

	Calories	Total Fat (g)	Prot (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Classic Smoothies (16 oz)</b>													
Banana Rama	290	0	7	68	49	2	0	110	490	4%	10%	20%	2%
Big Berry Combo	320	1	2	75	61	4	0	45	170	2%	10%	6%	2%
Carrot Patch	240	0	4	56	38	2	0	210	500	350%	10%	10%	4%
Chai Tea	420	6	6	87	64	1	5	150	200	0%	8%	20%	2%
Cherry Tickler	330	1	2	73	66	1	0	40	170	4%	30%	6%	0%
Congo Lime	250	0.5	1	57	53	1	5	30	40	15%	90%	2%	0%
Green Tea Chiller	490	15	9	80	67	2	5	380	170	0%	6%	15%	4%
Jumpin' Java	430	4	10	87	66	0	5	220	220	4%	4%	35%	2%
Just Peachy	280	0	2	68	56	1	0	65	85	4%	150%	8%	0%
Lava Flow	290	2	2	66	53	2	0	80	120	0%	50%	8%	2%
Lucky Lemon Punch	240	0.5	1	56	52	1	5	30	40	0%	50%	2%	2%
Mango Mania	260	0	3	64	52	2	0	65	160	4%	150%	8%	0%
Melon Madness	240	0.5	3	57	47	1	0	70	120	0%	60%	8%	0%
Merry Mocha Mint	440	7	9	85	57	1	0	330	180	4%	6%	30%	10%
Orange Berry Tickler	260	0.5	4	60	43	2	0	65	490	6%	150%	10%	0%
Orange Blitz	280	1	3	65	48	4	0	40	490	6%	150%	8%	2%
Papaya Passion	300	0	2	73	61	1	0	65	120	6%	220%	8%	0%
Passion Punch	330	1	2	79	70	2	0	50	200	6%	120%	8%	0%
Piña Cool-ada	330	2	3	75	59	2	0	90	170	0%	50%	8%	4%
Pineapple Punch	290	0.5	3	68	55	2	0	70	220	4%	100%	8%	2%
Pomegranate Perk	120	1	0	30	26	2	0	80	0	0%	60%	2%	0%
Pumpkin Pleaser	350	3	9	71	47	1	0	210	120	50%	4%	20%	4%
Raspberry Craze	270	1	1	63	56	2	5	50	250	0%	60%	4%	2%
Razzle Dazzle	260	0	2	65	49	1	0	65	130	0%	100%	8%	4%
Seabreeze Squeeze	260	1	2	61	51	2	0	50	50	0%	50%	6%	2%
Soy Sensation	300	5	8	56	43	3	0	100	690	4%	6%	30%	10%
Strawberry Wave	320	0.5	3	76	61	1	0	90	120	0%	25%	8%	0%
Sunrise Splash	270	0.5	3	64	51	2	0	40	490	8%	250%	8%	0%
Tropical Tango	270	1	3	62	51	1	0	45	210	2%	100%	8%	0%

	Calories	Total Fat (g)	Prot (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Power Blends (24 oz)</b>													
Protein Blast	570	3	30	105	78	4	0	195	360	2%	20%	15%	2%
The Zone	630	14	35	92	53	4	0	290	550	2%	20%	15%	6%
<b>Delightful Blends (16 oz)</b>													
Mango Delight	180	0	2	45	27	7	0	80	65	0%	80%	6%	0%
Passion Delight	240	0.5	1	60	47	5	0	80	85	0%	60%	6%	0%
Pineapple Delight	190	0	2	52	32	7	0	80	65	2%	80%	6%	0%
Strawberry Delight	170	0	2	48	29	7	0	80	75	0%	45%	6%	0%

	Calories	Total Fat (g)	Prot (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Brazilian Blends (24 oz)</b>													
Ultimate Acai Smoothie	410	9	2	80	66	3	0	50	220	30%	25%	8%	8%
Acai Mango Monsoon	530	5	6	116	91	3	0	140	180	30%	120%	15%	6%
Brazilian Tango	580	0	6	139	112	3	0	140	50	10%	1400%	10%	8%
Super C Cherry	440	0	3	105	81	3	0	70	420	25%	1600%	8%	4%
The Warrior	540	6	14	108	79	4	0	80	280	30%	1400%	8%	8%

<b>Acai Bowls (16 oz)</b>													
Ultimate Acai Bowl	690	19	10	120	80	7	0	70	320	25%	30%	8%	20%
Ultimate Berry Bowl	690	19	10	120	80	7	0	70	320	25%	70%	8%	20%
The Hawaiian	690	21	10	116	81	7	0	80	220	30%	40%	8%	20%
The Mayan	780	27	15	120	75	7	0	140	320	25%	25%	8%	20%
The Warrior	750	15	21	132	81	7	0	90	260	25%	1400%	8%	20%

	Calories	Total Fat (g)	Prot (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Non-Dairy Smoothies &amp; Freezes (20 oz)</b>													
<b>Freezes</b>													
Lemon Ginseng Sling	170	0	0	45	44	0	0	90	0	0%	50%	0%	0%
Ginger Mango	170	0	0	45	44	0	0	90	0	15%	50%	0%	0%
Peach Cool Down	180	0	0	45	40	0	0	60	0	2%	50%	0%	0%
Very Berry Thrive	170	0	0	44	40	0	0	60	0	0%	50%	2%	2%

<b>Smoothie</b>													
Lemon Ginseng Sling	270	1	1	65	58	3	0	90	200	0%	80%	2%	0%
Ginger Mango	270	1	1	65	50	3	0	40	260	15%	80%	2%	0%
Peach Cool Down	250	0.5	1	62	50	3	0	40	150	8%	80%	0%	0%
Very Berry Thrive	260	1	1	62	50	4	0	40	60	2%	80%	2%	4%

	Calories	Total Fat (g)	Prot (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Fresh Juices (8 oz)</b>													
Apple	120	0	0	30	29	0.5	0	10	180	0%	2%	0%	2%
Carrot	90	0.5	2	18	15	0.5	0	90	540	500%	0%	6%	2%
Orange	110	0	1	26	25	0.5	0	10	490	8%	200%	2%	2%
Applemint	140	0	0	35	30	0	0	50	140	0%	10%	0%	0%
Caliente Carrot	70	0	1	15	6	0	0	80	520	50%	40%	4%	4%
Carrotginger Splash	100	0	1	22	11	0	0	70	480	40%	80%	4%	4%
Fruittastic	110	0	0.5	28	23	0	0	40	210	0%	60%	0%	0%
Pure Gold	110	0	1	26	19	0	0	50	420	25%	80%	4%	4%
Rejuvenator	70	0	1	14	5	0.5	0	90	380	25%	15%	4%	4%

	Calories	Total Fat (g)	Prot (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Pretzels</b>													
Plain	480	3	15	96	12	3	0	660	-	0%	6%	0%	30%
Jalapeno Cheese	480	10.5	18	75	3	3	30	1350	-	6%	0%	18%	24%
Pizza	390	4.5	15	69	6	3	15	570	-	6%	6%	12%	24%
Spinach Feta	440	11	15	70	2	3	25	790	-	15%	4%	15%	25%
Cheddar Cheese Dip	90	7	3	3	2	0	10	470	-	2%	0%	10%	0%
Jalapeno Cheese Dip	120	9	6	3	2	0	20	630	-	4%	0%	20%	0%