



SMOOTHIES	Calories	Fat Cal	(g) Total Fat	(g) Sat Fat	(mg) Chol	(mg) Sodium	(g) Carbs	(g) Fiber	(g) Sugars	(g) Protein
32 OZ										
All Nighter	570	5	1	0	0	280	119	2	100	19
Acai Bliss	540	50	5	1	0	65	118	6	98	7
Acai Energy	530	110	12	2.5	5	140	92	4	78	14
Banana Berry Burst (Blueberries)	440	5	1	0	5	240	92	4	73	19
Banana Berry Burst (Strawberries)	430	30	3.5	0	0	240	82	4	64	19
Banana-A-Peel	480	35	4	0	0	270	95	4	71	21
Berry Berry Blue	600	40	4.5	2	10	55	138	6	120	5
Betchuana Blackberry	570	30	3.5	2	10	65	132	5	118	5
Caribbean Blend	570	30	3.5	2	10	65	131	3	118	4
Chai High	460	10	1	0	5	270	93	2	75	19
Choc-O-Nutter	600	60	7	1.5	5	370	113	4	89	25
Citrus Cyclone	510	30	3.5	2	10	55	118	2	116	3
Colada Cooler	580	60	7	5	<5	95	125	4	101	8
Cran-Orange Twist	500	30	3.5	2	10	55	115	2	111	3
Crazy Cranberry	510	30	3.5	2	10	55	118	2	112	3
Dark Berry	520	60	7	2	5	35	109	6	99	3
Fruit Flirtation	570	30	3.5	2	10	55	131	3	118	3
Fruit Fusion	580	30	3.5	2	10	55	136	5	119	4
Fruit Kiss	520	20	2	1	<5	85	122	3	107	6
Green Tea Raspberry	510	35	4	1	5	180	107	10	87	11
Groovn' Guava	420	20	2	1	<5	35	100	4	90	3
Hawaiian Dream	550	30	3.5	2	10	60	128	3	118	4
Intense Energy	600	35	4	2	10	150	139	5	12	5
Intense Energy - Sugar Free RB	480	35	4	4	10	270	107	5	92	5
Islander	340	5	0.5	0	0	15	85	4	83	2
Just Peach	460	0	0	0	0	120	104	2	95	10
Jazzberry	580	35	3.5	2	10	55	133	6	118	4
Katch-A-Kiwi	460	20	2	1	<5	90	104	2	96	6
Kiwi Strawberry	460	0	0	0	0	125	105	2	94	10
Kiwi Lime Kraze	500	30	3.5	2	10	60	114	2	111	3
Lime You're Mine	510	30	3.5	2	10	55	116	2	111	3
Love Potion #9	500	30	3.5	2	10	55	115	4	109	3
Luscious Lemon	500	30	3.5	2	10	55	115	4	111	3
Mocha Freeze	450	10	1.5	0	10	310	87	0	77	25
Omega Fuel	500	20	2.5	0.5	0	15	124	7	99	4
Orange Crush	450	20	2.5	1	<5	90	100	<1	88	8
PB & J	670	130	15	3.5	5	200	123	8	108	13
Peach Berry	520	5	0.5	0	0	125	119	6	98	11
Peach Green Tea	440	15	1.5	0	0	20	110	8	99	5
Perfect Pineapple	520	35	3.5	2	10	65	120	2	107	4
Pineapple Paradise	450	50	6	4.5	0	20	102	9	69	4
Pomegranate & Acai	530	10	1	0	0	15	135	7	87	4
Pomelicious	480	15	2	1	<5	95	111	2	104	7
Power Protein	530	15	1.5	0	5	65	100	9	77	32
Raspberry Allure	430	10	1.5	0	0	15	109	12	83	4
Razz-A-Lade	500	30	3.5	2	10	55	114	2	111	3
Soy Joy	440	10	1	0	0	200	99	7	76	15
Squeeze Please	370	15	1.5	0	0	15	89	7	60	5
Strawberry Apple Blast	490	0	0	0	0	120	115	3	98	10
Strawberry Orange Splash	490	10	1	0	0	120	111	4	87	12
Sunset Beach	500	30	3.5	2	10	55	115	2	111	3
Sunshine Passion	480	30	3.5	2	10	60	110	2	108	3
Summer's Dream	500	35	4	2	10	60	111	3	101	6
Tahiti Delight	520	30	3.5	2	10	65	119	2	114	4
Tango - Mango	460	0	0	0	0	115	105	2	96	9
Trailmixer	550	25	2.5	1	0	135	126	11	90	9
Tropical Breeze	520	40	4.5	2	10	60	116	6	101	6
Tropical Green	490	20	2	0.5	10	120	97	7	72	27
Udder Chocolate	570	0	0	0	5	290	122	1	105	20
Warrior	590	15	1.5	0	5	70	121	8	66	31
Watermelon Wave	550	30	3.5	2	10	55	129	3	117	3
Wild Banana	570	20	2.5	2	<5	90	131	7	106	8