



Harvest Thins FAQ

Harvest Thins™ are a crunchy, protein-packed, plant-based snack made to satisfy hunger and cravings so you can snack the smart way.

What makes Harvest Thins different than other snacks?

It's easy to find junk food practically everywhere, but satisfying and nutritious snacks can be hard to track down when you need something to munch on.

Harvest Thins are a crunchy, protein-packed snack with 11 grams of plant-based protein and 100 calories — exactly what you need to satisfy cravings and support your health and weight management‡ goals.

How can Harvest Thins help me achieve my goals?

Replacing typical snack foods like cookies and chips with a more nutrient-dense option can contribute to improved diet quality and support weight management.

Harvest Thins are a crunchy, savory snack option that satisfies hunger and cravings with plant-based protein and delicious flavors. The convenient 100-calorie packs are perfectly portioned and great for on-the-go snacking.

What type of protein does Harvest Thins contain?

Harvest Thins are a plant-based snack packed with 11 grams of high-quality pea protein per serving. Pea protein is a great choice for anyone looking for a dairy-free option and is suitable for a variety of dietary preferences, including vegetarian and vegan lifestyles.

Are Harvest Thins approved for Cleanse Days?

Yes, Harvest Thins are approved to enjoy during a Cleanse Day alongside your other Cleanse Day support tools. We recommend that you eat a few at a time, spaced throughout the day.

Who can enjoy Harvest Thins?

Harvest Thins are ideal for anyone who wants a smart snack to satisfy hunger and cravings. They're a great choice to support weight loss goals with a satisfying, pre-portioned snack. Harvest Thins are perfect for anyone looking for a crunchy, savory snack option on Cleanse Days, too.

Are Harvest Thins dairy-free?

Yes, Harvest Thins are dairy-free and suitable for vegan diets or those with sensitivities to dairy foods.

‡Portion-controlled to assist in maintaining a healthy body weight as part of healthy eating.