

eatiful

• ORGANIC •

Organic ready to eat soups



NON
GMO



NO ARTIFICIAL
INGREDIENTS



GLUTEN
FREE



PLANT
BASED

READY IN
2 MIN





Ingredients: water, vegetables* (red beans, carrots, tomatoes, potatoes, bean sprouts, peas, zucchini, chickpeas, red bell peppers, onions), tomatoes*, tomato paste*, pasta* (durum WHEAT semolina*, EGG white powder*), rice flour*, sea salt, beet sugar*, garlic powder*, basil*, marjoram*, oregano*, black pepper*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	130	200	
	% DV*	% DV*	
Total Fat	0g	0g	0%
Saturated Fat	0g	0g	0%
Trans Fat	0g	0g	0%
Cholesterol	0g	0g	0%
Sodium	910mg	1490mg	65%
Total Carb.	23g	37g	13%
Dietary Fiber	5g	8g	29%
Total Sugars	7g	11g	
Incl. Added Sugars	2g	3g	6%
Protein	8g	10g	
Vitamin D	0mcg	0mcg	0%
Calcium	36mg	59mg	6%
Iron	2mg	3mg	15%
Potassium	550mg	900mg	20%

* 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, coconut cream* (coconut extract, water), carrots*, chickpeas*, mushrooms*, corn*, rice flour*, tomato paste*, thai style curry spices* (contains onion, paprika, garlic, chili), sea salt, beet sugar*, coconut oil*, green chili pepper*, paprika*, cardamom*, parsley*, lemongrass*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	200	310	
	% DV*	% DV*	
Total Fat	9g	14g	18%
Saturated Fat	7g	12g	60%
Trans Fat	0g	0g	0%
Cholesterol	0mg	0mg	0%
Sodium	1020mg	1660mg	72%
Total Carb.	23g	38g	14%
Dietary Fiber	5g	9g	32%
Total Sugars	9g	14g	
Incl. Added Sugars	2g	3g	6%
Protein	6g	9g	
Vitamin D	0mcg	0mcg	0%
Calcium	43mg	70mg	6%
Iron	2mg	4mg	22%
Potassium	340mg	550mg	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, tomatoes*, black beans*, red kidney beans*, tomato paste*, sweet corn*, bell pepper*, rapeseed oil*, textured vegetable protein* (sunflower flour*, faba bean protein concentrate*), roasted onions* (onions*, sunflower oil*), sea salt, onion powder*, garlic powder*, cumin*, sweet paprika*, rice flour*, hot paprika*, beet sugar*, green chilli peppers*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	270	440	
	% DV*	% DV*	
Total Fat	8g	14g	18%
Saturated Fat	1g	2g	10%
Trans Fat	0g	0g	0%
Cholesterol	0mg	0mg	0%
Sodium	980mg	1600mg	70%
Total Carb.	34g	55g	20%
Dietary Fiber	11g	18g	64%
Total Sugars	8g	12g	
Incl. Added Sugars	1g	1g	2%
Protein	15g	24g	
Vitamin D	0mcg	0mcg	0%
Calcium	130mg	212mg	10%
Iron	5mg	7mg	39%
Potassium	340mg	550mg	12%

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Ingredients: water, various lentils* (green, red, brown), carrots*, potatoes*, canola oil*, rice flour*, fried onion* (onion, sunflower oil), sea salt, leek*, paprika*, spices*, smoked paprika*, onion powder*, garlic powder*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	160	260	
	% DV*	% DV*	
Total Fat	5g	8g	10%
Saturated Fat	0g	1g	5%
Trans Fat	0g	0g	0%
Cholesterol	0mg	0mg	0%
Sodium	660mg	1080mg	47%
Total Carb.	20g	33g	12%
Dietary Fiber	5g	9g	32%
Total Sugars	3g	4g	
Incl. Added Sugars	0g	0g	0%
Protein	8g	13g	
Vitamin D	0mcg	0mcg	0%
Calcium	48mg	78mg	6%
Iron	3mg	4mg	20%
Potassium	330mg	540mg	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, sweet corn*, coconut cream* (coconut extract 60%, water), corn flour*, sea salt, leeks*, onion powder*, black pepper*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	160	270	
	% DV*	% DV*	
Total Fat	7g	11g	14%
Saturated Fat	6g	10g	50%
Trans Fat	0g	0g	0%
Cholesterol	0mg	0mg	0%
Sodium	520mg	850mg	37%
Total Carb.	21g	35g	13%
Dietary Fiber	3g	5g	18%
Total Sugars	4g	7g	
Incl. Added Sugars	0g	0g	0%
Protein	4g	7g	
Vitamin D	0mcg	0mcg	0%
Calcium	31mg	50mg	4%
Iron	1mg	2mg	10%
Potassium	250mg	410mg	8%

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Ingredients: water, butternut squash puree*, sweet potatoes puree*, coconut cream* (coconut extract 60%, water), corn flour*, sea salt, onion powder*, garlic powder*, ginger powder*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	130	230	
	% DV*	% DV*	
Total Fat	5g	9g	12%
Saturated Fat	5g	8g	40%
Trans Fat	0g	0g	0%
Cholesterol	0mg	0mg	0%
Sodium	650mg	1060mg	46%
Total Carb.	19g	31g	11%
Dietary Fiber	2g	3g	11%
Total Sugars	6g	9g	
Incl. Added Sugars	0g	0g	0%
Protein	3g	5g	
Vitamin D	0mcg	0mcg	0%
Calcium	93mg	152mg	10%
Iron	2mg	3mg	15%
Potassium	690mg	1130mg	25%

* 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, tomato*, tomato paste*, beet sugar*, rice flour*, sea salt, onion powder*, onions*, bay leaves*, black peppers*, basil*.

* ORGANIC PRODUCTS

Net Weight 14.1oz (400g)

Nutrition Facts			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	80	140	
	% DV*	% DV*	
Total Fat	0g	1g	1%
Saturated Fat	0g	0g	0%
Trans Fat	0g	0g	0%
Cholesterol	0g	0g	0%
Sodium	610mg	990mg	43%
Total Carb.	17g	28g	10%
Dietary Fiber	2g	3g	11%
Total Sugars	12g	19g	
Incl. Added Sugars	6g	9g	18%
Protein	2g	4g	
Vitamin D	0mcg	0mcg	0%
Calcium	44mg	72mg	6%
Iron	1mg	2mg	11%
Potassium	483mg	788mg	17%

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