



SMOOTHIES NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
CLASSIC BLENDS												
Recovery One	16 oz	410	79	9	0	0	0	76	82	8	61	5
	24 oz	520	106	12	1	0	0	76	101	11	71	7
Island One	16 oz	400	159	18	11	0	0	81	58	7	47	3
	24 oz	550	211	23	15	0	0	99	82	9	67	4
Peanut Butter One	16 oz	450	103	11	2	0	0	79	81	12	43	10
	24 oz	580	141	16	2	0	0	95	102	16	54	14
Coffee One	16 oz	200	42	5	0	0	0	31	37	4	24	3
	24 oz	310	74	8	1	0	0	47	59	7	38	5
Youthful One	16 oz	360	89	10	4	0	0	77	65	8	45	4
	24 oz	500	101	11	4	0	0	93	97	12	66	5
Chocolate One	16 oz	310	73	8	1	0	0	76	58	8	37	6
	24 oz	430	109	12	1	0	0	91	76	12	46	10
Relaxation One	16 oz	390	72	8	0	0	0	98	72	8	52	12
	24 oz	490	99	11	1	0	0	114	89	11	62	13
Matcha Glow One	16 oz	260	53	6	2	0	0	84	43	4	28	11
	24 oz	330	62	7	2	0	0	100	57	6	37	12
SUPERFOODS												
Kickstart One	16 oz	260	102	11	6	0	0	96	35	6	26	4
	24 oz	370	154	17	10	0	0	112	48	7	35	5
Mango 'N Cream One	16 oz	430	74	8	2	0	0	82	86	9	65	5
	24 oz	560	85	9	2	0	0	100	115	12	86	6
Ocean Waves One	16 oz	390	80	9	2	0	0	81	76	8	55	4
	24 oz	490	90	10	2	0	0	98	97	10	69	5
PURE BLENDS												
Intense One	16 oz	240	86	10	1	0	0	90	32	4	18	3
	24 oz	340	120	13	2	0	0	117	48	6	27	3
Feel Good One	16 oz	360	59	7	0	0	0	112	64	8	44	14
	24 oz	480	78	9	0	0	0	144	88	11	60	15
Immunity One 2.0	16 oz	210	2	0	0	0	0	92	46	3	36	3
	24 oz	280	3	0	0	0	0	116	65	4	51	4
PERFORMANCE PROTEIN (WHEY PROTEIN)												
Recharge One	16 oz	520	56	6	1	0	7	409	66	5	47	48
	24 oz	650	79	9	1	0	10	441	86	8	60	54
Electric One	16 oz	500	59	7	0	0	7	431	59	5	45	48
	24 oz	700	93	10	0	0	10	470	94	9	69	56
Evergreen One	16 oz	500	51	6	0	0	7	432	62	5	41	49
	24 oz	650	83	9	1	0	10	469	85	8	54	56
Mighty Mocha One	16 oz	540	84	9	1	0	7	432	61	9	35	53
	24 oz	650	121	13	2	0	10	470	74	12	41	62
PERFORMANCE PROTEIN (HEMP PROTEIN)												
Recharge One	16 oz	530	91	10	1	0	7	348	69	8	48	40
	24 oz	660	114	13	1	0	10	381	89	10	60	47
Electric One	16 oz	510	94	10	0	0	7	370	63	7	46	41
	24 oz	710	128	14	0	0	10	409	97	12	69	48
Evergreen One	16 oz	510	86	10	0	0	7	371	65	8	41	41
	24 oz	660	118	13	1	0	10	408	88	10	54	48
Mighty Mocha One	16 oz	520	119	13	1	0	7	371	65	11	35	46
	24 oz	660	155	17	2	0	10	409	77	14	41	54

2000 calories a day is used for general nutrition advice, but calorie needs vary.

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ACAI BOWLS NUTRITION FACTS

	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Berry Bowl	1	510	114	13	5	0	0	116	94	10	53	4
Beach Bowl	1	540	175	19	12	0	0	105	85	10	45	3
Nutty Bowl	1	600	137	15	6	0	0	102	107	14	52	8
Sunshine Bowl	1	560	153	17	12	0	0	114	95	10	58	3
Green Bowl	1	580	122	14	5	0	0	137	111	9	68	4



JUICES NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
FRESH JUICE BLENDS												
Immunity One	12 oz	150	0	0	0	0	0	91	33	1	29	2
	18 oz	220	0	0	0	0	0	116	50	2	44	3
Detoxifying One	12 oz	150	1	0	0	0	0	158	36	2	30	2
	18 oz	220	2	0	0	0	0	234	51	3	42	3
Hardcore One	12 oz	80	8	1	0	0	0	125	17	5	3	4
	18 oz	120	11	2	0	0	0	204	25	7	4	6
Wake Up One	12 oz	180	0	0	0	0	0	23	40	0	36	2
	18 oz	260	0	0	0	0	0	35	59	0	54	2
Energy One	12 oz	150	0	0	0	0	0	129	35	1	31	2
	18 oz	240	1	0	0	0	0	205	55	2	48	3
Glow One	12 oz	110	7	1	0	0	0	17	25	3	15	3
	18 oz	220	10	2	0	0	0	28	49	3	30	5
JUICE SHOTS												
Ginger-Aid One	2 oz	30	0	0	0	0	0	4	7	0	6	0
Burn & Boost One	2 oz	30	0	0	0	0	0	4	7	0	6	0
Green Reset One	2 oz	20	3	0	0	0	0	45	5	1	1	1
Metabolic Booster One	2 oz	60	0	0	0	0	0	8	13	0	7	0

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FOOD NUTRITION FACTS

	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
TOASTS (SOURDOUGH BREAD)												
Avocado	1	290	152	17	2	0	0	314	29	3	0	5
Protein	1	340	167	19	4	0	214	456	30	3	1	12
Almond Butter	1	400	150	17	1	0	0	311	57	6	19	11
Awesome Caprese	1	410	202	22	10	0	60	865	29	2	1	20
TOASTS (GLUTEN FREE BREAD)												
Avocado	1	370	188	21	4	0	0	444	43	4	2	3
Protein	1	420	203	23	6	0	214	586	44	4	3	10
Almond Butter	1	480	186	21	3	0	0	441	71	7	21	9
Awesome Caprese	1	490	238	26	12	0	60	995	43	3	3	18
TOASTS (MULTIGRAIN BREAD)												
Avocado	1	290	170	19	2	0	0	184	25	7	5	6
Protein	1	340	185	21	4	0	214	326	26	7	6	13
Almond Butter	1	400	168	19	1	0	0	181	53	10	24	12
Awesome Caprese	1	410	220	24	10	0	60	735	25	6	6	21
SANDWICHES (SOURDOUGH BREAD)												
Egg Salad	1	300	125	14	4	0	217	677	29	3	0	14
Breakfast	1	580	353	39	12	0	257	790	35	6	1	23
Chicken Pesto	1	300	73	8	2	0	53	679	43	1	3	14
Cali	1	460	210	23	7	0	80	755	43	6	1	21
SANDWICHES (GLUTEN FREE BREAD)												
Egg Salad	1	380	161	18	6	0	217	807	43	4	2	12
Breakfast	1	660	389	43	14	0	257	920	49	7	3	21
Chicken Pesto	1	380	109	12	4	0	53	809	57	2	5	12
Cali	1	540	246	27	9	0	80	885	57	7	3	19
SANDWICHES (MULTIGRAIN BREAD)												
Egg Salad	1	300	143	16	4	0	217	547	25	7	5	15
Breakfast	1	580	371	41	12	0	257	660	31	10	6	24
Chicken Pesto	1	300	91	10	2	0	53	549	39	5	8	15
Cali	1	460	228	25	7	0	80	625	39	10	6	22
WRAPS (FLOUR)												
Egg Salad	1	380	179	20	7	0	217	767	37	3	1	16
Breakfast	1	660	407	45	15	0	257	880	43	6	2	25
Chicken Pesto	1	380	127	14	5	0	53	769	51	1	4	16
Cali	1	540	264	29	10	0	80	845	51	6	2	23
WRAPS (GLUTEN FREE)												
Egg Salad	1	380	179	20	5	0	217	797	37	3	5	12
Breakfast	1	660	407	45	13	0	257	910	43	6	6	21
Chicken Pesto	1	380	127	14	3	0	53	799	51	1	8	12
Cali	1	540	264	29	8	0	80	875	51	6	6	19

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KIDS FOOD NUTRITION FACTS

	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SANDWICH (SOURDOUGH BREAD) / WRAP (FLOUR)												
PB&J Sandwich	1	330	144	16	2	0	0	320	39	4	9	12
Cheesy Wrap	1	310	135	15	8	0	30	580	35	1	1	13
Peanut Butter Apple Wrap	1	310	126	14	4	0	0	403	41	3	5	10
Chicken & Cheese Wrap	1	360	148	16	8	0	55	709	39	1	1	17
GLUTEN FREE												
PB&J Sandwich	1	410	180	20	4	0	0	410	53	5	17	15
Cheesy Wrap	1	370	176	20	9	0	45	700	36	1	5	13
Peanut Butter Apple Wrap	1	310	126	14	2	0	0	433	41	3	9	6
Chicken & Cheese Wrap	1	360	148	16	6	0	55	739	39	1	5	13



KIDS SMOOTHIES NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Strawberry Banana One	12 oz	170	36	4	0	0	0	61	33	4	22	2
Banana & Blueberries One	12 oz	230	63	7	0	0	0	61	40	6	26	4
Orange Pineapple Banana One	12 oz	180	2	0	0	0	0	10	41	3	31	2
Strawberries & Pineapple One	12 oz	120	3	0	0	0	0	73	28	3	19	1

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LIMITED TIME NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SMOOTHIE												
Caramel Apple One	16 oz	390	38	4	0	0	7	90	76	8	54	14
	24 oz	540	63	7	0	0	10	158	101	11	70	20
JUICE												
Apple Cider One	12 oz	190	2	0	0	0	0	38	45	0	41	0
	18 oz	290	4	0	0	0	0	57	68	1	62	0
JUICE SHOT												
Apple Ginger Fire One	2 oz	40	1	0	0	0	0	7	10	0	7	0

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