

Greens & Detox Smoothies	Cal	Carb	Protein	Fat
Brain Blaster	120	14	1	7
Brain Blaster 2.0	125	15	1	7
Greenberry	118.5	31	1.5	0.2
Spring Detox	165	8	25	3
Greens	80	20	0	0
Summer Detox	96	25	1	0.2
Fruit Smoothies	Cal	Carb	Protein	Fat
Banana Berry	105	27	1	0
Banana Blitz	258	59	0	3
Berries & Cream	204	45	1	3.5
Blue Freeze	146	38	1	0.2
Grapealicious	148	31	1	3
Kiwi Delight	198	44	1	3
Peaches & Cream	303	74	4	3
Razzle Dazzle	140	37	2.5	0.3
Raspberry Rush	163	34	1	3.3
Summer Breeze	97.5	24	1.5	0.3
Summer Storm	119.5	31	2.5	0.3
Push Up Series	Cal	Carb	Protein	Fat
Grape	293	34	25	6
Lime	293	34	25	6
Orange	355.5	51	27	6
Pango	370	55	27.5	6.3
Pineapple	413	67	27.5	6
Raspberry Limeade	258	24	25	6.3
Strawberry	288	33	26	6
Pink Drink	328	44	26.75	6
Coffee House	Cal	Carb	Protein	Fat
Chai Craze	302	35.5	25.25	6.3
Morning Glory	365	48	28	7.25
Mocha Madness	292	36	25.5	4.5
PB2 Mocha	348	41	30	7.5
Premium Smoothie	Cal	Carb	Protein	Fat
Sadie Sunrise	320	42	26	6.6
Summer Detox 2.0	116	28	1	0.5
Tropical Snow	397.5	62	28	6.3

Holiday Smoothie	Cal	Carb	Protein	Fat
Sham Sham	326	36	25	8.5
Marvelous Matcha	315	49	27.5	3
Peppermint Mocha	412	65	26.5	4.5
Candy Cane	385.3	56.3	25	6
Specialty Smoothies	Cal	Carb	Protein	Fat
Almond Mounds	396	40.5	25	16.5
Aloha Sunrise	490.5	87	28	6
Apple Pie	395	54	28	7.25
Apple Spice Cake	380	52.5	25.75	6.8
Berry Blast Off	146	38	1	0.2
Birthday Cake	436	69	27	6
Blueberry Muffin	411	59	28	7.45
Bomb-Pop	211.5	48	1.5	3.2
Chocolate Covered Strawberry	352	50	27.5	4.5
Chunky Monkey	381	51	25	8.5
Cinnamon Roll	355	46.5	25.75	6.8
Coco Puffs	363	45	31	7.5
Coconut Cream Pie	372	39	25.25	14.3
Lava Flow	272.5	37	26.5	3
Limeberry Pop	50	13	1	0
Milkshake	381	50	25	9
Molten Madness	302	38	25.5	4.8
Orange Oasis	350.5	50	27	6
PB&J	383	42	36	9
Peach Cobbler	405	58	29.5	7.25
Peanut Butter Blaster	393	52	30	7.5
Peanut Butter Cup	546	75	39	10.25
Pina Colada	428	94.75	2.5	8
Post Workout	245	29	26	3
Snickerdoodle	250	24	30	4.5
The Rissa	112	31	2	0.3
Tropical Twist	252.5	59	3	3.3
Twisted Melon	75	18	1	0.3
Sour Patch Kid	259	62	2.5	3.2
Starburst	175.5	38	1.5	3
Wild Berry	159	33	0	3.5
Orange Sunset	343	38.75	26	10.3