

# GABRIELLA'S

· KITCHEN ·

## HIGH PROTEIN entrees

AUTHENTIC ITALIAN PASTA EXPERIENCE  
HIGH PROTEIN HIGH FIBRE HEMP INFUSED

Consumers have a growing appetite for all things protein, particularly meat-free options with clean, natural ingredients. Plant-based entrees which are high in protein are driving the highest growth. This fast-growing sector shouldn't be ignored. *Nielsen Insights*

Our innovative HIGH PROTEIN entrees offer powerful and convenient nutrition with Italian style recipes to really satisfy.

Nutritional values are boosted with the addition of hemp seed oil and hemp hearts. Nutrient dense greens like kale and spinach add extra fibre, flavour and vitamins. Delicious flavour profiles make for a nutritious meal without compromise!



2 PLANT-BASED OPTIONS

Plant-Based

RANKED 9<sup>TH</sup> MOST PRODUCTIVE (\$SPP) of TOP 30 BRANDS

SPINS 24 weeks ending 7/21/2019

<p><b>CAULIFLOWER FETTUCCINE ALFREDO</b></p> <p>480 cals 32g protein 9g fibre UPC 693415000118</p>	<p><b>HERB SPAGHETTI w/ MUSHROOM POLPETTE</b></p> <p>470 cals 32g protein 13g fibre UPC 693415000002</p>	<p><b>KALE PESTO LINGUINE</b></p> <p>400 cals 30g protein 11g fibre UPC 693415000019</p>	<p><b>VEGETABLE &amp; RICOTTA LASAGNA</b></p> <p>380 cals 27g protein 20g carbs(net) UPC 187813000882</p>

**So much more than just gluten free!**

The SUPERFOOD TEFF pasta gives these GLUTEN FREE entrees superior nutrients without any of the common allergens present. There's also no rice or corn.

**Protein is all plant-based, and the flavour is all Italian.**

Nutritional values are boosted with the addition of hemp seed oil, hemp hearts and hemp protein. Hemp is quickly becoming the most talked about SUPERFOOD as it a complete source of protein, high in fibre and is packed with essential fatty acids – including heart healthy omega-3's.



Plant-Based

Certified



Gluten-Free®

### TEFF TALK

TEFF hails from Ethiopia and is a seed by nature (although it cooks and is prepared just like a grain).

Of all of the gluten-free grains, TEFF is one of the most nutritionally impressive.

TEFF is high in protein and iron and dwarfs quinoa in calcium, copper, dietary fibre, iron, zinc and other vital nutrients. Carbohydrate content in TEFF is mainly resistant starch (good for blood sugar management, weight control and colon health).

It's an efficient crop, yielding up to a ton of grain in as little as 12 weeks. Our Idaho TEFF is sustainably farmed.



**TEFF FUSILLI  
PUTTANESCA**

430 cals 15g protein 33%DV iron  
UPC 693415000095



**TEFF SPICY PENNE  
ARRABBIATA**

410 cals 16g protein 28%DV iron  
UPC 693415000101



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## HEMP BOWLS

LOADED WITH PLANT-BASED PROTEIN  
HIGH PROTEIN HIGH FIBRE ALL NATURAL

### NEW HEMP BOWL entrees are **PACKED** with **PLANT-BASED NUTRITION!**

Many on a plant-based diet are often in need of protein, iron & omega 3 fatty acids. These bowls have it all!

Four delicious recipes begin with a base of nutrient-dense whole grains and protein-rich legumes along with roasted vegetables. Topped with our flavourful dressings and garnished with hemp hearts. Delicious flavour profiles make for a nutritious meal without compromise! **Two GLUTEN FREE options.**

Featuring all natural ingredients and enriched with cold-pressed hemp seed oil, hemp seed protein and hemp hearts for even more healthful benefits. Hemp is quickly becoming the most talked about SUPERFOOD as it is a complete source of protein, high in fibre and packed with essential fatty acids.

**Innovative, on-trend & category-building product line to generate incremental sales.**



Plant-Based



#### LOADED LENTIL & MUSHROOM

420 cals 1g protein 10g fibre  
UPC 693415000132



#### CHUNKY CHICKPEA & SQUASH

440 cals 14g protein 10g fibre  
UPC 693415000149



#### FABULOUS FARRO & TUSCAN STYLE VEG

320 cals 10g protein 7g fibre  
UPC 693415000156



#### PUNCHY PEA PESTO & ROASTED VEG

440 cals 15g protein 10g fibre  
UPC 693415000163

