



# NUTRITION FACTS

BOWLS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BLUEBERRY ALMOND BUTTER	603	26	8	0	38	92	15	54	11
BANANA CACAO AVOCADO	579	21	6	0	100	101	18	56	10
EMERALD PEANUT	552	23	4	0	131	76	11	35	16
CHERRY CHEEZECAKE	590	30	5	0	115	65	11	37	15
NUTTY DRAGON	575	27	12	0	13	78	15	40	14
CHUNKY MONKEY	724	36	15	0	49	87	17	45	18
PUMPKIN PIE	541	22	2	0	120	86	12	47	11
PURPLE COCONUT	547	24	9	0	140	78	9	53	11
RIO	515	12	3	0	152	99	10	66	6
COOKIE MONSTER	672	28	7	0	184	89	13	44	30

SMOOTHIES	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
PUMPKIN PIE	323	13	1	0	7	52	8	33	7
TROPICAL GREEN	211	3	0	0	7	47	7	22	5
SNICKERDOODLE	487	19	2	0	5	79	13	45	11
STRAWBERRY BANANA CHIA	335	7	1	0	6	69	11	41	6
PB POWER	475	16	3	20	14	78	10	45	12
BLUEBERRY DETOX	245	9	1	0	13	41	8	29	4
MORNING GLORY	217	1	0	0	4	54	5	33	3
MANGO LASSI	314	3	0	1	49	68	6	45	7
BREAKFAST II	350	13	1	0	5	59	9	37	7
DRAGONFRUIT	333	6	5	0	102	71	9	38	6
GREEN MONSTER	258	1	0	0	40	63	7	33	7
COCONUT COFFEE	354	9	5	0	5	72	8	45	4
BREAKFAST	366	13	1	0	2	62	9	38	8
BLUEBERRY CACAO	313	14	2	0	8	42	10	29	7
VEG HEAD	260	12	1.5	0	180	91	10	7	22
BLUE MAJIK	270	6	3	0	10	52	5	26	6

SANDWICHES	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
HUMMUS HEMP PESTO	495	27	4	0	580	51	9	2	13
TUNA KRAUT	340	8	1	20	760	45	8	2	19
BBQ JACKFRUIT	390	11	2	0	1140	63	6	13	12
ROAST BEEF	427	14	7	61	924	43	5	2	29
JALAPENO TURKEY	415	14	6	70	925	48	7	1	30
CHICKPEA SALAD	377	4	0	0	832	67	10	1	15
CAPRESE FLORENTINE	460	22	8	40	617	41	5	2	20
ULTIMATE VEGGIE	325	8	1	0	818	52	8	3	10
BASIL PORTABELLO	298	4.5	1	0	920	50	4	5	12

SALADS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
ASIAN CARROT NOODLES	246	15	3	0	567	22	4	11	8
ASIAN PEANUT NOODLES	317	11	2	0	543	46	9	9	13
CURRIED BRUSSEL SPROUTS	263	15	1	0	338	30	7	17	8
FIESTA BLACK BEAN	171	5	1	0	274	25	9	3	8
MED QUINOA	562	33	7	20	1632	55	7	8	13
CURRIED CHICKPEA	323	12	2	0	776	47	8	13	10
QUINOA FRIED RICE	375	10	1	0	1082	60	9	9	14
SWEET POTATO LENTIL	299	7	1	0	397	49	17	8	14
UMAMI KALE	346	26	3	0	1019	29	7	14	9
ZOODLES	214	19	2	0	591	11	3	5	4
KALE & QUINOA	370	24	3	0	720	37	6	13	9
DETOX KALE SALAD	330	26	3	0	410	23	6	13	7

DRINKS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
LEMON FIRE	68	0	0	0	1	18	0	15	0
BLUE MAJIK LEMONADE	82	0	0	0	4	22	0	18	1
DRAGONFRUIT LEMONADE	56	0	0	0	1	16	0	12	0
TURMERIC MYLK	159	11	2	0	0	14	1	7	4
MATCHA CASHEW MYLK	225	14	3	0	1	22	2	12	6
CACAO CASHEW MYLK	210	14	3	0	0	18	1	9	5
STRAWBERRY CHIA FRESCA	78	2	0	0	2	17	3	12	8
PUMPKIN MYLK	210	14	2.5	0	0	21	2	11	5
STRAWBERRY CASHEW MYLK	180	11	2	0	0	18	2	10	4

TOAST	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
LEMON CHEEZECAKE	226	8	2	0	181	31	3	7	8
PESTO AVOCADO	310	21	3	0	378	24	5	1	8
BANANA ALMOND BUTTER	379	22	4	0	183	39	10	7	12
STRAWBERRY AVOCADO	212	8	3	0	184	32	5	8	5
AVOCADO	157	5	1	0	299	22	5	0	5
PB&J	415	18	3	0	285	47	5	16	15
MEDITERRANEAN	205	9	1	0	272	25	4	1	6
PUMPKIN CREAM	260	12	2	0	180	33	3	9	7
COCONUT BACON	206	9	5	0	360	24	5	1	5

SNACKS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
PUMPKIN CHIA DONUT	244	16	1	0	278	25	4	14	3
SWEET POTATO HEMP DONUT	240	14	3	0	380	28	4	12	4
GINGERBREAD NO-BAKE	123	6	1	0	11	14	3	6	4
MATCHA NO-BAKE	97	7	1	0	12	8	1	4	4
CRAN PECAN NO-BAKE	114	7	1	0	16	11	3	7	4
PB CACAO NO-BAKE	111	6	2	0	18	10	3	5	5
CHOCOLATE AVOCADO PUDDING	426	21	3	0	41	56	11	40	5
COCONUT CHIA PUDDING	352	24	14	0	63	27	9	16	9
PUMPKIN CHIA PUDDING	223	10	1	0	73	25	11	12	9
COOKIE DOUGH NO-BAKE	100	5	2	0	25	13	2	5	3
COCONUT COFFEE NO-BAKE	100	8	4.5	0	15	7	2	3	3
POP TART	250	11	5	0	160	37	2	22	2