



SMOOTHIES	Calories	Fat Cal	(g) Total Fat	(g) Sat Fat	(mg) Chol	(mg) Sodium	(g) Carbs	(g) Fiber	(g) Sugars	(g) Protein
16 OZ										
All Nighter	300	0	0	0	0	135	64	<1	55	9
Banana Berry Burst (Strawberries)	240	0	0	0	<5	130	49	3	38	11
Banana Berry Burst (Blueberries)	250	0	0.5	0	<5	130	53	3	41	11
Banana-A-Peel	260	15	2	0	0	140	55	4	38	9
Berry Berry Blue	300	20	2	1	<5	30	70	3	59	3
Betchuana Blackberry	270	0	0	0	0	60	61	4	49	6
Caribbean Blend	290	15	2	1	<5	30	67	3	59	2
Chai High	230	10	1.5	0.5	5	120	45	2	36	9
Choc-O-Nutter	390	60	6	1	<5	220	72	3	54	13
Citrus Cyclone	270	15	2	1	<5	30	62	2	60	2
Colada Cooler	310	50	6	4.5	<5	50	63	3	49	4
Cran-Orange	260	15	2	1	<5	30	59	2	56	2
Crazy Cranberry	270	15	2	1	<5	30	62	2	57	2
Fruit Flirtation	300	15	2	1	<5	30	68	3	60	2
Fruit Fusion	290	15	2	1	<5	30	67	3	58	2
Fruit Kiss	270	10	1	0.5	<5	45	63	3	53	4
Groovin' Guava	280	15	2	1	<5	30	66	2	59	2
Hawaiin Dream	290	15	2	1	<5	30	69	2	62	2
Islander	240	5	0.5	0	0	5	60	3	57	2
Just Peach	240	0	0	0	0	60	54	2	49	6
Jazzberry	300	20	2	1	<5	30	70	5	59	2
Katch-A-Kiwi	250	10	1	0.5	<5	45	58	2	53	4
Kiwi Strawberry	240	0	0	0	0	60	56	2	48	6
Kiwi Lime Kraze	270	20	2	1	<5	30	61	2	58	2
Lime You're Mine	260	15	2	1	<5	30	59	2	55	2
Love Potion #9	260	20	2	1	<5	30	59	4	54	2
Luscious Lemon	270	15	2	1	<5	30	62	3	58	2
Mocha Freeze	190	5	0.5	0	<5	125	37	0	32	10
Orange Crush	200	10	1	0.5	<5	45	44	0	39	4
PB & J	340	80	9	2	<5	110	60	3	53	7
Peach Berry	270	5	0.5	0	0	60	63	5	49	6
Perfect Pineapple	290	20	2	1	<5	30	68	1	60	2
Pomelicious	250	10	1	0.5	<5	45	58	2	53	4
Pineapple Paradise	290	50	5	4.5	0	10	63	6	42	3
Raspberry Allure	240	10	1	0	0	5	61	10	43	3
Razz-A-Lade	250	15	2	1	<5	30	58	2	55	2
Soy Joy	240	0	0.5	0	0	90	55	4	40	7
Squeeze Please	230	10	1	0	0	5	58	6	39	3
Strawberry Apple Blast	260	0	0	0	0	60	60	3	49	5
Strawberry Orange Splash	260	5	0.5	0	0	60	58	3	44	6
Sunset Beach	260	15	2	1	<5	30	59	2	56	2
Sunshine Passion	250	15	2	1	<5	30	57	2	55	2
Summer's Dream	260	20	2	1	<5	30	57	2	52	3
Tahiti Delight	270	15	2	1	<5	30	62	2	57	2
Tango - Mango	240	0	0	0	0	60	56	2	51	5
Trailmixer	330	20	2	1	0	100	75	7	48	5
Tropical Breeze	280	20	2.5	1	<5	30	63	5	52	3
Tropical Green	240	10	1	0	5	65	47	4	35	13
Udder Chocolate	220	0	0	0	<5	135	43	<1	31	10
Watermelon Wave	290	15	2	1	<5	30	67	3	58	2
Wild Banana	300	10	1.5	0.5	<5	45	68	5	54	4