

neat®

NUT-BASED MEAT REPLACEMENT



HEALTHY: PECAN-BASED

CONVENIENT: ONLY 15 MINUTES PREP

EASY: JUST ADD WATER

VERSATILE: FOR USE IN PLACE OF GROUND BEEF IN BURGERS, TACOS, MEATBALLS AND MORE!



No egg? No soy? No Gluten? No problem! Say YES to neat!

(800) 843 0804

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neat®

ORIGINAL



INGREDIENTS: Pecans, Garbanzo Beans, Gluten Free Whole Grain Oats, Organic Gluten Free Whole Grain Cornmeal, Neat Egg (Chia Seeds, Garbanzo Beans), Onion, Garlic, Sea Salt, Spices.

Contains Tree Nuts (Pecans)



8 45561 00089 8

Nutrition Facts

4 servings per container	
Serving size	1/4 cup (39g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Calcium 47mg	4%
Iron 2mg	10%
Vitamin D 0mcg	0%
Potassium 289mg	6%

*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.

MEXICAN



INGREDIENTS: Pecans, Garbanzo Beans, Organic Gluten Free Whole Grain Cornmeal, Neat Egg (Chia Seeds, Garbanzo Beans), Onion, Garlic, Sea Salt, Spices.

Contains Tree Nuts (Pecans)



8 45561 00090 4

Nutrition Facts

4 servings per container	
Serving size	1/4 cup (39g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Calcium 66mg	6%
Iron 2mg	10%
Vitamin D 0mcg	0%
Potassium 327mg	6%

*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.

ITALIAN



INGREDIENTS: Pecans, Garbanzo Beans, Gluten Free Whole Grain Oats, Neat Egg (Chia Seeds, Garbanzo Beans), Garlic, Onion, Sea Salt, Spices.

Contains Tree Nuts (Pecans)



8 45561 00108 6

Nutrition Facts

4 servings per container	
Serving size	1/4 cup (39g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 10g	36%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	12%
Calcium 78mg	6%
Iron 3mg	15%
Vitamin D 0mcg	0%
Potassium 321mg	6%

*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.

SOUTHWEST



INGREDIENTS: Pecans, Sweet Potato, Black Beans, Neat Egg (Chia Seeds, Garbanzo Beans), Coconut Sugar, Spices, Onion, Garlic, Sea Salt, Ancho Chili Peppers.

Contains Tree Nuts (Coconut, Pecans)



8 45561 00126 0

Nutrition Facts

4 servings per container	
Serving size	1/4 cup (39g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 5g	10%
Calcium 82mg	6%
Iron 2mg	10%
Vitamin D 0mcg	0%
Potassium 464mg	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.