

Column1	Allergens		Serving Size	Serving Unit	Calories	Cals from Fat	Total Fat(g)	Total Fat %	Saturated Fat(g)	Saturated Fat %	Polysat. Fat (g)	Monosatur. Fat (g)	Trans Fat(g)	Cholesterol(mg)	Cholesterol %	Sodium(mg)	Sodium %	Total Carb.(g)	Total Carb. %	Dietary Fiber(g)	Dietary Fiber %	Sugars(g)	Added Sugars	Protein(g)	Protein %	Potassium(mg)	Potassium %	Vitamin A(IU)	Vitamin A(IU%)	Vitamin C(mg)	Vitamin C(mg%)	Calcium(mg)	Calcium(mg%)	Iron(mg)	Iron(mg%)	Vitamin E (mg ATE)	Thiamine(mg)	Riboflavin(mg)	Niacin(mg)	Folate(mg)	Vitamin B12(mcg)	Caffeine(mg)				
HANDCRAFTED TOASTS																																														
Avocado & Egg Toast	Eggs, Soy, Wheat		1	ea	510	290	32	50	5	27	1	2	-	210	70	910	38	45	15	11	45	1	-	15	30	880	25	-	6	25	-	-	40	4	3	20	0.5	0.0	0.3	0.0	145.3	0.5	-			
Classic Avocado Toast	Wheat		1	ea	430	240	27	41	4	19	-	-	-	-	-	720	30	45	15	12	49	1	-	7	15	770	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	1	-	7	15	840	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	18	62	21	6	23	18	-	14	25	540	15	-	-	10	-	-	30	4	3	15	-	-	-	-	-	-	-			
HARMONIOUS 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 Pizzolo	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	-	-	-	-	-	-	-	-		
Southwest Chicken 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 Folded Flatbread	Eggs, Milk, Soy, Wheat		128	ea	270	110	12	15	7	35	-	-	-	90	30	400	17	17	6	2	7	1	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	6	25	56	-	2	4	-	-	-	-	-	-	45	-	-	-	1	6	-	-	-	-	-	-	-		
Small Berry Beneficial Smoothie	Tree nuts (Almond)		13	fl.oz	180	15	2	3	-	-	-	-	-	-	-	80	3	48	15	4	16	30	-	1	3	-	-	-	-	-	-	-	30	-	1	3	-	-	-	-	-	-	-	-		
Large Hero's Garden Smoothie	Milk, Soy		31	fl.oz	470	20	2	3	-	-	-	-	-	-	-	80	3	101	34	8	32	79	-	5	10	790	25	-	-	-	-	110	-	50	6	3	15	-	-	-	-	-	-	80		
Medium Hero's Garden Smoothie	Milk, Soy		23	fl.oz	340	20	2	3	-	-	-	-	-	-	-	45	2	74	25	6	22	59	-	3	6	550	15	35	70	-	-	-	30	4	2	10	-	-	-	-	-	-	-	40		
Small Hero's Garden Smoothie	Milk, Soy		13	fl.oz	220	20	2	3	-	-	-	-	-	-	-	40	2	45	15	4	16	35	-	3	6	400	10	30	60	-	-	-	30	4	2	10	-	-	-	-	-	-	20			
Large Mango Turmeric Madness Smoothie	Milk, Soy		31	fl.oz	400	10	1	1	-	-	-	-	-	-	-	15	1	98	33	6	23	80	-	2	4	390	10	380	370	-	-	-	50	6	2	15	-	-	-	-	-	-	-	-		
Medium Mango Turmeric Madness Smoothie	Milk, Soy		23	fl.oz	280	-	-	-	-	-	-	-	-	-	-	68	23	1	15	57	16	4	-	1	4	350	8	310	230	-	-	-	40	4	2	8	-	-	-	-	-	-	-	-		
Small Mango Turmeric Madness Smoothie	Milk, Soy		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	Milk, Soy		31	fl.oz	420	-	-	-	-	-	-	-	-	-	-	50	2	97	32	7	26	75	-	3	6	880	25	90	120	-	-	-	50	6	2	10	-	-	-	-	-	-	-	-		
Medium Queen of All Greens Smoothie	Milk, Soy		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	Milk, Soy		13	fl.oz	190	-	-	-	-	-	-	-	-	-	-	25	1	45	15	3	12	35	-	2	4	410	10	45	45	-	-	-	30	4	1	6	-	-	-	-	-	-	-	-		
PERFORMANCE SMOOTHIES																																														
Large Acai 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	490	50	6	30	7.5	0.3	-	5.0	-	31.5	165					
Medium Acai Energizer Smoothie	Milk, Soy		23	fl.oz	420	50	6	9	2	9	-	-	-	15	5	110	5	83	28	5	18	66	16	10	220	6	35	70	4	400	40	5	30	7.5	0.3	-	5.0	-	31.5	165						
Large Acai Lemon Berry Smoothie	Milk		31	fl.oz	490	60	7	10	2	11	-	-	-	5	2	340	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 Acai Lemon Berry Smoothie	Milk		23	fl.oz	340	45	5	7	2	8	-	-	-	5	1	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		31	fl.oz	590	60	7	10	2	10	-	-	-	5	2	105	4	127	42	7	26	96	25	7	15	240	8	10	40	10	200	20	1	6	-	-	-	-	-	-	-	-				
Medium Awesome Acai Smoothie	Milk		23	fl.oz	420	45	5	8	2	8	-	-	-	5	2	60	3	90	30	5	19	71	16	4	8	125	4	8	40	4	120	10	1	6	-	-	-	-	-	-	-	-				
Large Braveheart Smoothie	Milk, Soy		31	fl.oz	610	25	3	5	2	7	7	-	-	25	9	200	9	129	43	25	20	94	25	20	40	800	25	25	110	15	550	43	5	30	7.5	0.3	-	5.0	-	1.5	-	-				
Medium Braveheart Smoothie	Milk, Soy		23	fl.oz	450	20	3	4	1	5	-	-	-	25	8	160	7	92	31	3	14	67	17	17	35	590	15	25	70	10	470	45	5	30	7.5	0.3	-	5.0	-	1.5	-	-				
Large Muscle Max Smoothie	Milk, Soy		31	fl.oz	640	35	5	7	2	10	-	-	-	45	16	150	6	125	42	5	22	97	24	26	50	300	10	25	100	-	420	40	5	30	7.5	0.3	-	5.0	-	31.5	165					
Medium Muscle Max Smoothie	Milk, Soy		23	fl.oz	500	35	4	6	2	8	-	-	-	45	15	140	6	94	31	4	17	74	16	25	50	260	8	25	70	-	400	40	5	25	7.5	0.3	-	5.0	-	31.5	165					
Large Nuts About Protein Smoothie	Milk, Peanuts, Soy		31	fl.oz	1,210	480	53	82	11	57	-	-	-	45	15	600	25	148	49	6	25	99	50	52	100	1,450	40	25	25	25	850	90	7	40	7.5	0.3	0.0	5.0	0.1	1.5	96					
Medium Nuts About Protein Smoothie	Milk, Peanuts, Soy		23	fl.oz	760	320	35	54	8	38	-	-	-	35	12	380	16	83	28	4	17	55	25	38	90	580	25	25	15	610	60	6	35	7.5	0.3	0.0	5.0	0.1	1.5	96						
Large P-Nut Power Smoothie	Milk, Peanuts, Soy		31	fl.oz	1,250	490	54	84	11	53	-	-	-	30	10	620	26	154	51	13	51	93	33	51	100	1,470	40	25	25	15	690	70	8	45	7.5	0.3	-	5.0	-	31.5	165					
Medium P-Nut Power Smoothie	Milk, Peanuts, Soy		23	fl.oz	860	330	37	57	7	35	-	-	-	25	8	430	18	104	35	10	40	61	17	38	80	1,000	30	25	25	10	520	50	7	40	7.5	0.3	-	5.0	-	31.5	165					
Large Power Surge Smoothie	Milk		31	fl.oz	480	25	3	4	2	8	-	-	-	10	3	390	16	113	38	4	15	92	32	3	6	680	20	-	910	-	120	10	1	6	-	-	-	-	-	-	-	-				
Medium Power Surge Smoothie	Milk		23	fl.oz	370	20	2	3	1	6	-	-	-	5	2	380	16	87	29	2	10	73	24	2	4	670	20	-	870	-	100	10	-	4	-	-	-	-	-	-	-	-				
PROTEIN PLUS SMOOTHIES																																														
Large 800 LB Gorilla Smoothie	Milk, Peanuts, Soy		31	fl.oz	1,200	300	33	50	7	37	-	-	-	90	30	610	25	167	56	8	32	112	33	70	140	1,230	35	25	25	15	830	80	7	35	7.5	0.3	-	5.0	-	1.5	-	-				
Medium 800 LB Gorilla Smoothie	Milk, Peanuts, Soy		23	fl.oz	910	220	24	36	6	28	-	-	-	85																																

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	90	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	380	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	1	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	660	20	120	180	-	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	25	-	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	790	430	-	130	15	3	15	0.1	0.0	0.0	0.0	0.2	2.7	-	-
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	1	1	-	-	-	-	-	-	-	-	250	11	65	22	7	26	53	-	7	15	870	25	510	180	-	230	25	5	25	0.1	0.0	0.0	0.0	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 Strawnana 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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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Flax Seeds	1	tsp	20	15	2	2	-	-	-	-	-	-	-	-	-	1	-	1	5	-	-	1	2	-	-	-	2	-	-	-	4	-	-	-	-	-	-	-	-	-	-	
Honey	1	tsp	20	-	-	-	-	-	-	-	-	-	-	-	-	6	2	-	-	5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Matcha Green Tea	1	tsp	10	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	40	
Spirulina	1	tsp	20	-	-	-	-	-	-	-	-	-	-	35	1	1	-	-	-	-	-	3	6	60	2	-	-	20	2	1	8	-	-	-	-	-	-	-	-	-	-	
Turmeric	1	tsp	10	-	-	-	-	-	-	-	-	-	-	-	-	3	1	1	3	-	-	-	-	60	2	-	-	-	2	2	10	-	-	-	-	-	-	-	-	-	-	-