



TRI-O-PLEX

LOW CALORIES

Lite Bites

Same Great Taste
Lower Calories
and
Lower Sugar!

only 80 calories per cookie

TRI-O-PLEX
12g PROTEIN
Per Package

Lite Bites

DOUBLE CHOCOLATE CHIP

LOW CALORIES

2 COOKIES
• REDUCED SUGAR
• HIGH PROTEIN



NET WT. 2 OZ (57g)

only 80 calories per cookie

TRI-O-PLEX
12g PROTEIN
Per Package

Lite Bites

CHOCOLATE CHIP

LOW CALORIES

2 COOKIES
• REDUCED SUGAR
• HIGH PROTEIN



NET WT. 2 OZ (57g)

only 93 calories per cookie

TRI-O-PLEX
13g PROTEIN
Per Package

Lite Bites

PEANUT BUTTER CHOCOLATE CHIP

LOW CALORIES

2 COOKIES
• REDUCED SUGAR
• HIGH PROTEIN



NET WT. 2 OZ (57g)

only 78 calories per cookie

TRI-O-PLEX
14g PROTEIN
Per Package

Lite Bites

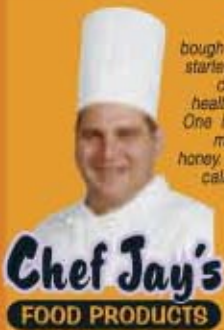
OATMEAL RAISIN

LOW CALORIES

2 COOKIES
• REDUCED SUGAR
• HIGH PROTEIN



NET WT. 2 OZ (57g)



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

TRI-O-PLEX

LOW CALORIES

Lite Bites

www.chefjays.com

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

2510 E. Sunset #5-83 Las Vegas, Nevada 89120 • Tel: 702-862-4456 www.chefjays.com

TRI-O-PLEX
CHOCOLATE CHIP COOKIES (2)

Nutrition Facts

Serving Size 56g (2 COOKIES)
Servings Per Container 1

Amount Per Serving

Calories 160 Calories from Fat 36

	% Daily Value*
Total Fat 4g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	8%
Sodium 168mg	8%
Total Carbohydrate 10g	4%
Dietary Fiber less than 1g	3%
Sugars 8g	
Sugar Alcohols 12g	
Protein 12g	24%
Vitamin A 4% • Vitamin C 0%	
Calcium 4% • Iron 6%	

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

Lite Bites
CHOCOLATE CHIP

INGREDIENTS:

PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), MALTITOL SWEETENED CHOCOLATE CHIPS (MALTITOL, COCOA, VANILLA), MALTITOL, BROWN SUGAR, SUGAR, UNSALTED BUTTER, EGGS, WHITE WHEAT FLOUR, HONEY, WATER, VANILLA EXTRACT, BAKING SODA, SALT, SUCRALOSE, POTASSIUM SORBATE.



TRI-O-PLEX
DOUBLE CHOCOLATE CHIP
COOKIES (2)

Nutrition Facts

Serving Size 56g (2 COOKIES)
Servings Per Container 1

Amount Per Serving

Calories 160 Calories from Fat 72

	% Daily Value*
Total Fat 8g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	8%
Sodium 168mg	8%
Total Carbohydrate 10g	4%
Dietary Fiber less than 2g	4%
Sugars 8g	
Sugar Alcohols 12g	
Protein 12g	24%
Vitamin A 4% • Vitamin C 0%	
Calcium 4% • Iron 6%	

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

Lite Bites
DOUBLE CHOCOLATE CHIP

INGREDIENTS:

PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), MALTITOL SWEETENED CHOCOLATE CHIPS (MALTITOL, COCOA, VANILLA), MALTITOL, BROWN SUGAR, SUGAR, COCOA (PROCESSED WITH ALKALI), UNSALTED BUTTER, EGGS, WHITE WHEAT FLOUR, HONEY, WATER, VANILLA EXTRACT, BAKING SODA, SALT, SUCRALOSE, POTASSIUM SORBATE.



TRI-O-PLEX
OATMEAL RAISIN COOKIES (2)

Nutrition Facts

Serving Size 56g (2 COOKIES)
Servings Per Container 1

Amount Per Serving

Calories 156 Calories from Fat 36

	% Daily Value*
Total Fat 4g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 26mg	8%
Sodium 200mg	8%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	2%
Sugars 12g	
Sugar Alcohols 4g	
Protein 14g	28%
Vitamin A 2% • Vitamin C 0%	
Calcium 14% • Iron 8%	

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

Lite Bites
OATMEAL RAISIN

INGREDIENTS:

PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), WHOLE GRAIN ROLLED OATS, RAISINS, MALTITOL, HIGH FRUCTOSE CORN SYRUP, EGGS, SOY PROTEIN MUGGETS (ISOLATE SOY PROTEIN, TAPIOCA STARCH, SALT), CANOLA OIL, HONEY, UNSALTED BUTTER, POLYDEXTROSE, WHITE WHEAT FLOUR, WATER, VANILLA EXTRACT, BAKING SODA, ARABIC GUM, SALT, GROUND CINNAMON, SUCRALOSE, POTASSIUM SORBATE.



TRI-O-PLEX
PEANUT BUTTER CHOCOLATE CHIP
COOKIES (2)

Nutrition Facts

Serving Size 56g (2 COOKIES)
Servings Per Container 1

Amount Per Serving

Calories 186 Calories from Fat 90

	% Daily Value*
Total Fat 10g	16%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 26mg	8%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber less than 2g	8%
Sugars 8g	
Sugar Alcohols 10g	
Protein 13g	26%
Vitamin A 4% • Vitamin C 0%	
Calcium 4% • Iron 6%	

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

Lite Bites
PEANUT BUTTER CHOCOLATE CHIP

INGREDIENTS:

PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), MALTITOL SWEETENED CHOCOLATE CHIPS (MALTITOL, COCOA, VANILLA), MALTITOL, PEANUT BUTTER, PEANUTS, EGGS, UNSALTED BUTTER, WHITE WHEAT FLOUR, BROWN SUGAR, SUGAR, HONEY, NATURAL FLAVORS, WATER, VANILLA EXTRACT, BAKING SODA, SALT, SUCRALOSE, POTASSIUM SORBATE.

