

vegan pockets™

GENO=C's BRAND



- *back to our roots*
- *chipotle fiesta*
- *orient express*
- *taste of italy*



Packed with vegetables & spices

Pre-baked & flash frozen

No Prep – Microwave/Oven ready

Portable for lunches & snacks

- ✱ Each unit contains 2/5 oz pockets
- ✱ Each case contains 6 units
- ✱ Carton made of recyclable paper
- ✱ Case box is 100% recyclable
- ✱ Shelf Life – 365 days

- ✓ *High in:*
 - ~ *Dietary Fiber*
 - ~ *Vitamin C &/or*
 - ~ *Vitamin A*
- ✓ *Provides a good source of:*
 - ~ *Protein*
 - ~ *Iron*
- ✓ *Over 28g Whole Grain*
 - ~ *per 5oz Serving*
- ✓ *Light on Sodium*
- ✓ *0g Trans Fat*
- ✓ *Cholesterol, Dairy & Egg Free*



vegan pockets™

GENO-C's BRAND

BACK TO OUR ROOTS

POTATOES
CARROTS
ONIONS
RUTABAGAS
PARSNIPS
Non-GMO TOFU

CHIPOTLE FIESTA

POTATOES
ORGANIC
BLACK BEANS
ORGANIC TOMATOES
ORGANIC CORN
ONIONS
BROWN RICE
BELL PEPPERS

ORIENT EXPRESS

CABBAGE
POTATOES
ORGANIC
SUGAR SNAP PEAS
Non-GMO TOFU
CARROTS
ORGANIC EDAMAME
GREEN PEPPERS
ONIONS

TASTE OF ITALY

POTATOES
ORGANIC TOMATOES
BROCCOLI
CAULIFLOWER
ORGANIC ZUCCHINI
ORGANIC
YELLOW SQUASH
CARROTS
GREEN BEANS
BELL PEPPERS
ONIONS

Nutrition Facts

Serving Size 1 pocket (142g)
Servings Per Container 2

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 36g 12%

Dietary Fiber 6g 24%

Sugars 5g

Protein 7g

Vitamin A 40% • Vitamin C 20%

Calcium 4% • Iron 10%

Vitamin E 2% • Vitamin K 6%

Thiamin 4% • Riboflavin 2%

Niacin 2% • Vitamin B6 8%

Folate 4% • Pantothenic Acid 2%

Phosphorus 4% • Magnesium 4%

Zinc 2% • Copper 4%

Manganese 10% • Molybdenum 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate Less than 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1 pocket (142g)
Servings Per Container 2

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 5%

Total Carbohydrate 38g 13%

Dietary Fiber 6g 24%

Sugars 4g

Protein 7g

Vitamin A 2% • Vitamin C 20%

Calcium 4% • Iron 10%

Vitamin K 2% • Thiamin 4%

Riboflavin 2% • Niacin 2%

Vitamin B6 8% • Folate 2%

Vitamin B12 0% • Pantothenic Acid 2%

Phosphorus 4% • Magnesium 4%

Zinc 2% • Copper 2%

Manganese 6%

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Nutrition Facts

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Amount Per Serving

Calories 220 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 34g 11%

Dietary Fiber 6g 24%

Sugars 6g

Protein 7g

Vitamin A 20% • Vitamin C 35%

Calcium 6% • Iron 10%

Vitamin K 4% • Thiamin 2%

Riboflavin 2% • Niacin 2%

Vitamin B6 4% • Folate 6%

Pantothenic Acid 2% • Phosphorus 2%

Magnesium 2% • Zinc 2%

Selenium 2% • Copper 2%

Manganese 10%

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Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 9%

Total Carbohydrate 33g 11%

Dietary Fiber 5g 20%

Sugars 3g

Protein 6g

Vitamin A 10% • Vitamin C 30%

Calcium 4% • Iron 10%

Vitamin K 10% • Thiamin 2%

Riboflavin 2% • Niacin 2%

Vitamin B6 8% • Folate 4%

Pantothenic Acid 2% • Phosphorus 4%

Magnesium 4% • Zinc 2%

Copper 2% • Manganese 8%

Molybdenum 2%

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