



Smoothie Nutrition Facts

Blueberries & Cream Keto

Serving Size	16oz
Calories	280
Protein	20g
Carbs	14g
Sugars	7g
Fat	17g

Butter Cup

Serving Size	16oz
Calories	450
Protein	8g
Carbs	74g
Sugars	48g
Fat	19g

CB&J

Serving Size	16oz
Calories	350
Protein	7g
Carbs	58g
Sugars	32g
Fat	13g

Cocoa Cashew Swirl

Serving Size	16oz
Calories	380
Protein	7g
Carbs	57g
Sugars	27g
Fat	16g

Energizer Berry

Acai Bowl*

Serving Size	1 bowl
Calories	500
Protein	26g
Carbs	59g
Sugars	23g
Fat	19g

Green Giant

Serving Size	16oz
Calories	210
Protein	3g
Carbs	40g
Sugars	30g
Fat	5g

Horizon

Serving Size	16oz
Calories	275
Protein	4g
Carbs	48g
Sugars	35g
Fat	9g

Mint Chocolate Bliss

Serving Size	16oz
Calories	310
Protein	4g
Carbs	62g
Sugars	43g
Fat	9g

Muscle Westbrook

Serving Size	16oz
Calories	300
Protein	7g
Carbs	45g
Sugars	27g
Fat	14g

Perkolator

Serving Size	16oz
Calories	310
Protein	14g
Carbs	46g
Sugars	25g
Fat	10g

Spicy Thai

Serving Size	16oz
Calories	300
Protein	5g
Carbs	29g
Sugars	19g
Fat	21g

Strawberries & Cream

Serving Size	16oz
Calories	230
Protein	1g
Carbs	39g
Sugars	30g
Fat	10g

Strawberry Fields

Serving Size	16oz
Calories	260
Protein	5g
Carbs	54g
Sugars	29g
Fat	5g

Tropical C

Serving Size	16oz
Calories	180
Protein	1g
Carbs	45g
Sugars	34g
Fat	1g

Excluding Agave included in any menu item removes 60 calories and 15g of sugar.

*Includes standard toppings: granola, chia seeds, and banana.

Cold Pressed Juice Nutrition Facts

Carrot Zinger

Serving Size	14.5oz
Calories	157
Protein	2g
Carbs	38g
Sugars	27g
Fat	0g

Green Green

Serving Size	14.5oz
Calories	54
Protein	3g
Carbs	12g
Sugars	4g
Fat	0g

Joe's Mean Green

Serving Size	14.5oz
Calories	124
Protein	2g
Carbs	32g
Sugars	18g
Fat	0g

Lemonade

Serving Size	14.5oz
Calories	201
Protein	0g
Carbs	51g
Sugars	42g
Fat	0g

Spicy Lemonade

Serving Size	14.5oz
Calories	217
Protein	1g
Carbs	55g
Sugars	45g
Fat	0g

Tenacity

Serving Size	14.5oz
Calories	103
Protein	3g
Carbs	23g
Sugars	16g
Fat	0g

Up Beet

Serving Size	14.5oz
Calories	163
Protein	3g
Carbs	38g
Sugars	30g
Fat	1g

Dr. Feel Good Shot

Serving Size	2oz
Calories	11
Protein	0g
Carbs	3g
Sugars	1g
Fat	0g



Squeeze Pop Nutrition Facts

Berry Cream

Serving Size	1 popsicle
Calories	134
Protein	3g
Carbs	19g
Sugars	16g
Fat	6g

Chocolate

Serving Size	1 popsicle
Calories	149
Protein	2g
Carbs	22g
Sugars	21g
Fat	7g

Dreamsicle

Serving Size	1 popsicle
Calories	113
Protein	1g
Carbs	21g
Sugars	14g
Fat	3g

Orange Ginger Pineapple

Serving Size	1 popsicle
Calories	83
Protein	1g
Carbs	21g
Sugars	16g
Fat	0g

Strawberry Sorbet

Serving Size	1 popsicle
Calories	54
Protein	0g
Carbs	14g
Sugars	12g
Fat	0g

Vanilla Bean

Serving Size	1 popsicle
Calories	155
Protein	2g
Carbs	26g
Sugars	24g
Fat	5g

Food Nutrition Facts

A La Carte Chicken

Serving Size	1
Calories	140
Protein	26g
Carbs	0g
Sugars	0g
Fat	3g

Chicken Bolognese

Serving Size	1
Calories	280
Protein	23g
Carbs	27g
Sugars	11g
Fat	11g

Chocolate Chip Cookie

Serving Size	1 cookie
Calories	240
Protein	2g
Carbs	32g
Sugars	18g
Fat	12g

Chocolate Chip Protein Bar

Serving Size	1 bar
Calories	276
Protein	8g
Carbs	21g
Sugars	14g
Fat	19g

Grass-Fed Beef Burger

Serving Size	1
Calories	530
Protein	28g
Carbs	51g
Sugars	3g
Fat	23g

Grass-Fed Beef Chili

Serving Size	1
Calories	425
Protein	29g
Carbs	49g
Sugars	18g
Fat	12g

Herbed Chicken

Serving Size	1
Calories	460
Protein	53g
Carbs	35g
Sugars	8g
Fat	12g

Hummus Cup

Serving Size	1
Calories	310
Protein	10g
Carbs	31g
Sugars	5g
Fat	18g

Organic Chicken Bites

Serving Size	1 container
Calories	200
Protein	25g
Carbs	7g
Sugars	0g
Fat	6g

Peanut Butter Protein Balls

Serving Size	1 ball
Calories	90
Protein	3g
Carbs	11g
Sugars	7g
Fat	6g

Pumpkin Protein Bar

Serving Size	1
Calories	340
Protein	11g
Carbs	48g
Sugars	11g
Fat	13g

Roasted Veggie Salad

Serving Size	1
Calories	410
Protein	14g
Carbs	34g
Sugars	9g
Fat	28g

**Sesame Tuna
& Avocado**

Serving Size	1
Calories	180
Protein	22g
Carbs	5g
Sugars	0g
Fat	8g

**Southwest
Salad**

Serving Size	1
Calories	400
Protein	6g
Carbs	25g
Sugars	7g
Fat	33g

**Sprouted
Almonds**

Serving Size	1 container
Calories	410
Protein	15g
Carbs	15g
Sugars	3g
Fat	35g

**Tomato Baked
Chicken**

Serving Size	1
Calories	430
Protein	52g
Carbs	28g
Sugars	8g
Fat	12g