



TRI-O-PLEX

"PROTEIN NEVER TASTED SO GOOD!"

Protein Puffs™

- A Zesty Protein Snack
- 18g Protein
- Low Fat
- Low Calories



Visit Our Web Site For More Product Information
www.chefjays.com



"PROTEIN NEVER TASTED SO GOOD!"

TRI-O-PLEX

Protein Puffs

PROTEIN PUFFS-NACHO CHEESE (1/2) BAG

Nutrition Facts
Serving Size (25g)
Servings Per Container 2

AMOUNT PER SERVING	
Calories 99	Calories from Fat 27
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 9g	16%
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 10%

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

Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PROTEIN BLEND (ISOLATED SOY PROTEIN, WHEY PROTEIN ISOLATE), RICE FLOUR, CORN FLOUR, HIGH OLEIC CANOLA OIL, NACHO CHEESE SEASONING, SUGAR, SALT.

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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NACHO CHEESE

PROTEIN PUFFS-NACHO CHEESE (1) BAG

Nutrition Facts
Serving Size (50g)
Servings Per Container 1

AMOUNT PER SERVING	
Calories 198	Calories from Fat 54
% Daily Values*	
Total Fat 6g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	26%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 18g	32%
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 20%

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

Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PROTEIN BLEND (ISOLATED SOY PROTEIN, WHEY PROTEIN ISOLATE), RICE FLOUR, CORN FLOUR, HIGH OLEIC CANOLA OIL, NACHO CHEESE SEASONING, SUGAR, SALT.

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

PROTEIN PUFFS-COOL RANCH (1/2) BAG

Nutrition Facts
Serving Size (25g)
Servings Per Container 2

AMOUNT PER SERVING	
Calories 99	Calories from Fat 27
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 9g	16%
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 10%

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

Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PROTEIN BLEND (ISOLATED SOY PROTEIN, WHEY PROTEIN ISOLATE), RICE FLOUR, CORN FLOUR, HIGH OLEIC CANOLA OIL, RANCH SEASONING, SUGAR, SALT.

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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PROTEIN PUFFS-COOL RANCH (1) BAG

Nutrition Facts
Serving Size (50g)
Servings Per Container 1

AMOUNT PER SERVING	
Calories 198	Calories from Fat 54
% Daily Values*	
Total Fat 6g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 18g	32%
Vitamin A 8%	Vitamin C 0%
Calcium 8%	Iron 20%

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

Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

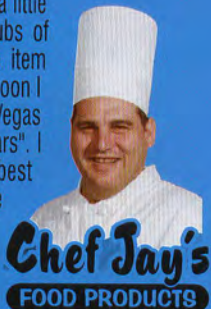
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PROTEIN BLEND (ISOLATED SOY PROTEIN, WHEY PROTEIN ISOLATE), RICE FLOUR, CORN FLOUR, HIGH OLEIC CANOLA OIL, RANCH SEASONING, SUGAR, SALT.

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

COOL RANCH

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



Chef Jay's
FOOD PRODUCTS