



SMOOTHIES NUTRITION FACTS

Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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PROTEIN POWDER SMOOTHIES

After Workout Formula	16 oz	380	15	2	1	0	45	0	77	3	46	15
	24 oz	440	20	2	1.5	0	45	0	91	3	59	16
	32 oz	590	25	3	1.5	0	65	5	119	4	71	23
PB&J	16 oz	580	80	9	1.5	0	20	5	96	11	37	21
	24 oz	650	80	9	2	0	30	5	109	12	45	25
	32 oz	860	120	13	2	0	30	10	143	17	56	31
PB Powerhouse	16 oz	480	70	8	1.5	0	20	0	72	8	20	20
	24 oz	500	70	8	1.5	0	20	5	78	8	26	20
	32 oz	790	120	13	2	0	30	5	120	13	34	33
Hercules	16 oz	380	60	8	1	0	20	25	65	5	49	12
	24 oz	490	70	8	1	0	35	35	88	6	67	16
	32 oz	580	100	12	1	0	35	35	100	8	76	18
Bulk Upper	16 oz	680	230	26	17	0	115	170	94	3	77	21
	24 oz	720	230	27	17	0	130	190	97	3	77	26
	32 oz	1030	340	40	26	0	175	260	143	4	118	32
Meal Replacement Super Shake	Calories Vary											

GREENS & VEGGIES SMOOTHIES

PB Green Machine	16 oz	520	80	8	1	0	0	40	83	10	33	17
	24 oz	570	80	9	1	0	0	45	97	10	46	17
	32 oz	780	110	13	1.5	0	0	60	128	15	53	25
Strawberry Apple Kale	16 oz	300	0	0	0	0	0	25	70	3	61	3
	24 oz	390	0	0	0	0	0	25	93	3	82	3
	32 oz	440	0	0	0	0	0	35	105	4	92	4
Ginger Berry Greens	16 oz	260	5	1	0	0	0	35	63	7	52	4
	24 oz	300	5	1	0	0	0	35	71	7	59	4
	32 oz	400	10	1	0	0	0	55	94	10	78	6

2000 calories a day is used for general nutrition advice, but calorie needs vary.

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TROPICAL SMOOTHIES

Pina Colada	16 oz	490	90	10	9	0	0	30	83	3	73	2
	24 oz	620	110	13	11	0	0	40	107	4	96	3
	32 oz	740	140	15	14	0	0	45	128	5	113	4
Tropical Squeeze	16 oz	280	0	0	0	0	0	5	63	4	55	3
	24 oz	290	0	0	0	0	0	5	67	4	58	3
	32 oz	420	0	0	0	0	0	10	95	5	82	4
Peach Sunshine	16 oz	140	0	0	0	0	0	30	35	2	25	1
	24 oz	170	0	0	0	0	0	40	42	3	31	2
	32 oz	220	0	0	0	0	0	45	53	4	38	2
Factory Original	16 oz	180	0	0	0	0	0	5	41	2	33	1
	24 oz	190	0	0	0	0	0	10	43	2	35	1
	32 oz	250	5	0.5	0	0	0	10	65	6	52	3
The Mango Smoothie	16 oz	170	25	3	2.5	0	0	10	37	2	31	1
	24 oz	260	50	6	4.5	0	0	15	54	3	45	1
	32 oz	290	50	6	4.5	0	0	15	61	3	53	2
Island Delight	16 oz	210	0	0	0	0	0	5	44	4	34	2
	24 oz	280	0	0	0	0	0	5	60	5	47	3
	32 oz	320	0	0	0	0	0	10	69	5	54	3
Energizer	16 oz	230	70	9	1.5	0	0	15	37	4	28	5
	24 oz	280	80	9	2	0	0	15	47	6	35	5
	32 oz	360	110	13	2.5	0	0	20	58	7	44	7

BERRY SMOOTHIES

Blueberry Smash	16 oz	280	30	3.5	1	0	0	35	62	9	36	6
	24 oz	310	30	4	1.5	0	0	40	68	10	42	6
	32 oz	440	45	5	1.5	0	0	55	96	14	57	9
Strawberry Limeade	16 oz	250	0	0	0	0	0	10	63	3	50	2
	24 oz	320	0	0	0	0	0	10	79	4	64	3
	32 oz	380	0	0	0	0	0	15	94	5	75	3
Strawberry Patch	16 oz	310	0	0	0	0	0	0	74	3	63	2
	24 oz	370	0	0	0	0	0	0	90	4	77	3
	32 oz	460	0	0	0	0	0	0	112	5	95	4
Very Berry	16 oz	240	15	1.5	1	0	0	60	53	5	44	4
	24 oz	260	15	2	1.5	0	0	60	59	5	49	4
	32 oz	370	20	2.5	1.5	0	0	90	82	7	68	7

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