



## Smoothie Nutrition Facts

### 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

<b>Acai Bowl*</b>	
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

### 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

## 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

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

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



## 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

<b>Bolognese</b>	
Serving Size	1
Calories	280
Protein	23g
Carbs	27g
Sugars	11g
Fat	11g

### Chocolate Chip

<b>Cookie</b>	
Serving Size	1 cookie
Calories	240
Protein	2g
Carbs	32g
Sugars	18g
Fat	12g

### Chocolate Chip

<b>Protein Bar</b>	
Serving Size	1 bar
Calories	276
Protein	8g
Carbs	21g
Sugars	14g
Fat	19g

### Grass-Fed Beef

<b>Burger</b>	
Serving Size	1
Calories	530
Protein	28g
Carbs	51g
Sugars	3g
Fat	23g

### Grass-Fed Beef

<b>Chili</b>	
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