



# 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
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
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
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
GREEN MAJIK	270	6	3	0	10	52	5	26	6
PEPPERMINT MOCHA	470	18	3.5	0	10	73	11	37	8

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	370	9	1	20	410	52	6	2	19
BBQ JACKFRUIT	520	13	1.5	0	840	85	8	11	17
ROAST BEEF	500	18	8	80	780	49	3	1	35
JALAPEÑO TURKEY	500	15	6	80	670	59	5	7	33
BASIL PORTOBELLO	310	5	1	0	1100	53	5	7	13
DIJON TURKEY	480	11	5	145	690	61	2	15	33
BLT	610	38	7	30	1240	42	7	0	17
EGG SANDWICH	650	30	13	500	1500	59	2	3	36

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
KALE CAESAR	270	13	1	0	830	33	5	7	13

TOAST	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
PESTO AVOCADO	290	19	2.5	0	380	25	6	0	7
BANANA ALMOND BUTTER	340	17	3.5	0	180	28	9	9	11
STRAWBERRY AVOCADO	270	13	3.5	0	190	35	8	9	6
AVOCADO	210	11	1.5	0	300	25	7	0	6
PB&J	320	13	2.5	0	240	28	4	1	6
MEDITERRANEAN	205	9	1	0	272	25	4	1	6
COCONUT BACON	240	13	5	0	360	27	4	1	6
LOX TOAST	290	13	2	15	750	26	7	0	16

SNACKS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
SUPERFOOD DONUT	244	16	1	0	278	25	4	14	3
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
COOKIE DOUGH NO-BAKE	100	5	2	0	25	13	2	5	3
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