	20.9
Folate	41.16mcg	10.3
Vitamin A	6539.8IU	130.8
Alpha-Carotene	1.08mcg	-
Beta-Carotene	3863mcg	-
Beta-Cryptoxanthin	3.35mcg	-
Lutein+Zeaxanthin	7831mcg	-
Lycopene	0.04mcg	-
Retinol	29.46mcg	-
Retinol Activity Equiv.	351.5mcg	-
Vitamin C	30.15mg	50.2
Vitamin D	20.64IU	5.2
Vitamin E	1.04mg	5.2
Beta Tocopherol	0.02mg	-
Delta Tocopherol	0.02mg	-
Gamma Tocopherol	0.30mg	-
Vitamin K	357.1mcg	446.4

MINERALS	AMOUNT	% DV
Calcium	148.2mg	14.8
Chromium	-	-
Copper	0.28mg	14.2
Fluoride	-	-
Iodine	-	-
Iron	3.79mg	21.1
Magnesium	76.22mg	19.1
Manganese	2.25mg	112.6
Molybdenum	-	-
Phosphorus	279.85mg	28.0
Potassium	659.02mg	18.8
Selenium	29.79mcg	42.6
Sodium	826.4mg	34.4
Zinc	3.47mg	23.1

CARBOHYDRATES	AMOUNT	% DV
Carbs	61.87g	20.6
Fiber	7.02g	28.1
Starch	17.79g	-
Sugars	15.08g	-
Fructose	0.57g	-
Galactose	-	-
Glucose	1.02g	-
Lactose	-	-
Maltose	-	-
Sucrose	12.15g	-
Added Sugars	12.16g	24.3
Sugar Alcohol	0.07g	-
Net Carbs	54.85g	-

LIPIDS	AMOUNT	% DV
Fat	19.6g	30.2
Monounsaturated	3.19g	-
Polyunsaturated	1.99g	-
Omega-3	0.17g	-
Omega-6	1.79g	-
Saturated	12.08g	-
Trans-Fat	-	-
Cholesterol	129.12mg	43.0
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	22.3g	44.6
Alanine	1.08g	-
Arginine	1.22g	-
Aspartic Acid	1.80g	-
Cystine	0.33g	-
Glutamic Acid	3.13g	-
Glycine	0.90g	-
Histidine	0.52g	-
Hydroxyproline	-	-
Isoleucine	0.73g	-
Leucine	1.50g	-
Lysine	1.53g	-
Methionine	0.50g	-
Phenylalanine	0.81g	-
Proline	1.02g	-
Serine	0.96g	-
Threonine	0.76g	-
Tryptophan	0.24g	-
Tyrosine	0.65g	-
Valine	0.84g	-

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OAT WAFFLE

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Steel Cut Oats
Coconut Milk
Egg

Maple Syrup
Vanilla Extract
Cinnamon

Apple Cider Vinegar
Himalayan Pink Salt

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	398.3	19.9
Caffeine	-	-
Water	28.5	1.9

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	0.22mg	14.9
B2 (Riboflavin)	0.34mg	20.0
B3 (Niacin)	0.52mg	2.6
B5 (Pantothenic Acid)	0.87mg	8.7
B6 (Pyridoxine)	0.08mg	3.8
B12 (Cobalamin)	0.30mcg	5.0
Biotin	-	-
Choline	97.56mg	17.7
Folate	25.78mcg	6.4
Vitamin A	142.54IU	2.9
Alpha-Carotene	-	-
Beta-Carotene	3.39mcg	-
Beta-Cryptoxanthin	3.18mcg	-
Lutein+Zeaxanthin	174.4mcg	-
Lycopene	0.05mcg	-
Retinol	40.27mcg	-
Retinol Activity Equiv.	40.7mcg	-
Vitamin C	-	-
Vitamin D	23.67IU	5.9
Vitamin E	0.47mg	2.3
Beta Tocopherol	0.01mg	-
Delta Tocopherol	-	-
Gamma Tocopherol	0.28mg	-
Vitamin K	1.05mcg	1.3

MINERALS	AMOUNT	% DV
Calcium	59.9mg	6.0
Chromium	-	-
Copper	0.18mg	8.8
Fluoride	-	-
Iodine	-	-
Iron	2.2mg	12.2
Magnesium	64.61mg	16.2
Manganese	1.94mg	96.8
Molybdenum	-	-
Phosphorus	223.9mg	22.4
Potassium	378.56mg	10.8
Selenium	20.9mcg	29.9
Sodium	65.6mg	2.7
Zinc	2.01mg	13.4

CARBOHYDRATES		% DV
Carbs	38.7g	12.9
Fiber	4.54g	18.2
Starch	25.04g	-
Sugars	9.0g	-
Fructose	0.06g	-
Galactose	-	-
Glucose	0.48g	-
Lactose	-	-
Maltose	-	-
Sucrose	6.52g	-
Added Sugars	6.31g	12.6
Sugar Alcohol	-	-
Net Carbs	34.17	-

LIPIDS	AMOUNT	% DV
Fat	22.13g	34.0
Monounsaturated	1.96g	-
Polyunsaturated	1.38g	-
Omega-3	0.06g	-
Omega-6	1.31g	-
Saturated	15.86g	-
Trans-Fat	-	-
Cholesterol	101.5mg	33.8
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	10.07g	20.1
Alanine	0.43g	-
Arginine	0.57g	-
Aspartic Acid	0.87g	-
Cystine	0.28g	-
Glutamic Acid	1.67g	-
Glycine	0.39g	-
Histidine	0.20g	-
Hydroxyproline	-	-
Isoleucine	0.40g	-
Leucine	0.72g	-
Lysine	0.52g	-
Methionine	0.20g	-
Phenylalanine	0.47g	-
Proline	0.33g	-
Serine	0.56g	-
Threonine	0.33g	-
Tryptophan	0.12g	-
Tyrosine	0.31g	-
Valine	0.51g	-

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GARNET YAM NOODLE SALAD

OUR PHILOSOPHY: NUTRIENTS > CALORIES.

INGREDIENTS

Sweet Potato
Red Cabbage
Sesame Seeds

Cilantro
Chives
Lime Juice

Sunbutter Sauce
Lime Dressing
Cashews

Coconut Oil
Himalayan Pink Salt

NUTRIENTS IN ONE SERVING

GENERAL	AMOUNT	% DV
Energy/Calories	360.9	18
Caffeine	-	-
Water	184.27g	12.3

VITAMINS	AMOUNT	% DV
B1 (THIAMINE)	.22mg	14.7
B2 (Riboflavin)	.23mg	13.8
B3 (Niacin)	3.06mg	15.3
B5 (Pantothenic Acid)	2.04mg	20.4
B6 (Pyridoxine)	.63mg	31.7
B12 (Cobalamin)	-	-
Biotin	-	-
Choline	42.46mg	7.7
Folate	60.76mcg	15.2
Vitamin A	23140.18IU	462.8
Alpha-Carotene	49.56mcg	-
Beta-Carotene	13857mcg	-
Beta-Cryptoxanthin	5.16mcg	-
Lutein+Zeaxanthin	317mcg	-
Lycopene	17.50mcg	-
Retinol	-	-
Retinol Activity Equiv.	1157.01	-
Vitamin C	79.13mg	131.9
Vitamin D	-	-
Vitamin E	3.86mg	19.2
Beta Tocopherol	.16mg	-
Delta Tocopherol	.07	-
Gamma Tocopherol	.47mg	-
Vitamin K	50.48mcg	63.1

MINERALS	AMOUNT	% DV
Calcium	100.85	10.1
Chromium	-	-
Copper	.61mg	30.6
Fluoride	-	-
Iodine	-	-
Iron	2.57mg	14.3
Magnesium	87.32mg	21.8
Manganese	1.11mg	55.7
Molybdenum	-	-
Phosphorus	265.29mg	26.5
Potassium	93.19mg	26.7
Selenium	10.68mcg	15.3
Sodium	449.62mg	18.7
Zinc	1.71mg	11.4

CARBOHYDRATES	AMOUNT	% DV
Carbs	40.59g	13.5
Fiber	7.13g	28.5
Starch	10.97g	-
Sugars	15.31g	-
Fructose	1.98g	-
Galactose	.01g	-
Glucose	2.3g	-
Lactose	-	-
Maltose	3.56g	-
Sucrose	3.92g	-
Added Sugars	-	-
Sugar Alcohol	.13g	-
Net Carbs	33.47g	-

LIPIDS	AMOUNT	% DV
Fat	20.79g	32
Monounsaturated	3.91g	-
Polyunsaturated	4.73g	-
Omega-3	.07g	-
Omega-6	4.65g	-
Saturated	10.93g	-
Trans-Fat	<.01g	-
Cholesterol	-	-
Phytosterol	-	-

PROTEIN	AMOUNT	% DV
Protein	7.33g	14.7
Alanine	.33g	-
Arginine	.56g	-
Aspartic Acid	1.07g	-
Cystine	.11g	-
Glutamic Acid	1.41g	-
Glycine	.34g	-
Histidine	.16g	-
Hydroxyproline	-	-
Isoleucine	.29g	-
Leucine	.46g	-
Lysine	.31g	-
Methionine	.13g	-
Phenylalanine	.35g	-
Proline	.31g	-
Serine	.37g	-
Threonine	.3g	-
Tryptophan	.11g	-
Tyrosine	.18g	-
Valine	.39g	-

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