



SMOOTHIES	Calories	Fat Cal	(g) Total Fat	(g) Sat Fat	(mg) Chol	(mg) Sodium	(g) Carbs	(g) Fiber	(g) Sugars	(g) Protein
24 OZ										
All Nighter	410	0	0	0	0	180	87	2	74	12
Acai Bliss	460	60	6	2	5	30	97	4	86	3
Acai Energy	430	70	8	2.5	5	110	82	4	69	6
Banana Berry Burst (Blueberries)	360	10	1	0	<5	190	77	3	65	14
Banana Berry Burst (Strawberries)	310	10	1	0	<5	200	62	3	51	14
Banana-A-Peel	390	20	2	0	0	230	79	4	59	15
Berry Berry Blue	500	30	3.5	2	10	55	113	3	101	4
Betchuana Blackberry	430	0	0	0	0	120	98	4	82	10
Caribbean Blend	490	30	3.5	2	10	60	111	3	102	4
Chai High	380	5	1	0	<5	210	78	2	64	16
Choc-O-Nutter	540	60	6	1	<5	320	101	3	80	21
Citrus Cyclone	330	15	2	1	<5	30	78	2	76	2
Colada Cooler	500	60	7	5	<5	90	104	3	86	7
Cran-Orange Twist	450	30	3.5	2	10	55	102	2	99	3
Crazy Cranberry	460	30	3.5	2	10	55	104	3	99	3
Dark Berry	460	60	7	2	5	30	94	6	84	3
Fruit Flirtation	490	30	3	2	10	55	112	3	102	3
Fruit Fusion	480	30	3.5	2	10	55	110	3	101	3
Fruit Kiss	450	15	2	1	<5	85	103	3	91	6
Green Tea Raspberry	400	25	3	1	5	150	84	5	71	9
Groovn' Guava	330	15	2	1	<5	35	77	2	70	2
Hawaiian Dream	480	30	3.5	2	10	55	110	2	103	3
Intense Energy	500	35	4	2.5	10	150	113	3	103	4
Intense Energy - Sugar Free RB	380	30	3.5	2	10	250	83	3	74	4
Islander	330	5	0.5	0	0	5	83	4	80	2
Just Peach	400	0	0	0	0	115	90	2	82	10
Jazzberry	500	30	3.5	2	10	55	113	5	102	3
Katch-A-Kiwi	280	10	1	0.5	<5	50	65	1	61	3
Kiwi Strawberry	300	0	0	0	0	70	69	2	61	6
Lime You're Mine	460	30	3.5	2	10	55	102	2	98	3
Love Potion #9	460	30	3.5	2	10	55	105	2	100	3
Luscious Lemon	460	30	3.5	2	10	55	105	3	101	3
Mocha Freeze	390	10	1.5	0	5	240	78	0	67	20
Orange Crush	400	20	2	1	<5	85	88	<1	79	7
Omega Fuel	350	10	1	0	0	10	90	7	69	3
PB & J	530	90	10	2.5	5	160	101	4	91	10
Peach Berry	440	5	0.5	0	0	120	99	5	82	10
Peach Green Tea	350	10	1	0	0	15	87	4	81	3
Perfect Pineapple	510	35	4	2.5	10	65	115	2	105	4
Pineapple Paradise	410	50	6	4.5	0	15	92	7	65	4
Pomegranate & Acai	450	10	1	0	0	15	117	5	70	3
Pomelicious	430	15	2	1	<5	85	98	2	91	7
Power Protein	440	15	1.5	0	5	75	72	6	56	37
Raspberry Allure	400	10	1	0	0	10	101	11	79	3
Razz-A-Lade	450	30	3.5	2	10	55	101	2	98	3
Soy Joy	300	5	1	0	0	160	67	6	49	11
Squeeze Please	370	15	1.5	0	0	10	92	6	69	5
Strawberry Apple Blast	420	0	0	0	0	115	96	3	82	9
Strawberry Orange Splash	420	10	1	0	0	115	93	3	74	11
Sunset Beach	450	30	3.5	2	10	55	102	2	99	3
Sunshine Passion	470	30	3.5	2	10	55	107	2	104	3
Summer's Dream	450	35	4	2	10	55	99	3	91	5
Tahiti Delight	470	30	3.5	2	10	60	106	2	101	4
Tango - Mango	400	0	0	0	0	115	92	2	84	9
Trailmixer	520	20	2.5	1	0	150	118	8	84	9
Tropical Breeze	470	35	4	2	10	55	104	6	92	5
Tropical Green	370	15	1.5	0	10	95	73	6	55	20
Udder Chocolate	380	10	1	0	5	230	77	<1	66	15
Warrior	500	15	1.5	0	5	75	95	5	45	33
Watermelon Wave	480	30	3.5	2	10	55	110	3	101	3
Wild Banana	490	20	2	1	<5	80	112	6	94	7