



# TRI-O-PLEX<sup>®</sup>

## COOKIES

### WHITE CHOCOLATE CHIP MACADAMIA NUT



**18g PROTEIN**  
**30g CARBS**  
**336 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

### DOUBLE CHOCOLATE CHIP



**18g PROTEIN**  
**30g CARBS**  
**300 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

### OATMEAL RAISIN



**22g PROTEIN**  
**34g CARBS**  
**278 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

### CHOCOLATE CHIP



**20g PROTEIN**  
**30g CARBS**  
**290 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

### PEANUT BUTTER



**20g PROTEIN**  
**32g CARBS**  
**388 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

### PEANUT BUTTER CHOCOLATE CHIP



**20g PROTEIN**  
**32g CARBS**  
**352 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

### CRANBERRY WHITE CHOCOLATE CHIP COOKIES



**18g PROTEIN**  
**30g CARBS**  
**336 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

### CARAMEL APPLE COOKIES



**18g PROTEIN**  
**30g CARBS**  
**336 CALORIES**  
NET WT. 3 OZ (85g)  
PER  
PACKAGE

After cooking for the hotels of Las Vegas, I bought a little muffin shop and started to provide the health clubs of Las Vegas with healthy, style bakery goods. One item was a health bar made of oats, raisins and honey. Soon I started getting calls from people outside the Las Vegas area who wanted me to ship them my "delicious bars". I have since devoted my life to producing the best tasting, healthiest products available. I still make them myself (with some help from my team) in the heart of Las Vegas, although I have since moved out of that 700 sq ft muffin shop and into that dream kitchen I have always wanted. I hope you enjoy eating them as much as I enjoy making them.

**Chef Jay's**  
FOOD PRODUCTS

*Chef Jay*



# TRI-O-PLEX<sup>®</sup>

## COOKIES

SOFT & MOIST

Tastes Like A Real Home Baked Cookie.

**ALLERGY STATEMENT:**  
CONTAINS EGG, CORN, DAIRY AND SOY.  
MANUFACTURED ON EQUIPMENT THAT  
PROCESSES VARIOUS EGG, CORN, MILK,  
WHEAT, NUT, SOY AND SEED INGREDIENTS.

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TRI-O-PLEX WHITE CHOCOLATE CHIP MACADAMIA NUT COOKIES (2)

### WHITE CHOCOLATE CHIP MACADAMIA NUT

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container

Amount Per Serving

Calories 330 Calories from Fat 144

% Daily Value\*

Total Fat 16g 24%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 60mg 21%

Sodium 270mg 11%

Total Carbohydrate 30g 10%

Dietary Fiber less than 1g 3%

Sugars 22g

Protein 18g 32%

Vitamin A 6% Vitamin C 0%

Calcium 4% Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** SUGAR, UNSALTED BUTTER, PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), WHOLE LIQUID EGGS, DRY ROASTED AND SALTED MACADAMIA NUTS, WHITE MORSELS (SUGAR, PALM KERNEL OIL, LACTOSE, WHEY (FROM MILK), MILKFAT, NONFAT MILK, SODIUM CASINATE (FROM MILK), BUTTERMILK SOLIDS, HYDROGENATED PALM OIL, SOY LECITHIN, ARTIFICIAL AND NATURAL FLAVORS), WHITE WHEAT FLOUR, HONEY, BROWN SUGAR, WATER, VANILLA EXTRACT, SOY LECITHIN, BAKING SODA, SALT.

TRI-O-PLEX DOUBLE CHOCOLATE CHIP COOKIES (1)

### DOUBLE CHOCOLATE CHIP

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container

Amount Per Serving

Calories 300 Calories from Fat 108

% Daily Value\*

Total Fat 12g 19%

Saturated Fat 6g 32%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 250mg 10%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Sugars 22g

Protein 18g 32%

Vitamin A 6% Vitamin C 0%

Calcium 4% Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOYBEAN LECITHIN, VANILLA), SUGAR, UNSALTED BUTTER, PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), LIQUID WHOLE EGGS, WHITE WHEAT FLOUR, HONEY, BROWN SUGAR, COCOA POWDER, WATER, VANILLA EXTRACT, NATURAL FLAVORS, SOY LECITHIN, BAKING SODA, SALT.

TRI-O-PLEX ORIGINAL RAISIN COOKIES (1)

### OATMEAL RAISIN

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container

Amount Per Serving

Calories 276 Calories from Fat 54

% Daily Value\*

Total Fat 6g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 300mg 12%

Total Carbohydrate 34g 12%

Dietary Fiber 4g 17%

Sugars 22g

Protein 22g 40%

Vitamin A 4% Vitamin C 0%

Calcium 26% Iron 12%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), WHOLE GRAIN ROLLED OATS, RAISINS, BROWN SUGAR, HIGH FRUCTOSE CORN SYRUP, WHOLE LIQUID EGGS, SOY PROTEIN NUGGETS (ISOLATED SOY PROTEIN, TAPIOCA STARCH, SALT), CANOLA OIL, UNSALTED BUTTER, HONEY, POLYDEXTROSE, WHITE WHEAT FLOUR, WATER, VANILLA EXTRACT, BAKING SODA, SPRAY GUM ARABIC POWDER, SALT, POTASSIUM SORBATE, GROUND CINNAMON, SUCRALOSE.

TRI-O-PLEX CHOCOLATE CHIP COOKIES (1)

### CHOCOLATE CHIP

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container

Amount Per Serving

Calories 290 Calories from Fat 90

% Daily Value\*

Total Fat 10g 16%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 60mg 21%

Sodium 260mg 11%

Total Carbohydrate 30g 10%

Dietary Fiber 1g 4%

Sugars 22g

Protein 20g 36%

Vitamin A 6% Vitamin C 0%

Calcium 4% Iron 16%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOYBEAN LECITHIN, VANILLA), UNSALTED BUTTER, SUGAR, WHITE WHEAT FLOUR, EGGS, HONEY, BROWN SUGAR, VANILLA EXTRACT, WATER, BAKING SODA, SALT, POTASSIUM SORBATE, SUCRALOSE.

TRI-O-PLEX PEANUT BUTTER CHOCOLATE CHIP COOKIES (1)

### PEANUT BUTTER CHOCOLATE CHIP

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container 2

Amount Per Serving

Calories 352 Calories from Fat 144

% Daily Value\*

Total Fat 16g 24%

Saturated Fat 3g 16%

Trans Fat 0g

Cholesterol 40mg 14%

Sodium 300mg 12%

Total Carbohydrate 32g 10%

Dietary Fiber 2g 8%

Sugars 22g

Protein 20g 36%

Vitamin A 4% Vitamin C 0%

Calcium 4% Iron 16%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOYBEAN LECITHIN, VANILLA), SUGAR, PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), HONEY, PEANUT BUTTER, WHOLE LIQUID EGGS, PEANUTS, UNSALTED BUTTER, WHEAT FLOUR, BROWN SUGAR, NATURAL FLAVORS, WATER, VANILLA EXTRACT, PEANUT FLOUR, BAKING SODA, SOYBEAN LECITHIN, SALT.

TRI-O-PLEX PEANUT BUTTER COOKIES (2)

### PEANUT BUTTER

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container

Amount Per Serving

Calories 368 Calories from Fat 180

% Daily Value\*

Total Fat 20g 30%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 40mg 14%

Sodium 300mg 12%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Sugars 20g

Protein 20g 36%

Vitamin A 4% Vitamin C 0%

Calcium 4% Iron 16%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** PEANUT BUTTER, SUGAR, UNSALTED BUTTER, PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), WHOLE LIQUID EGGS, PEANUTS, UNSALTED BUTTER, WHEAT FLOUR, HONEY, BROWN SUGAR, WATER, PEANUT OIL, NATURAL FLAVORS, PEANUT FLOUR, SOYBEAN LECITHIN, BAKING SODA, SALT.

TRI-O-PLEX CRANBERRY WHITE CHOCOLATE CHIP COOKIES (1)

### CRANBERRY WHITE CHOCOLATE CHIP COOKIES

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container

Amount Per Serving

Calories 336 Calories from Fat 144

% Daily Value\*

Total Fat 16g 24%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 60mg 21%

Sodium 270mg 11%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Sugars 22g

Protein 18g 32%

Vitamin A 6% Vitamin C 0%

Calcium 4% Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** CRANBERRIES, SUGAR, UNSALTED BUTTER, PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), WHOLE LIQUID EGGS, WHITE MORSELS (SUGAR, PALM KERNEL OIL, LACTOSE, WHEY (FROM MILK), MILK FAT, NONFAT MILK, SODIUM CASINATE (FROM MILK), BUTTERMILK SOLIDS, HYDROGENATED PALM OIL, SOY LECITHIN, ARTIFICIAL AND NATURAL FLAVORS) WHITE WHEAT FLOUR, HONEY, BROWN SUGAR, WATER, NATURAL & ARTIFICIAL FLAVORS, FRUIT FILLING (SUGAR, STRAWBERRIES, PECTIN (WATER, DEXTROSE, CITRIC ACID, FUMARIC ACID), MODIFIED FOOD STARCH), SOY LECITHIN, BAKING SODA, SALT, POTASSIUM SORBATE.

TRI-O-PLEX CARAMEL APPLE COOKIES (2)

### CARAMEL APPLE COOKIES

#### Nutrition Facts

Serving Size (85g)  
Servings Per Container

Amount Per Serving

Calories 336 Calories from Fat 144

% Daily Value\*

Total Fat 16g 24%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 60mg 21%

Sodium 270mg 11%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Sugars 22g

Protein 18g 32%

Vitamin A 6% Vitamin C 0%

Calcium 4% Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** SUGAR, UNSALTED BUTTER, PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), WHOLE LIQUID EGGS, APPLES (TREATED WITH SULFUR DIOXIDE), CARAMEL BITS (SUGAR, CORN SYRUP, EVAPORATED NONFAT MILK, BUTTER, VEGETABLE MONO-AND DIGLYCERIDES), WHEY (FROM MILK), MILK FAT, NONFAT MILK, SODIUM CASINATE (FROM MILK), BUTTERMILK SOLIDS, HYDROGENATED PALM OIL, SOY LECITHIN, ARTIFICIAL AND NATURAL FLAVORS, WHITE WHEAT FLOUR, HONEY, BROWN SUGAR, WATER, VANILLA EXTRACT, SOY LECITHIN, BAKING SODA, SALT, POTASSIUM SORBATE.