



MUNK PACK®

KETO NUT & SEED BAR



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

Bite into our new Keto Nut & Seed Bars and enjoy the sweet and salty flavors you crave, but with **1g sugar or less** and **2-3g net carbs**. With crunchy whole pieces of nuts and seeds, this snack combines our favorite ingredients in a convenient, ready-to-eat bar. We are proud to create better-for-you snacks that taste great as well as cater to a variety of dietary lifestyles and nutritional goals.



transparent window to see the ingredients!

***NEW* AVAILABLE JAN 2021**



CARAMEL SEA SALT



COCONUT ALMOND DARK CHOCOLATE



MACADAMIA WHITE CHOCOLATE

1g SUGAR OR LESS • 2-3g NET CARBS

3-6g PROTEIN • PLANT BASED • GLUTEN 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.

SEA SALT DARK CHOCOLATE



INGREDIENTS: ALMONDS, ALLULOSE*, PEANUTS, PUMPKIN SEEDS, SOLUBLE TAPIOCA FIBER, SUNFLOWER SEEDS, PALM OIL, RICE FLOUR, COCONUT OIL, ALKALIZED COCOA POWDER, SEA SALT, UNSWEETENED CHOCOLATE, NATURAL FLAVOR, SUNFLOWER LECITHIN, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, MONK FRUIT EXTRACT.

BAR UPC



Nutrition Facts

12 servings per container
Serving size 1 bar (35g)

Amount per serving		% Daily Value*	
Calories	150		
Total Fat 12g		15%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Polyunsaturated Fat 3.5g			
Monounsaturated Fat 5g			
Cholesterol 0mg		0%	
Sodium 120mg		5%	
Total Carbohydrate 14g		5%	
Dietary Fiber 4g		14%	
Total Sugars <1g			
Incl. 0g Added Sugars		0%	
Allulose 7g			
Sugar Alcohol 0g			
Protein 5g		6%	
Vit. D 0mcg	0%	Calcium 45mg	4%
Iron 0.9mg	6%	Potassium 170mg	4%

*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.

PEANUT BUTTER DARK CHOCOLATE



INGREDIENTS: PEANUTS, ALLULOSE*, PUMPKIN SEEDS, SUNFLOWER SEEDS, SOLUBLE TAPIOCA FIBER, PEANUT BUTTER, PALM OIL, RICE FLOUR, COCONUT OIL, ALKALIZED COCOA POWDER, SEA SALT, UNSWEETENED CHOCOLATE, NATURAL FLAVOR, SUNFLOWER LECITHIN, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, MONK FRUIT EXTRACT.

BAR UPC



Nutrition Facts

12 servings per container
Serving size 1 bar (35g)

Amount per serving		% Daily Value*	
Calories	150		
Total Fat 12g		15%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Polyunsaturated Fat 4g			
Monounsaturated Fat 4g			
Cholesterol 0mg		0%	
Sodium 100mg		4%	
Total Carbohydrate 15g		5%	
Dietary Fiber 4g		14%	
Total Sugars <1g			
Incl. 0g Added Sugars		0%	
Allulose 8g			
Sugar Alcohol 0g			
Protein 5g		6%	
Vit. D 0mcg	0%	Calcium 40mg	2%
Iron 0.9mg	6%	Potassium 160mg	4%

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CARAMEL SEA SALT



INGREDIENTS: ALMONDS, ALLULOSE*, PEANUTS, PUMPKIN SEEDS, SOLUBLE TAPIOCA FIBER, SUNFLOWER SEEDS, PALM KERNEL OIL, RICE FLOUR, COCONUT OIL, SEA SALT, NATURAL FLAVORS, SUNFLOWER LECITHIN, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, VANILLA POWDER, COCOA POWDER, ANNATTO, MONK FRUIT EXTRACT.

BAR UPC



Nutrition Facts

12 servings per container
Serving size 1 bar (35g)

Amount per serving		% Daily Value*	
Calories	150		
Total Fat 13g		17%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Polyunsaturated Fat 3.5g			
Monounsaturated Fat 5g			
Cholesterol 0mg		0%	
Sodium 130mg		6%	
Total Carbohydrate 14g		5%	
Dietary Fiber 4g		14%	
Total Sugars <1g			
Incl. 0g Added Sugars		0%	
Allulose 7g			
Sugar Alcohol 0g			
Protein 5g		6%	
Vit. D 0mcg	0%	Calcium 30mg	2%
Iron 0.9mg	6%	Potassium 160mg	3%

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COCONUT ALMOND DARK CHOCOLATE



INGREDIENTS: ALMONDS, ALLULOSE*, COCONUT, PUMPKIN SEEDS, SOLUBLE TAPIOCA FIBER, PALM KERNEL OIL, RICE FLOUR, ALKALIZED COCOA POWDER, NATURAL FLAVORS, SEA SALT, UNSWEETENED CHOCOLATE, COCOA BUTTER, SUNFLOWER LECITHIN, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, MONK FRUIT EXTRACT.

BAR UPC



Nutrition Facts

12 servings per container
Serving size 1 bar (35g)

Amount per serving		% Daily Value*	
Calories	140		
Total Fat 12g		15%	
Saturated Fat 6g		30%	
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 3g			
Cholesterol 0mg		0%	
Sodium 60mg		2%	
Total Carbohydrate 17g		6%	
Dietary Fiber 5g		18%	
Total Sugars 1g			
Incl. 0g Added Sugars		0%	
Allulose 9g			
Sugar Alcohol 0g			
Protein 3g			
Vit. D 0mcg	0%	Calcium 45mg	4%
Iron 0.9mg	6%	Potassium 130mg	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.

MACADAMIA WHITE CHOCOLATE



INGREDIENTS: ALMONDS, ALLULOSE*, PUMPKIN SEEDS, MACADAMIA, SOLUBLE TAPIOCA FIBER, SUNFLOWER SEEDS, PALM KERNEL OIL, RICE FLOUR, COCONUT OIL, SEA SALT, NATURAL FLAVORS, SUNFLOWER LECITHIN, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, VANILLA POWDER, MONK FRUIT EXTRACT.

BAR UPC



Nutrition Facts

12 servings per container
Serving size 1 bar (35g)

Amount per serving		% Daily Value*	
Calories	150		
Total Fat 13g		17%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 5g			
Cholesterol 0mg		0%	
Sodium 50mg		2%	
Total Carbohydrate 14g		5%	
Dietary Fiber 4g		14%	
Total Sugars <1g			
Incl. 0g Added Sugars		0%	
Allulose 7g			
Sugar Alcohol 0g			
Protein 4g		6%	
Vit. D 0mcg	0%	Calcium 30mg	2%
Iron 0.9mg	6%	Potassium 140mg	3%

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PUMPKIN SEED CINNAMON ALMOND



INGREDIENTS: PUMPKIN SEEDS, SUNFLOWER SEEDS, ALLULOSE*, ALMONDS, SOLUBLE TAPIOCA FIBER, RICE FLOUR, COCONUT OIL, CINNAMON, 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 (35g)

Amount per serving		% Daily Value*	
Calories	150		
Total Fat 12g		15%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Polyunsaturated Fat 5.5g			
Monounsaturated Fat 4g			
Cholesterol 0mg		0%	
Sodium 100mg		4%	
Total Carbohydrate 12g		4%	
Dietary Fiber 3g		11%	
Total Sugars 0g			
Incl. 0g Added Sugars		0%	
Allulose 7g			
Sugar Alcohol 0g			
Protein 6g		7%	
Vit. D 0mcg	0%	Calcium 30mg	2%
Iron 1mg	6%	Potassium 180mg	4%

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PECAN ALMOND



INGREDIENTS: PECANS, SUNFLOWER SEEDS, PUMPKIN SEEDS, ALLULOSE*, ALMONDS, SOLUBLE TAPIOCA FIBER, RICE FLOUR, COCONUT OIL, SEA SALT, NATURAL FLAVOR, SUNFLOWER LECITHIN, MIXED TOCOPHEROLS (VITAMIN E) FOR FRESHNESS, MONK FRUIT EXTRACT.

BAR UPC



Nutrition Facts

12 servings per container
Serving size 1 bar (35g)

Amount per serving		% Daily Value*	
Calories	150		
Total Fat 12g		15%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Polyunsaturated Fat 5g			
Monounsaturated Fat 5.5g			
Cholesterol 0mg		0%	
Sodium 100mg		4%	
Total Carbohydrate 13g		5%	
Dietary Fiber 4g		14%	
Total Sugars <1g			
Incl. 0g Added Sugars		0%	
Allulose 6g			
Sugar Alcohol 0g			
Protein 5g		6%	
Vit. D 0mcg	0%	Calcium 30mg	2%
Iron 0.9mg	6%	Potassium 140mg	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.