



# HARVEST SHREDS®



It's hard to feed our collective hunger for soul-satisfying, nutritious and delicious meals that are good for us and good for our planet.

That's why at Harvest Shreds®, we're on a mission to make protein-packed, low-fat, flavor-filled plant protein that's undeniably craveable and produced sustainably. With your support, we're lowering the impact on the planet by producing food with significantly reduced land, water, and CO<sub>2</sub> emissions.

**Let's make eating better, better.**

Better for You. Better for the Planet.

you. better for

better for



the planet.

**HarvestShreds.com**

**For more information, contact:** Mark Engel | [Mark@FifthTasteFoods.com](mailto:Mark@FifthTasteFoods.com) | 314-435-9067





## Nutrition Facts

Serving size 3 ounces (85g)

Amount Per Serving

**Calories** 130

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0.1g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 3.1g

**Cholesterol** 0mg 0%

**Sodium** 320mg 14%

**Total Carbohydrate** 5g 2%

Dietary Fiber 0g 0%

**Total Sugars** < 1g

Includes 0g Added Sugars 0%

**Protein** 16g 32%

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 1.8mg 10%

Potassium 94mg 2%

\*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.

Water, Non-GMO Structured Vegetable Protein Product (Isolated Soy Protein, Wheat Gluten, Wheat Starch), High-oleic Sunflower Oil, Vegan Flavor (Yeast Extract, Natural Flavor, Salt, Spices), Red Miso Powder (Soybeans, Rice, Salt, Aspergillus Oryzae), Shiitake Mushrooms, Caramel Color.

CONTAINS: SOY AND WHEAT



## Cooking and Storage

### KEEP FROZEN.

1. Thaw overnight under refrigeration.
2. Break into bite-sized shreds, using your hands or two forks.
3. Cook on a flattop or skillet coated with oil over medium-high heat until shreds are sizzling, slightly charred, caramelized and crispy. Use within 7 days of thawing.

Do not refreeze.



Easy  
Prep  
Video



HARVEST  
SHREDS.

HarvestShreds.com

naked,  
subtly  
seasoned

Our **Naked Harvest Shreds®** brings the ultimate in craveability—umami—by seasoning with shiitake mushrooms and red miso, infusing a deep, rich base just waiting for Chef's creativity. Think of this as a blank canvas with a secret weapon. It's imbued with a built in "I want more-ish" quality from the base ingredients that then allows you to build up unique layered flavors, creating your own signature profile.

## SAVOR THE TASTE OF SUSTAINABILITY

One simple choice has significant savings of

CO<sub>2</sub> water & land use

CHOOSE



HARVEST  
SHREDS.

INSTEAD OF BEEF\* 300X  
WEEKLY FOR 1 YEAR

Switching to  
HARVEST SHREDS saves  
24 metric tons of CO<sub>2</sub>.

That's equivalent to 4 flights  
around the world or 22 road  
trips between NY and LA.

HARVEST SHREDS  
uses

1 1/2%

of the land required  
to raise cattle.

Choosing HARVEST SHREDS  
saves 84,665  
gallons of water  
or 5,040 showers per year.

HOLLYWOOD

\*3 ounce portion  
Source: epa.gov  
Independent Third-Party Verification



Exclusively produced for Fifth Taste Foods LLC | St. Louis, MO 63105  
Powered by oo'māmē Kitchen, unleashing the craveable Fifth Taste.  
Handmade in small batches in the USA. Sold in 12# case (6 pkgs X 2#).





# HARVEST SHREDS®

Incredible Edible Versatility

1 SKU = 1,000+ Menu Items

Breakfast  
Lunch  
Dinner  
Snacks



**BOWLS** **SCRAMBLES**  
**CURRIES** **SANDWICHES**  
**PIZZA** **HASH** **SALADS**  
**BURRITOS** **FAJITAS**  
**WRAPS** **STIR-FRIES**  
**ENCHILADAS** **TACOS**

