



# What's in Our Cookie Dough

## **BAKING INSTRUCTIONS:**

**Directions to bake your cookies are also printed on each tub.**

1. Preheat oven to 350 degrees.
2. Spoon desired amount onto un-greased cookie sheet.
3. Bake for 10-12 minutes or until edges are golden brown (baking time may vary depending upon your oven).
4. Cool on cookie sheet for 1 minute.
5. Transfer to cooling rack for additional cooling.
6. Enjoy!

**A 2.25lb tub is 36oz, so we like to say it makes 36 - 1oz. cookies**

**REMINDER** Our cookie dough is "shelf stable" at room temperature at 77 degrees or below up to 21 days, in the fridge for 6 months, and in the freezer for 12 months. It can also be frozen and thawed repeatedly without fear of contamination or compromising the flavor. As long as the packaging remains intact and undamaged, you can store your cookie dough in the freezer or fridge, depending on how quickly you plain to gobble it up!

**If you have any additional questions, please feel free to reach out to us via email at [orders@goldathletics.com](mailto:orders@goldathletics.com).**

**GOLD  
ATHLETICS**

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# Chunky Chocolate Chip



Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	About 36 servings per container <b>Serving size</b> <b>1 cookie (28g)</b> <b>Calories</b> per serving <b>120</b>	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 18g
Saturated Fat 2.5g		<b>13%</b>	Dietary Fiber 0g	<b>0%</b>
<i>Trans</i> Fat 0g			Total Sugars 10g	
<b>Cholesterol</b> 0mg		<b>0%</b>	Incl. 10g Added Sugars	<b>20%</b>
<b>Sodium</b> 110mg		<b>5%</b>	<b>Protein</b> 1g	
Vitamin D 0mcg 0% • Calcium 7mg 0% • Iron 0mg 0% • Potassium 28mg 0%				

\*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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, brown sugar, semi-sweet chocolate drops (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, and vanillin (an artificial flavor)), water, semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin (as an emulsifier)), whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, salt, baking soda, artificial vanilla flavor (dextrose, ethyl alcohol and propylene glycol), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, soy, wheat.

2.25lb Tub  
 07-1201  
 2.25lb  
 Pre-portioned  
 25-9001  
 \*Makes 36 Cookies

# Oatmeal Raisin



Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	About 36 servings per container <b>Serving size</b> <b>1 cookie (28g)</b> <b>Calories</b> per serving <b>110</b>	<b>Total Fat</b> 4g	<b>5%</b>	<b>Total Carbohydrate</b> 18g
Saturated Fat 2g		<b>10%</b>	Dietary Fiber 0g	<b>0%</b>
<i>Trans</i> Fat 0g			Total Sugars 9g	
<b>Cholesterol</b> 0mg		<b>0%</b>	Incl. 8g Added Sugars	<b>16%</b>
<b>Sodium</b> 105mg		<b>5%</b>	<b>Protein</b> 1g	
Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 0mg 0% • Potassium 22mg 0%				

\*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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, brown sugar, seedless raisins, water, whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, salt, baking soda, cinnamon, artificial vanilla flavor (dextrose, ethyl alcohol and propylene glycol), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, wheat.

2.25lb Tub  
 07-1203  
 2.25lb  
 Pre-portioned  
 25-9003  
 \*Makes 36 Cookies

# Rainbow - MMM Candies



<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	*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.
About 36 servings per container <b>Serving size</b> 1 cookie (28g)	<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 18g	<b>7%</b>	
	Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 0g	<b>0%</b>	
	<i>Trans Fat</i> 0g		Total Sugars 10g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 10g Added Sugars	<b>20%</b>		
<b>Sodium</b> 110mg	<b>5%</b>	<b>Protein</b> 1g			
Vitamin D 0mcg 0% • Calcium 7mg 0% • Iron 0mg 0% • Potassium 23mg 0%					
<b>Calories per serving</b> <b>120</b>					

INGREDIENTS: bleached wheat flour, sugar, palm oil, brown sugar, semi-sweet gems (dark chocolate [sugar, chocolate liquor, cocoa butter, soy lecithin {an emulsifier}, vanilla], sugar, less than 1% of artificial coloring [includes yellow 5 lake, red 40 lake, yellow 6 lake, blue 2 lake, blue 1 lake, yellow 5, blue 1, yellow 6], gum acacia, corn syrup, carnauba wax, shellac, beeswax), water, whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, salt, baking soda, artificial vanilla flavor (dextrose, ethyl alcohol and propylene glycol), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, soy, wheat.

2.25lb Tub  
07-1205  
2.25lb  
Pre-portioned  
25-9005  
  
\*Makes 36 Cookies

# Salted Caramel



<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	*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.
About 36 servings per container <b>Serving size</b> 1 cookie (28g)	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 17g	<b>6%</b>	
	Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 0g	<b>0%</b>	
	<i>Trans Fat</i> 0g		Total Sugars 10g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 9g Added Sugars	<b>18%</b>		
<b>Sodium</b> 150mg	<b>7%</b>	<b>Protein</b> 1g			
Vitamin D 0mcg 0% • Calcium 19mg 2% • Iron 0mg 0% • Potassium 34mg 0%					
<b>Calories per serving</b> <b>120</b>					

INGREDIENTS: bleached wheat flour, palm oil, brown sugar, caramel drops (sugar, cocoa butter, nonfat dry milk, whole milk powder, cream powder (milk), caramelized sugar, whey powder, soy lecithin, iodized salt, natural vanilla extract), sugar, water, salted caramel flavored sprinkles (sugar, brown sugar, salt, natural flavor (contains dairy components), whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, salt, baking soda, salted caramel type flavor natural (maltodextrin, salt, natural flavors, silicon dioxide [anti-caking agent]), artificial vanilla flavor (dextrose, ethyl alcohol, propylene glycol), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, soy, wheat.

2.25lb Tub  
07-1211  
2.25lb  
Pre-portioned  
25-9011  
  
\*Makes 36 Cookies

# Celebration - Birthday Cake



<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 18g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>	Dietary Fiber 0g	<b>0%</b>	
Trans Fat 0g		Total Sugars 9g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 9g Added Sugars	<b>18%</b>	
<b>Sodium</b> 120mg	<b>5%</b>	<b>Protein</b> 1g		
Vitamin D 0mcg 0% • Calcium 4mg 0% • Iron 0mg 0% • Potassium 16mg 0%				

**Calories per serving 120**

\*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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, rainbow sprinkles (sugar, corn starch, palm oil and palm kernel oil, dextrin, soylecithin, carnauba wax, confectioner's glaze, yellow 5 lake, yellow 6 lake, blue 1 lake, red 40 lake, red 3, blue 2 and red 40), water, whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, birthday cake type flavor natural (dextrose, natural flavors, silicon dioxide [anti-caking agent]), salt, baking soda, artificial vanilla flavor (dextrose, ethyl alcohol and propylene glycol), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, soy, wheat.

2.25lb Tub  
07-1210  
2.25lb  
Pre-portioned  
25-9010  
**\*Makes 36 Cookies**

# Sugar



<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 18g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 0g	<b>0%</b>	
Trans Fat 0g		Total Sugars 9g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 9g Added Sugars	<b>18%</b>	
<b>Sodium</b> 120mg	<b>5%</b>	<b>Protein</b> 1g		
Vitamin D 0mcg 0% • Calcium 4mg 0% • Iron 0mg 0% • Potassium 16mg 0%				

**Calories per serving 120**

\*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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, water, whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, salt, baking soda, artificial vanilla flavor (dextrose, ethyl alcohol and propylene glycol), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, wheat.

2.25lb Tub  
07-1204  
2.25lb  
Pre-portioned  
25-9004  
**\*Makes 36 Cookies**

# Snickerdoodle



<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 17g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 0g	<b>0%</b>	
Trans Fat 0g		Total Sugars 9g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 9g Added Sugars	<b>18%</b>	
<b>Sodium</b> 120mg	<b>5%</b>	<b>Protein</b> 1g		
Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 0mg 0% • Potassium 20mg 0%				

\*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.

About 36 servings per container  
**Serving size**  
**1 cookie (28g)**  
**Calories per serving** **120**

INGREDIENTS: bleached wheat flour, sugar, palm oil, brown sugar, water, whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, salt, baking soda, cinnamon, artificial vanilla flavor (dextrose, ethyl alcohol and propylene glycol), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, wheat.

2.25lb Tub  
 07-1209  
 2.25lb  
 Pre-portioned  
 25-9009  
 \*Makes 36 Cookies

# White Chocolate Macadamia Nut



<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 17g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 0g	<b>0%</b>	
Trans Fat 0g		Total Sugars 10g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 9g Added Sugars	<b>18%</b>	
<b>Sodium</b> 110mg	<b>5%</b>	<b>Protein</b> 1g		
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0mg 0% • Potassium 23mg 0%				

\*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.

About 36 servings per container  
**Serving size**  
**1 cookie (28g)**  
**Calories per serving** **120**

INGREDIENTS: bleached wheat flour, sugar, palm oil, white chocolate chips (sugar, cocoa butter, whole milk powder, skim milk powder, butteroil, soy lecithin [an emulsifier], natural vanilla flavor), brown sugar, water, macadamia nuts, whey protein concentrate, fiber blend (pea fiber, potato dextrin, psyllium fiber, bamboo fiber, flaxseed fiber), invert sugar, salt, baking soda, artificial vanilla flavor (dextrose, ethyl alcohol and propylene glyco), artificial butter flavor (dextrose, malto dextrin, gum acacia, and capric/caprylic triglycerides).

CONTAINS: milk, soy, macadamia nuts, wheat.

2.25lb Tub  
 07-1206  
 2.25lb  
 Pre-portioned  
 25-9006  
 \*Makes 36 Cookies