

NUTRITIONAL INFORMATION

CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
PROTEIN (g)

FRESH JUICES

The Greenie™

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	90	0	200	20	4	12	4
24 oz	110	0	240	26	4	18	5
32 oz	150	0	390	35	6	23	5

Toxin Flush™

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	210	0	55	51	2	42	2
24 oz	310	0	80	76	2	62	3
32 oz	410	1	110	102	3	83	4

Green Apple Detox

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	150	0	0	38	0	36	0
24 oz	220	0	0	58	0	55	1
32 oz	290	0	0	75	0	71	1

The Buzz

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	200	0	190	47	4	24	4
24 oz	280	0	280	67	5	37	5
32 oz	380	1	350	89	6	51	6

Celery Aide

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	100	0	200	26	2	22	1
24 oz	150	0	310	39	3	33	2
32 oz	200	0	410	52	4	44	2

Recovery

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	110	0	330	27	1	16	2
24 oz	160	0	530	39	2	23	3
32 oz	220	0	660	52	3	33	4

HANDCRAFTED BOWLS

Açaí Banana Berry

	420	13	15	71	7	36	12
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Açaí Peanut Butter

	570	21	10	86	9	48	19
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Dragon Fruit

	460	5	120	97	7	67	10
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Açaí Mango

	430	7	150	84	6	52	10
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CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
PROTEIN (g)

SUPERFOOD SMOOTHIES

Berry Banana Burst

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	290	13	10	39	5	26	9
24 oz	410	18	15	56	6	38	12
32 oz	560	25	20	73	9	49	18

Pink Flamingo

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	200	0	310	47	6	39	3
24 oz	340	0	430	81	9	69	5
32 oz	380	1	630	90	11	76	6

Popeye's Açaí

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	320	13	30	43	6	30	12
24 oz	450	19	50	60	8	40	19
32 oz	620	27	60	83	11	54	22

Orange Crush

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	190	1	30	42	2	38	2
24 oz	300	1	40	67	4	60	3
32 oz	390	2	60	84	4	77	4

Tropical Cooler

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	220	1	135	55	5	39	3
24 oz	320	1	220	79	8	60	6
32 oz	440	1	270	109	11	78	7

Mango Delight

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	320	12	10	51	3	37	6
24 oz	470	17	15	73	5	51	9
32 oz	640	23	15	102	7	73	12

FUNCTIONAL BOWLS

Protein Power

	740	31	90	88	19	44	33
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Açaí Superfood

	530	20	55	78	14	38	15
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PB&J

	710	36	150	68	15	31	30
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Chocolate

	760	34	85	105	24	41	23
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NUTRITIONAL INFORMATION

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
PROTEIN SMOOTHIES							
Health Nut							
16 oz	510	27	90	49	7	32	23
24 oz	710	41	170	60	10	37	34
32 oz	1030	58	190	95	14	61	46
Coffee Kickstart							
16 oz	310	6	70	54	3	36	14
24 oz	440	9	105	76	5	50	20
32 oz	590	12	135	101	7	66	27
PB Mocha							
16 oz	540	28	40	55	8	37	23
24 oz	870	45	75	85	14	57	40
32 oz	1070	59	80	100	16	65	47
Chocolate Peanut Butter							
16 oz	510	24	35	52	13	39	22
24 oz	590	33	59	59	16	50	23
32 oz	1100	48	105	105	24	75	38
Strawberry Banana							
16 oz	370	9	40	65	5	45	11
24 oz	500	13	40	90	7	64	13
32 oz	660	14	70	122	10	85	20
PB&J							
16 oz	480	24	10	46	9	38	21
24 oz	640	33	15	58	11	45	28
32 oz	1090	65	20	98	17	72	42
WELLNESS SHOTS 2 fl. oz (60 ml)							
Ginger							
	10	0	0	3	0	1	0
Turmeric							
	20	0	0	5	0	4	0
SUPERFOOD OATS							
Super Berry Oats							
	170	2	100	33	4	7	5
Cinnamon Apple & PB Oats							
	330	14	100	44	7	14	10
Almond Butter & Banana Oats							
	340	16	160	42	8	11	10
Pumpkin Spice Oats							
	300	11	105	44	6	13	8

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
ADD-ONS							
Fresh Fruit							
Strawberries	5	0	0	1	0	1	0
Blueberries	5	0	0	2	0	1	0
Banana	45	0	0	12	1	6	0
Sliced Green Apples	5	0	0	2	0	1	0
Pineapple	8	0	0	2	0	1	0
Superfoods							
Greenie UP	43	1	94	7	4	1	5
Turmeric	2	0	0	0	0	0	0
Proteins & Boosts							
Peanut Butter	90	8	0	3	2	1	4
Almond Butter	110	9	0	4	2	1	4
Vanilla Pea Protein	25	0	90	1	0	0	5
Vanilla Whey Protein	25	0	30	1	0	1	5
Metabolism/ Energy Boost	0	0	0	6	6	0	0
Immunity Boost	0	0	30	6	6	0	0
Toppings							
Gluten Free Granola	266	11	0	40	3	13	6
Hempseed Granola	213	6	5	35	4	11	6
Peanut Butter Granola	215	10	54	24	3	7	8
Coconut Flakes	2	0	0	0	0	0	0
Chia Pudding	170	10	5	17	5	8	5
PB Chia Pudding	190	12	70	15	6	8	7
Nutmilk	120	10	5	7	1	1	4
Chocolate Drizzle	15	1	0	1	0	1	0
Blue Vanilla Drizzle	20	1	0	2	0	1	0
CHIA PUDDING PARFAITS							
Berry Chia Parfait							
	450	22	10	56	10	19	12
PB Chia Parfait							
	500	27	140	51	11	21	17
Pumpkin Chia Parfait							
	430	22	10	50	9	18	11