

eatiful

• EVERYDAY •

Organic ready to eat soups



NON
GMO



NO ARTIFICIAL
INGREDIENTS



GLUTEN
FREE



PLANT
BASED

READY IN
2 MIN





Ingredients: water, tomato puree* 10,2%, tomato paste* 9%, rice flour*, beet sugar*, sea salt, onion powder*, basil* 0,1%, black pepper*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts

Serving size 1 cup (245g)

	Per serving	Per container
Calories	70	120
	% DV*	% DV*
Total Fat	0g 0%	1g 1%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g 0%	0g 0%
Cholesterol	0g 0%	0mg 0%
Sodium	610mg 27%	1000mg 43%
Total Carb.	15g 5%	25g 9%
Dietary Fiber	1g 4%	2g 7%
Total Sugars	10g	16g
Incl. Added Sugars	4g 8%	7g 14%
Protein	2g	3g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	39mg 3%	64mg 5%
Iron	1mg 6%	2mg 11%
Potassium	289mg 6%	473mg 10%

* 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.



Ingredients: water, potatoes*, rice flour*, leeks*, coconut cream* (coconut extract 60%, water), sea salt, onion powder*, turmeric*, white pepper*, canola oil*.

* ORGANIC PRODUCTS
Contains: coconut.

Net Weight 14.1oz (400g)

Nutrition Facts

Serving size 1 cup (245g)

	Per serving	Per container
Calories	100	170
	% DV*	% DV*
Total Fat	4g 5%	6g 8%
Saturated Fat	3g 15%	6g 30%
Trans Fat	0g 0%	0g 0%
Cholesterol	0g 0%	0g 0%
Sodium	690mg 30%	1120mg 49%
Total Carb.	15g 5%	25g 9%
Dietary Fiber	1g 4%	2g 7%
Total Sugars	2g	3g
Incl. Added Sugars	0g 0%	0g 0%
Protein	2g	3g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	43mg 3%	70mg 5%
Iron	2mg 11%	3mg 15%
Potassium	240mg 5%	390mg 8%

* 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.



Ingredients: water, green split pea* (13,3%), roasted onions* (onions*, sunflower oil*), carrots*, potatoes*, canola oil*, sea salt, rice flour*, leek*, parsley*, bay leaves*, garlic powder*, black pepper*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts

Serving size 1 cup (245g)

	Per serving	Per container
Calories	160	260
	% DV*	% DV*
Total Fat	7g 9%	12g 15%
Saturated Fat	1g 5%	1g 5%
Trans Fat	0g 0%	0g 0%
Cholesterol	0mg 0%	0mg 0%
Sodium	570mg 25%	940mg 41%
Total Carb.	15g 5%	25g 9%
Dietary Fiber	10g 36%	16g 57%
Total Sugars	3g	5g
Incl. Added Sugars	0g 0%	0g 0%
Protein	9g	14g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	59mg 5%	96mg 7%
Iron	2mg 11%	4mg 22%
Potassium	404mg 9%	660mg 14%

* 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.



Ingredients: water, black beans*, tomato paste*, pearl barley* (wheat*), sweet corn*, canola oil*, bell pepper*, sea salt, rice flour*, onion*, garlic*, roasted onions* (onions*, sunflower oil*), beet sugar*, cilantro*, jalapeno chilli peppers*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts

Serving size 1 cup (245g)

	Per serving	Per container
Calories	170	290
	% DV*	% DV*
Total Fat	6g 8%	10g 13%
Saturated Fat	0g 0%	1g 5%
Trans Fat	0g 0%	0g 0%
Cholesterol	0g 0%	0mg 0%
Sodium	670mg 29%	1100mg 48%
Total Carb.	22g 8%	36g 13%
Dietary Fiber	6g 21%	10g 36%
Total Sugars	4g	7g
Incl. Added Sugars	0g 0%	1g 2%
Protein	8g	13g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	95mg 7%	155mg 12%
Iron	2mg 11%	4mg 22%
Potassium	699mg 15%	1141mg 24%

* 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.



Ingredients: water, brown lentils* (8,8%), carrots*, potatoes*, canola oil*, rice flour*, roasted onions* (onions*, sunflower oil*), sea salt, sweet paprika*, onion powder*, parsley*, garlic powder*, black pepper*, bay leaves*, allspices*, nutmeg*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts

Serving size 1 cup (245g)

	Per serving	Per container
Calories	120	200
	% DV*	% DV*
Total Fat	4g 5%	7g 9%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g 0%	0g 0%
Cholesterol	0g 0%	0mg 0%
Sodium	660mg 29%	1070mg 47%
Total Carb.	15g 5%	25g 9%
Dietary Fiber	5g 18%	8g 29%
Total Sugars	2g	3g
Incl. Added Sugars	0g 0%	0g 0%
Protein	6g	10g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	54mg 4%	88mg 7%
Iron	2mg 11%	4mg 22%
Potassium	343mg 7%	560mg 12%

* 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.



Ingredients: water, vegetables* (potatoes*, white kidney beans*, tomatoes*, carrots*, bean sprouts*), tomato paste*, sea salt, canola oil*, beet sugar*, sweet paprika*, rice flour*, garlic powder*, leek*, onion*, basil*, marjoram*, oregano*, black pepper*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts

Serving size 1 cup (245g)

	Per serving	Per container
Calories	120	190
	% DV*	% DV*
Total Fat	4g 5%	6g 8%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g 0%	0g 0%
Cholesterol	0mg 0%	0mg 0%
Sodium	700mg 30%	1140mg 50%
Total Carb.	15g 5%	25g 9%
Dietary Fiber	6g 21%	9g 32%
Total Sugars	4g	6g
Incl. Added Sugars	1g 2%	2g 4%
Protein	5g	8g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	78mg 6%	128mg 10%
Iron	3mg 17%	4mg 22%
Potassium	548mg 12%	895mg 19%

* 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.