

Allergens		Serving Size	Serving Unit	Calories	Carbs from Fat	Total Fat (g)	Saturated Fat (g)	Saturated Fat %	Polyunsat. Fat (g)	Monounsat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (%)	Sugar (g)	Added Sugars (g)	Protein (g)	Protein %	Potassium (mg)	Potassium %	Vitamin A (IU/DV)	Vitamin C (IU/DV)	Calcium (mg)	Calcium %	Iron (mg)	Iron %	Thiamin (mg)	Thiamin %	Riboflavin (mg)	Riboflavin %	Niacin (mg)	Niacin %	Folate (mg)	Folate %	Vitamin B12 (mcg)	Vitamin B12 (mcg)				
HANDBRAKED TOASTS																																									
Avocado & Egg Toast	Eggs, Soy, Wheat	1	ea	510	290	32	50	5	27	1	2	-	210	70	910	38	15	11	45	1	-	15	80	25	6	25	-	40	4	3	20	0.5	0.0	0.3	0.0	145.2	0.5				
Avocado & Avocado Toast	Wheat	1	ea	430	240	27	41	4	19	-	-	-	720	30	45	15	12	49	1	-	7	70	20	-	35	-	20	2	3	15	0.0	0.0	0.0	0.0	123.2	-					
Everything Avocado Toast	Sesame, Wheat	1	ea	390	200	22	34	3	16	-	-	-	750	31	45	15	12	47	4	-	7	15	80	25	6	45	-	20	2	3	15	0.2	0.0	0.0	0.3	129.7	-				
Peanut Butter & Banana Toast	Peanuts, Wheat	1	ea	470	180	20	31	4	19	1	1	-	420	6	62	21	6	23	18	-	14	25	50	15	-	10	-	30	4	3	15	-	-	-	-	-	-				
HARMONIC BITES																																									
Impossible Breakfast Sandwich	Eggs, Milk, Soy, Wheat	145	ea	290	100	11	14	5	25	-	-	-	15	5	640	28	31	11	3	11	2	1	16	31	240	6	-	-	-	170	15	3	15	-	0.0	0.1	2.3	26.8	0.9		
Margherita Pizza	Milk, Soy, Wheat	110	ea	270	70	8	10	5	25	-	-	-	20	7	660	29	34	12	2	6	6	13	26	180	5	-	-	-	183	15	1	4	-	-	-	-	-	-			
Spinach & Egg Wrap	Eggs, Milk, Soy, Wheat	227	ea	540	170	19	24	9	45	-	-	-	50	17	1,190	52	61	22	4	14	2	1	24	48	120	2	-	-	0	270	20	3	15	-	-	-	-	-			
Spinach & Egg-Filled Pretzel	Eggs, Milk, Soy, Wheat	128	ea	270	110	12	15	7	35	-	-	-	90	30	400	17	17	6	2	16	32	140	2	-	-	-	-	60	4	1	8	-	-	-	-	-					
Spinach & Feta Stuffed Pretzel	Milk, Soy, Wheat	171	ea	450	110	12	15	5	23	-	-	-	15	5	1,290	56	66	24	3	11	3	-	15	30	300	6	-	-	-	6	180	12	5	24	-	-	-	-	-		
SUPERFOOD SMOOTHIES																																									
Large Berry Beneficial Smoothie	Tree nuts (Almond)	31	fl oz	390	35	4	6	-	-	-	-	-	135	6	86	29	9	35	67	-	3	6	-	-	70	-	10	2	1	8	-	-	-	-	-	-					
Medium Berry Beneficial Smoothie	Tree nuts (Almond)	23	fl oz	310	25	3	5	-	-	-	-	-	95	4	69	23	5	18	66	-	2	4	-	-	45	-	-	1	6	-	-	-	-	-	-	-					
Small Berry Beneficial Smoothie	Tree nuts (Almond)	13	fl oz	180	25	3	4	-	-	-	-	-	70	3	38	13	4	16	30	-	1	4	-	-	20	-	-	1	4	-	-	-	-	-	-						
Large Herby Garden Smoothie	Tree nuts (Almond)	31	fl oz	407	50	2	3	-	-	-	-	-	80	3	103	34	32	79	-	5	10	780	25	70	107	-	50	6	3	15	-	-	-	-	-						
Medium Herby Garden Smoothie	Tree nuts (Almond)	23	fl oz	340	20	2	3	-	-	-	-	-	45	2	74	56	22	59	3	6	550	15	35	70	-	30	4	2	10	-	-	-	-	-	-						
Small Herby Garden Smoothie	Tree nuts (Almond)	13	fl oz	220	20	2	3	-	-	-	-	-	40	3	45	15	4	16	35	-	3	6	400	10	30	60	-	30	4	2	10	-	-	-	-	-	-				
Large Mango Turmeric Madness Smoothie	Tree nuts (Almond)	31	fl oz	400	10	5	1	-	-	-	-	-	15	1	98	33	6	23	80	-	2	4	390	10	380	370	-	50	6	2	15	-	-	-	-	-	-				
Medium Mango Turmeric Madness Smoothie	Tree nuts (Almond)	23	fl oz	280	-	-	-	-	-	-	-	-	10	-	68	23	4	15	57	-	1	4	260	8	310	230	-	40	4	2	8	-	-	-	-	-	-				
Small Mango Turmeric Madness Smoothie	Tree nuts (Almond)	13	fl oz	180	-	-	-	-	-	-	-	-	5	-	44	15	3	11	36	-	1	2	170	6	190	160	-	20	2	1	6	-	-	-	-	-	-				
Large Queen of All Greens Smoothie	Tree nuts (Almond)	31	fl oz	420	-	-	-	-	-	-	-	-	50	2	97	32	7	26	75	-	3	6	680	25	90	120	-	50	6	2	10	-	-	-	-	-	-				
Medium Queen of All Greens Smoothie	Tree nuts (Almond)	23	fl oz	290	-	-	-	-	-	-	-	-	30	1	69	23	4	16	56	-	2	4	630	20	45	90	-	30	4	1	6	-	-	-	-	-	-				
Small Queen of All Greens Smoothie	Tree nuts (Almond)	13	fl oz	190	-	-	-	-	-	-	-	-	25	1	45	15	3	12	35	-	2	4	410	10	45	45	-	30	4	1	6	-	-	-	-	-	-				
PERFORMANCE SMOOTHIES																																									
Large Acid Energizer Smoothie	Milk, Soy	31	fl oz	560	60	7	11	2	11	-	-	-	15	5	150	6	113	38	6	24	87	25	12	25	330	10	35	110	10	40	50	6	30	7.5	0.3	-	5.0	-	31.5		
Medium Acid Energizer Smoothie	Milk, Soy	23	fl oz	420	50	6	9	2	9	-	-	-	15	5	110	5	83	28	5	18	66	10	20	22	6	35	70	4	400	40	5	30	7.5	0.3	-	5.0	-	31.5			
Large Acid Lemon Berry Smoothie	Milk, Soy	31	fl oz	490	60	7	10	2	11	-	-	-	15	5	240	14	107	36	6	25	84	24	2	4	650	20	10	510	-	130	15	1	8	0.0	0.0	0.0	0.0	3.9	-		
Medium Acid Lemon Berry Smoothie	Milk, Soy	23	fl oz	340	45	5	7	2	8	-	-	-	15	5	330	14	75	25	4	17	60	16	2	4	640	20	8	470	-	100	10	1	4	0.0	0.0	0.0	0.0	3.9	-		
Large Awesome Acai Smoothie	Milk, Soy	31	fl oz	590	60	7	10	2	10	-	-	-	15	5	205	4	127	42	7	26	96	25	7	15	800	20	10	40	20	1	6	-	-	-	-	-	-				
Medium Awesome Acai Smoothie	Milk, Soy	23	fl oz	420	45	5	8	2	8	-	-	-	15	5	60	30	93	30	5	19	71	16	4	8	125	15	25	110	-	150	15	1	6	-	-	-	-	-	-		
Large Braveheart Smoothie	Milk, Soy	31	fl oz	610	25	5	2	7	7	-	-	-	15	5	210	9	129	43	5	20	94	20	25	10	40	800	25	110	155	-	155	15	1	6	-	-	-	-	-	-	
Medium Braveheart Smoothie	Milk, Soy	23	fl oz	450	20	3	4	1	5	-	-	-	15	5	150	25	160	31	5	20	94	24	25	10	40	800	25	110	155	-	155	15	1	6	-	-	-	-	-	-	
Medium Muscle Mac Smoothie	Milk, Soy	23	fl oz	500	35	4	6	2	8	-	-	-	15	5	140	6	94	31	5	17	74	16	25	50	260	8	20	400	40	5	25	7.5	0.3	-	5.0	-	31.5				
Large Nuts About Protein Smoothie	Milk, Peanuts, Soy	31	fl oz	1,210	480	53	82	11	57	-	-	-	15	5	600	15	248	49	6	25	99	50	52	100	1,450	40	25	25	25	25	850	90	7	40	7.5	0.3	0.0	1.5			
Medium Nuts About Protein Smoothie	Milk, Peanuts, Soy	23	fl oz	760	320	35	54	8	38	-	-	-	15	5	128	16	83	28	4	17	55	25	38	80	890	25	25	25	15	610	60	6	35	7.5	0.3	0.0	1.5				
Large P-Nut Power Smoothie	Milk, Peanuts, Soy	31	fl oz	1,250	490	54	84	11	53	-	-	-	15	5	300	20	620	51	13	51	93	33	51	100	1,470	40	25	25	25	15	690	70	8	45	7.5	0.3	-	31.5			
Medium P-Nut Power Smoothie	Milk, Peanuts, Soy	23	fl oz	860	330	37	57	7	35	-	-	-	15	5	248	18	104	35	10	41	61	17	38	80	800	30	25	25	10	520	50	7	40	7.5	0.3	-	31.5				
Large Power Surge Smoothie	Milk, Peanuts, Soy	31	fl oz	480	25	3	4	2	8	-	-	-	15	5	103	18	390	16	113	38	4	15	92	32	3	6	680	20	-	910	-	120	10	1	6	-	-	-	-	-	-
Medium Power Surge Smoothie	Milk, Peanuts, Soy	23	fl oz	650	110	12	18	6	28	-	-	-	15	5	29	420	17	87	29	3	13	60	25	54	110	70	20	-	870	-	100	10	-	4	-	-	-	-	-		
CLASSIC SMOOTHIES																																									
Large Berry Brilliance Smoothie	Milk	31	fl oz	530	25	3	4	1	5	-	-	-	15	5	120	40																									

Large Age Buster Smoothie	Milk, Soy	31	fl oz	520	20	2	3	1	5	-	-	-	5	2	170	7	117	39	7	28	88	25	7	15	940	25	130	370	10	480	50	6	35	7.5	0.3	-	5.0	-	1.5	-
Medium Age Buster Smoothie	Milk, Soy	23	fl oz	380	10	2	2	1	4	-	-	-	5	1	120	5	87	29	6	23	66	16	4	8	680	20	260	4	380	40	5	30	7.5	0.3	-	5.0	-	1.5	-	
Large Super Green Smoothie	Milk, Soy	31	fl oz	520	50	6	10	1	5	-	-	-	5	2	390	16	98	33	5	20	69	25	17	35	1,120	30	80	330	15	540	50	7	40	7.5	0.3	-	5.0	-	1.5	120
Medium Super Green Smoothie	Milk, Soy	23	fl oz	380	45	5	8	1	3	-	-	-	5	2	310	13	69	23	3	14	49	17	13	25	800	25	50	280	10	440	45	6	35	7.5	0.3	-	5.0	-	1.5	80
Large Tropi-Kale Smoothie	Milk, Soy	31	fl oz	550	20	2	3	1	5	-	-	-	5	2	160	7	127	42	4	15	105	25	7	15	620	20	90	330	10	460	45	5	30	7.5	0.3	-	5.0	-	1.5	-
Medium Tropi-Kale Smoothie	Milk, Soy	23	fl oz	400	10	2	2	1	4	-	-	-	5	1	110	5	93	31	2	9	79	16	4	8	360	10	60	280	4	360	35	5	30	7.5	0.3	-	5.0	-	1.5	-
FRESH JUICES																																								
Large Cool Cucumber		31	fl oz	240	-	-	-	-	-	-	-	-	50	2	62	21	1	3	48	-	1	2	600	15	-	260	-	40	4	2	10	0.1	0.0	0.0	0.3	14.5	-	-		
Medium Cool Cucumber		23	fl oz	190	-	-	-	-	-	-	-	-	35	1	49	16	-	-	39	-	-	450	15	-	200	30	4	1	8	0.1	0.0	0.0	0.1	9.2	-	-				
Small Cool Cucumber		13	fl oz	110	-	-	-	-	-	-	-	-	20	1	29	10	-	-	23	-	-	280	8	-	120	20	2	1	4	0.1	0.0	0.0	0.1	5.3	-	-				
Large ABC		31	fl oz	260	-	-	-	-	-	-	-	-	10	-	62	21	-	-	58	-	4	8	290	8	870	160	-	90	10	3	20	-	-	-	-	-	-			
Medium ABC		23	fl oz	190	-	-	-	-	-	-	-	-	10	-	45	15	-	-	42	-	3	6	200	6	700	110	-	80	8	3	15	-	-	-	-	-	-			
Small ABC		13	fl oz	110	-	-	-	-	-	-	-	-	5	-	26	9	-	-	25	-	1	2	160	6	230	80	-	30	4	1	6	-	-	-	-	-	-			
Large Evergreen		31	fl oz	260	10	3	1	-	-	-	-	-	170	7	66	22	4	18	50	-	4	8	950	25	170	260	-	170	15	4	20	0.1	0.0	0.0	0.1	11.8	-	-		
Medium Evergreen		23	fl oz	190	-	-	-	-	-	-	-	-	140	6	46	15	4	15	34	-	3	6	600	20	120	100	-	140	15	3	15	0.1	0.0	0.0	0.1	7.9	-	-		
Small Evergreen		13	fl oz	120	-	-	-	-	-	-	-	-	85	4	31	10	2	8	30	-	2	4	400	10	60	120	-	70	8	2	10	0.0	0.0	0.0	0.0	3.9	-	-		
Large G-Snap		31	fl oz	340	10	1	1	-	-	-	-	-	80	27	-	2	64	8	15	1,000	30	780	430	-	130	15	3	15	0.1	0.0	0.0	0.2	3.7	-	-					
Medium G-Snap		23	fl oz	250	-	-	-	-	-	-	-	-	58	19	-	-	47	-	6	10	670	20	650	300	-	100	10	2	15	0.0	0.0	0.0	0.1	1.3	-	-				
Small G-Snap		13	fl oz	140	-	-	-	-	-	-	-	-	33	11	-	-	26	-	3	6	390	10	360	160	-	60	6	1	8	0.0	0.0	0.0	0.1	1.3	-	-				
Large Root to Stem		31	fl oz	290	10	3	1	-	-	-	-	-	250	11	65	22	7	26	53	-	7	15	870	25	510	180	-	230	25	5	25	0.1	0.0	0.0	0.2	2.7	-	-		
Medium Root to Stem		23	fl oz	210	10	1	1	-	-	-	-	-	180	8	49	16	5	19	41	-	5	10	630	20	350	140	-	170	15	3	20	0.0	0.0	0.0	0.1	1.3	-	-		
Small Root to Stem		13	fl oz	130	-	-	-	-	-	-	-	-	105	4	31	10	3	10	26	-	2	6	370	10	180	100	-	90	10	2	10	0.0	0.0	0.0	0.0	0.7	-	-		
BOWLS																																								
Acai Strawberries Berry Bowl	Soy, Tree nuts (Almond)	16	fl oz	430	60	7	11	1	5	-	-	-	65	3	92	31	9	36	68	-	3	7	170	5	10	60	-	42	4	1	8	-	-	-	-	-	-			
Acai Tropical Mango Bowl	Soy, Tree nuts (Almond, Coconut)	16	fl oz	540	120	13	20	8	42	-	-	-	105	4	104	35	10	38	86	-	4	9	230	7	20	100	-	38	4	1	6	-	-	-	-	-	-			
Nutty Acai Bowl	Peanut, Soy, Tree nuts (Almond)	16	fl oz	720	270	30	47	5	27	-	-	-	190	8	105	35	12	46	76	-	14	28	470	13	20	70	-	79	8	3	15	-	-	-	-	-	-			
WELLNESS SHOTS																																								
2 oz Fresh Turmeric Shot		2	fl oz	60	10	1	2	-	-	-	-	-	5	-	13	4	3	12	4	-	1	2	380	10	-	20	20	2	5	30	-	-	-	-	-	-				
1 oz Fresh Turmeric Shot		3	fl oz	60	20	2	2	-	-	-	-	-	10	-	19	6	5	18	6	-	2	4	500	15	-	30	30	4	8	45	-	-	-	-	-	-				
2 oz Lemon Ginger Shot		2	fl oz	20	-	-	-	-	-	-	-	-	5	-	2	1	3	1	-	-	-	-	110	4	8	25	-	-	-	-	-	0.1	0.0	0.0	0.2	6.3	-	-		
3 oz Lemon Ginger Shot		3	fl oz	30	-	-	-	-	-	-	-	-	7	-	2	1	4	2	-	1	2	160	6	10	40	-	-	-	-	-	1	2	0.2	0.0	0.0	0.3	9.3	-	-	
2 oz Wheatgrass Shot		2	fl oz	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	4	-	-	-	-	-	-	1	6	-	-	-	-	-	-			
3 oz Wheatgrass Shot		3	fl oz	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	6	-	-	-	-	-	-	2	8	-	-	-	-	-	-			
BOOSTS																																								
Electrolytes		0.5	tsp	-	-	-	-	-	-	-	-	-	310	13	-	-	-	-	-	-	-	-	550	15	-	380	-	40	4	-	-	-	-	-	-	-	-	-		
Energy	Soy	1	tsp	10	-	-	-	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	50	2	-	-	-	-	-	-	-	-	-	-	-	-	30.0	165	-	
Fiber	Soy	0.5	tsp	-	-	-	-	-	-	-	-	-	10	-	2	1	1	4	-	-	-	-	5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Heart Beet	Soy	1	tsp	5	-	-	-	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Immunity	Soy	0.5	tsp	-	-	-	-	-	-	-	-	-	10	-	1	-	-	-	-	-	-	-	10	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Multi-Vitamin	Soy	0.5	tsp	5	-	-	-	-	-	-	-	-	25	1	1	-	-	-	-	-	-	1	2	10	2	25	25	25	5	25	7.5	0.3	-	5.0	-	1.5	-			
Pea Protein		1	tbl	25	-	1	1	-	-	-	-	-	2	1	1	4	2	-	-	-	-	5	10	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Probiotics		0.25	tsp	-	-	-	-	-	-	-	-	-	1	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Recovery		0.5	tsp	5	-	-	-	-	-	-	-	-	30	1	-	-	-	-	-	-	-	1	2	90	4	-	450	-	-	-	-	-	-	-	-	-	-	-		
Trim Burner	Milk	0.5	tsp	-	-	-	-	-	-	-	-	-	10	-	-	-	-	-	-	-	-	1	2	10	-	-	-	-	-	-	-	-	-	-	-	-	-			
Whey Protein	Milk	1	tbl	30	-	1	1	-	-	-	-	-	10	3	20	1	1	-	-	-	1	6	10	30	2	-	-	-	30	4	-	-	-	-	-	-	-	-	-	-
ENRICHMENTS																																								
Bee Pollen		1	tsp	15	-	-	-	-	-	-	-	-	2	1	1	4	2	-	-	-	-	6	4	-	-	20	2	-	2	-	-	-	-	-	-	-	-	-		
Cacao Nibs		1	tbl	60	45	5	8	3	15	-	-	-	4	1	3	11	-	-	-	-	1	4	85	2	-	-	-	2	1	2	-	-	-	-	-	-	-	-	-	
Chia Seeds		1	tbl	45	35	4	6	-	-	-	-	-	24	23	-	-	-	-</																						