

SMOOTHIES

AVOCADO BERRY

Nutrition Facts	
1 servings per container	
Serving size	
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 30g	38%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 39g	14%
Dietary Fiber 15g	54%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

BLUEBERRY OAT

Nutrition Facts	
Serving Size 20 oz	
Amount Per Serving	
Calories	459
% Daily Value*	
Total Fat 7.3g	11%
Saturated Fat 0.6g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 107.7mg	4%
Total Carbohydrate 95g	32%
Dietary Fiber 0g	0%
Sugars 36.9g	
Protein 9.6g	19%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories2,0002,500
Total Fat	Less than65g80g
Sat Fat	Less than20g25g
Cholesterol	Less than300mg300mg
Sodium	Less than2400mg2400mg
Total Carbohydrate	300g375g
Dietary Fiber	25g30g

SILVER BULLET

Nutrition Facts	
Serving Size 20 oz	
Amount Per Serving	
Calories	438
% Daily Value*	
Total Fat 11.95g	18%
Saturated Fat 1.2g	6%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 89.75mg	4%
Total Carbohydrate 81.5g	27%
Dietary Fiber 0g	0%
Sugars 51g	
Protein 6.6g	13%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories2,0002,500
Total Fat	Less than65g80g
Sat Fat	Less than20g25g
Cholesterol	Less than300mg300mg
Sodium	Less than2400mg2400mg
Total Carbohydrate	300g375g
Dietary Fiber	25g30g

KALE BANANA GINGER

Nutrition Facts	
Serving Size 20 oz	
Amount Per Serving	
Calories	268
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.1g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 45.5mg	2%
Total Carbohydrate 66.75g	22%
Dietary Fiber 0g	0%
Sugars 43.2g	
Protein 3.7g	7%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories2,0002,500
Total Fat	Less than65g80g
Sat Fat	Less than20g25g
Cholesterol	Less than300mg300mg
Sodium	Less than2400mg2400mg
Total Carbohydrate	300g375g
Dietary Fiber	25g30g

PINEAPPLE JALAPEÑO

Nutrition Facts	
1 servings per container	
Serving size	
Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 49g	18%
Dietary Fiber 11g	39%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

STRAWBERRY BANANA SMOOTHIE

Nutrition Facts	
1 serving per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol <5mg	1%
Sodium 180mg	8%
Total Carbohydrate 68g	25%
Dietary Fiber 9g	32%
Total Sugars 37g	
Includes 5g Added Sugars	10%
Protein 12g	
Vitamin D 6.2mcg	30%
Calcium 590mg	45%
Iron 1.7mg	10%
Potassium 1240mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	