



MUNK PACK®

KETO GRANOLA BAR™



From our professional lives to our hiking adventures, we were looking for products that were minimally processed, with real, wholesome ingredients.

Our Keto Granola Bars combine a wholesome mix of nuts and seeds so you can enjoy the goodness of granola, without the grains, but with all of the benefits! Containing only **1g sugar**, **2g net carbs** and **140 calories**, this is the perfect light snack to fuel your healthy lifestyle.



1g SUGAR • 2g NET CARBS

4-5g PROTEIN • PLANT BASED • GLUTEN FREE • GRAIN FREE
NO ADDED SUGAR • NO SUGAR ALCOHOLS • LOW GLYCEMIC INDEX





OUR BRAND CENTERS ON THE TINY BUT MIGHTY CHIPMUNK WHOSE ADVENTUROUS SPIRIT AND NUTRITIOUS DIET IS OUR INSPIRATION.

We see a world where happiness is cultivated through healthy eating, movement, and connection with nature. We use high-quality, real ingredients from nature for balanced nutrition on the go.

PEANUT BUTTER



2g NET CARBS =
 Total Carb. (12g) - Fiber (4g) -
 Allulose (5.5g) - Glycerin (0.5g)

INGREDIENTS: PEANUTS, ALMONDS, ALLULOSE*, PEANUT BUTTER, SUNFLOWER SEEDS, COCONUT, SOLUBLE TAPIOCA FIBER, FLAXSEEDS, VEGETABLE GLYCERIN, SEA SALT, NATURAL FLAVOR, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, SUNFLOWER LECITHIN, MONK FRUIT EXTRACT.

BAR UPC



Nutrition Facts

12 servings per container	
Serving size	1 bar (32g)
Amount per serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 5.5g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Glycerin 0.5g	
Protein 5g	6%
Vit. D 0mcg 0%	• Calcium 30mg 2%
Iron 0.8mg 4%	• Potassium 145mg 2%

*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.

ALMOND BUTTER COCOA CHIP



2g NET CARBS =
 Total Carb. (12g) - Fiber (4g) -
 Allulose (5.5g) - Glycerin (0.5g)

INGREDIENTS: ALMONDS, ALLULOSE*, ALMOND BUTTER, COCONUT, SUNFLOWER SEEDS, SOLUBLE TAPIOCA FIBER, FLAXSEEDS, VEGETABLE GLYCERIN, PALM OIL, NATURAL FLAVOR, SEA SALT, ALKALIZED COCOA POWDER, UNSWEETENED CHOCOLATE, COCOA BUTTER, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, SUNFLOWER LECITHIN, MONK FRUIT EXTRACT. *RESPONSIBLY SOURCED

BAR UPC



Nutrition Facts

12 servings per container	
Serving size	1 bar (32g)
Amount per serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 12g	15%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Glycerin 0.5g	
Protein 5g	6%
Vit. D 0mcg 0%	• Calcium 30mg 2%
Iron 0.8mg 4%	• Potassium 135mg 2%

*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.

*Allulose is a sweetener found naturally in small amounts in maple syrup, figs and raisins. Allulose has virtually no impact on blood sugar and insulin.