

	Calories	Calories From Fat	Fat	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Smoothies											
Coconut coffee Smoothie 16oz	400	95	16g	5.7g	0g	0mg	58mg	64g	6g	36g	4g
Coconut coffee Smoothie 20oz	480	110	20g	7.5g	0g	0mg	75mg	74g	8g	41g	6g
Dragon Smoothie 16 Oz	420	35	5g	4g	0g	0mg	35mg	91g	7g	66g	2g
Dragon Smoothie 20 Oz	500	45	6g	5g	0g	0mg	40mg	109g	8g	80g	3g
Strawberry Banana 16 Oz	240	50	6g	4.5g	0g	0mg	40mg	50g	7g	29g	3g
Strawberry Banana 20 Oz	300	60	6g	5g	0g	0mg	45mg	64g	9g	37g	4g
Orange Protein Smoothie 16 Oz	310	70	8g	5g	0g	<5mg	70mg	54g	7g	39g	10g
Orange Protein Smoothie 20 Oz	330	70	8g	5g	0g	<5mg	70mg	58g	8g	43g	10g
Green Smoothie 16 Oz	300	50	6g	4.5g	0g	0mg	70mg	54g	8g	33g	7g
Green Smoothie 20 Oz	380	60	7g	5g	0g	0mg	75mg	73g	10g	44g	8g
Summer Smoothie 16 Oz	230	50	6g	4.5g	0g	0mg	35mg	47g	7g	29g	3g
Summer Smoothie 20 Oz	310	60	7g	5g	0g	0mg	40mg	67g	10g	41g	4g
bana power Smoothie 16 Oz	510	200	22g	7g	0g	<5mg	170mg	71g	11g	37g	17g
bana power Smoothie 20 Oz	620	200	23g	8g	0g	<5mg	170mg	98g	14g	52g	19g
Trio amigo 16 Oz	260	50	6g	4.5g	0g	0mg	35mg	52g	6g	37g	3g
Trio amigo 20 Oz	350	60	6g	5g	0g	0mg	40mg	75g	8g	52g	4g
Power smoothie 16 Oz	550	250	29g	3.5g	0g	<5mg	240mg	63g	9g	29g	17g
Power smoothie 20 Oz	650	300	35g	4g	0g	<5mg	270mg	76g	11g	36g	18g
Acai Smoothie 16 Oz	280	90	10g	5g	0g	0mg	45mg	48g	4g	25g	3g
Acai Smoothie 20 Oz	390	100	12g	6g	0g	0mg	50mg	70g	6g	26g	5g