
8
Grab-and-Go, Healthy Snacks
(That Don't Require Cutting Out Carbs)
MINDSTRONG
FITNESS

LUPINI BEANS

WHY WE LOVE 'EM:

Super low-fat with a lot of protein

THE ROMAN SUPERSNACK.

This ancient legume once powered Roman warriors and lived on as a fresh, deliciously addicting, appetizer-snack in the Mediterranean diet. Reimagined in our Brooklyn test-kitchen, BRAMI beans are marinated and packed fresh out of the barrel to satisfy your hunger while keeping you fit like no other snack can.

- Gut-Friendly Prebiotics
- Grain-Free, Paleo & Keto
- Earth & Farmer Friendly
- Easy to Digest

Conquer Hunger. Feel Good.

50% more protein than eggs*
80% fewer calories than almonds*
2x more fiber than edamame*
60% fewer carbs than chickpeas*

When to use: Ending afternoon hunger. Fueling with plant protein. Elevating hors d'oeuvres. Transforming salads and stir-fries.

Ready-to-eat with or without the shell.

Nutrition Facts

Serving Size about 25 beans (50g)

Amount Per Serving

Calories 60 Calories from Fat 8

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 403mg	17%
Potassium 71mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 5g	21%
Sugars 0g	
Protein 7g	14%

Lime Juice, Salt, Chili Peppers (green or red), Vinegar, Lactic Acid (from vegetable fermentation).

DISTRIBUTED BY: BRAMI Inc., New York, NY, 10013. Product of Italy.

ALLERGEN-SENSITIVE CONSUMERS: Lupini beans are a member of the legume family, related to peanuts and soy.

STORAGE: Best kept cool. After opening, seal, refrigerate and use in 14 days.

*USDA Database Standard Ref., 2018 (comparing grams per 50g serving size; NBDIDs: 11212, 16357, 01123, 12061).

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bramisnacks.com @bramisnacks #conquerhunger

NUGO SLIM PROTEIN BARS

WHY WE LOVE 'EM:

Lots of protein, vegan protein = less bloat

Crunchy Peanut Butter

Nutrition Facts

Serving size 1 bar (45g)

Calories per serving **180**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10%	Total Carbohydrate 17g	6%
Saturated Fat 3g	15%	Dietary Fiber 6g	21%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 3g Added Sugars	6%
Sodium 170mg	7%	Protein 16g	32%

Vit. D 0mcg 0% • Calcium 80mg 6% • Iron 2.6mg 15% • Potas. 170mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PROTEIN BLEND [SOY CRISP (SOY PROTEIN, TAPIOCA, SALT), SOY PROTEIN, RICE PROTEIN], DARK CHOCOLATE (UNSWEETENED CHOCOLATE, CANE SUGAR, COCOA BUTTER), CHICORY ROOT, VEGETABLE GLYCERIN, PEANUTS, SUNFLOWER OIL, PEANUT FLOUR, NATURAL FLAVORS, SOY LECITHIN, ALMONDS, PEANUT EXTRACT, SALT.

ALLERGEN INFORMATION: CONTAINS PEANUTS, ALMONDS AND SOY. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING TREE NUTS, MILK AND EGG. PRODUCT IS PRODUCED UNDER KOSHER SUPERVISION AND IS CERTIFIED PAREVE.

NUZEST PROTEIN SHAKES

WHY WE LOVE 'EM:

Nutrition Facts

Serving size	**25g**
Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 360mg	**15%**
Total Carbohydrate 2g	**1%**
Dietary Fiber less than 1g	**2%**
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 20g	**40%**

Vitamin D 0mcg 0%	•	Calcium 12mg 2%
Iron 4mg 20%	•	Potassium 25mg 0%
Copper 119mcg 6%	•	Chromium 9.5mcg 8%
Selenium 4.8mcg 7%	•	Zinc 1.3mg 9%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lots of protein without a lot of carbs or fat, vegan protein = less bloat

DRIED CHICKPEAS

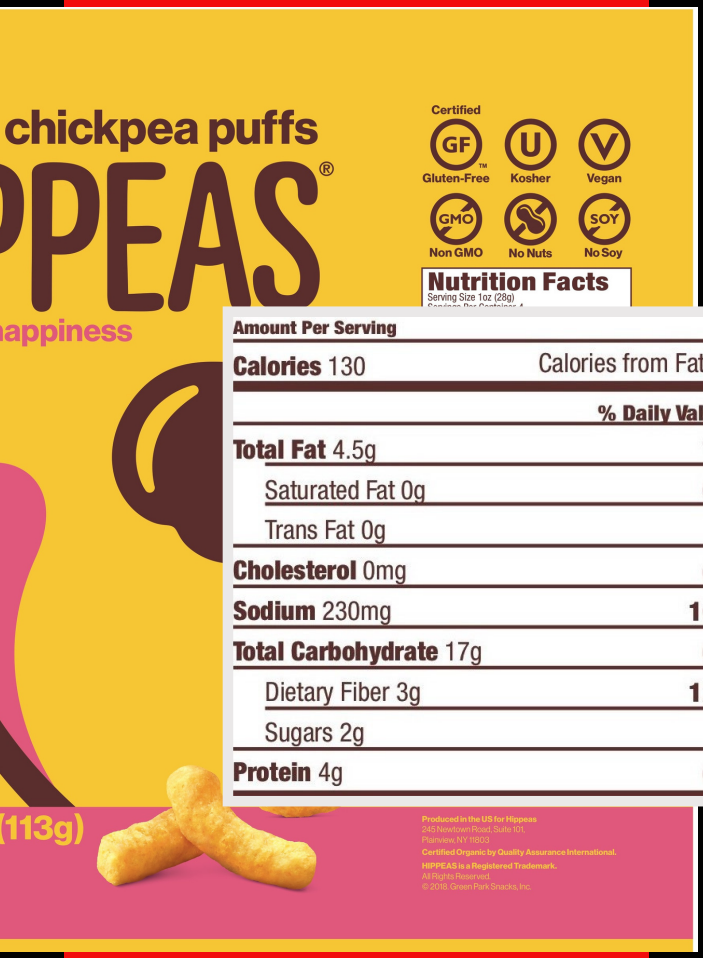
WHY WE LOVE 'EM:

Low fat, good amount of protein

HIPPEAS

WHY WE LOVE 'EM:

Made from chickpeas so they provide lots of protein without the fat of normal chips or puffs



HARD BOILED EGGS

WHY WE LOVE 'EM:

Protein powerhouse (remove yolk for less fat)

Egg Nutrition Facts

Serving Size 1 large (50 g)

Per Serving	% Daily Value*
Calories 78	
Calories from Fat 45	
Total Fat 5g	7%
Saturated Fat 1.6g	8%
Polyunsaturated Fat 0.7g	
Monounsaturated Fat 2g	
Cholesterol 187mg	62%
Sodium 63mg	2%
Potassium 63mg	1%
Carbohydrates 0.6g	0%
Dietary Fiber 0g	0%
Sugars 0.6g	
Protein 6g	
Vitamin A 5% · Vitamin C 0%	
Calcium 2% · Iron 3%	

VEGGIES WITH ALMOND BUTTER

WHY WE LOVE 'EM:

Veggies are packed with micronutrients (vitamins & minerals), while almond butter provides healthy fat + protein

Nutrition Facts

About 14 servings per container

Serving size 2 Tbsp (32g)

Amount per serving

Calories 190

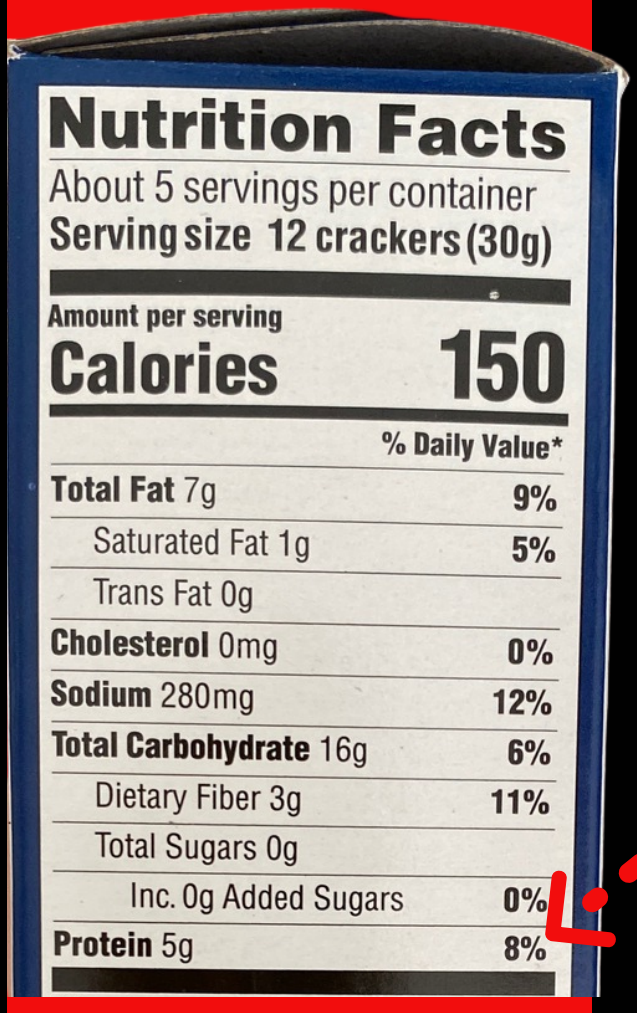
	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 4g	**14%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 7g	

Vit. D 0mcg 0% · Calcium 90mg 6%

MARY'S SUPER SEED CRACKERS WITH HUMMUS

WHY WE LOVE 'EM:

Surprising amount of protein for crackers + the added protein from hummus



Nutrition Facts

About 5 servings per container

Serving size 12 crackers (30g)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 3g	**11%**
Total Sugars 0g	
Inc. 0g Added Sugars	**0%**
Protein 5g	**8%**

VISIT:

MindStrong Fitness.com

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GOT QUESTIONS?

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