



NUTRITIONAL CHART

	SIZE	CALORIES	FAT	SAT FAT	SODIUM	CARB	FIBER	SUGAR	PROTEIN
SMOOTHIES	(fl oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Good Vibez	16	270	3	2	60	64	7	45	5
Good Vibez	24	360	4	3	80	85	10	56	7
Ride The Wave	16	295	1	0	37	68	4	60	1
Ride The Wave	24	412	1	0	48	91	5	79	1
Love Yourself	16	221	6	5	47	52	3	32	0
Love Yourself	24	295	8	6	67	70	4	38	0
The Grind	16	538	25	5	17	76	11	48	11
The Grind	24	697	33	6	22	95	13	61	16
Mighty Warrior	16	570	19	3	592	79	12	39	29
Mighty Warrior	24	821	28	4	845	109	17	52	44
Meant To Be	16	221	6	5	47	52	3	27	0
Meant To Be	24	295	8	6	67	70	4	34	0
All The Feels	16	370	2	0	50	85	18	53	6
All The Feels	24	500	3	0	100	116	25	72	10
Back To Basics	16	240	1	0	15	60	5	43	2
Back To Basics	24	360	2	0	20	88	9	65	3
Rise And Shine	16	480	20	2	0	54	10	27	10
Rise And Shine	24	715	31	2	0	72	16	36	14
KID SMOOTHIES	(oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Mighty One	9	141	2	2	36	29	2	12	0
Smile Big	9	119	3	3	29	28	2	12	0
World Changer	9	153	0	0	24	39	2	11	0
Self Love	9	119	3	3	29	28	2	12	0
RESETS	(g)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Awaken	96	1080	6	0	360	241	0	150	6
Detox	96	1150	7	0	360	269	9	176	9
Protection	96	1050	5	0	900	227	0	160	6
BOWLS	(g)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Acai Dreamer Bowl	15	649	26	2	28	96	7	13	9
Greatful Heart Bowl	15	649	26	2	28	96	7	13	9
Create Magic Bowl	15	649	26	2	28	96	7	13	9
Shooting Star Bowl	15	649	26	2	28	96	7	13	9
All The Vibez Bowl	15	649	26	2	28	96	7	13	9
JUICES	(fl oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Sweet Life	16	240	1	0	85	48	0	36	1
Sweet Life	24	360	1.5	0	130	72	0	54	1
Go With The Flow	16	200	1.5	0	85	50	0	34	1
Go With The Flow	24	300	2	0	125	75	0	52	2
Hello Sunshine	16	180	0	0	125	53	0	33	1
Hello Sunshine	24	270	1	0	190	80	0	50	1
Rise Up	16	171	0	0	210	42	0	35	1
Rise Up	24	253	1	0	250	64	0	53	2
Stand Tall	16	233	1	0	75	46	0	37	1
Stand Tall	24	349	1	0	109	68	0	55	2
In The Groove	16	60	1	0	280	19	0	10	1
In The Groove	24	100	1.5	0	410	28	0	15	1
Unbeetable	16	160	1	0	260	51	0	27	1
Unbeetable	24	250	1	0	390	77	0	41	1
Pure Balance	16	240	1	0	85	48	0	36	1
Pure Balance	24	360	1.5	0	130	72	0	54	1
Strong Spirit	16	60	1	0	280	19	0	10	1
Strong Spirit	24	100	1.5	0	410	28	0	15	1
Celery	16	85	0.8	0	430	18	0	11	4
Celery	24	100	1	0	445	21	0	15	6
SHOTS	(fl oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Bee Yourself	2	41	0	0.1	12	10	3	5	1
Bee Yourself	4	82	1	0.2	24	20	6	11	3
Up Beet	2	27	0	0	0	7	0	3	0
Up Beet	4	54	0	0	0	14	0	6	0
Shine Bright	2	40	0	0	0	14	0	3	0
Shine Bright	4	80	0	0	0	28	0	6	0
Light It Up	2	45	2	0	10	10	0	1	1
Light It Up	4	90	3	0	20	20	0	2	2
The Healer	2	40	0	0	0	14	0	3	0
The Healer	4	80	0	0	0	28	0	6	0
Empower Me	2	45	2	0	10	10	0	4	1

Empower Me	4	90	3	0	20	20	0	6	2
Wheatgrass	2	15	0	0	10	2	0	1	1
Wheatgrass	4	30	0	0	20	4	0	2	2
Grand Slam Flight	8	100	0	0	20	24	0	10	0
Grand Slam Flight	16	200	0	0	40	48	0	20	0
BITES	(oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Mix Berry/Pineapple Cup	10	123	1	0	3	31	5	21	2
Overnight Oats	10.6	390	16	2	160	54	9	22	12
Parfait	10.6	316	12	9	10	56	4	20	3
Avocado Toast	1 slice	250	134	0	170	30	11	0	7
Almond Butter Toast	1 slice	265	10	0	170	34	8	11	8
Peanut Butter Toast	1 slice	280	11	2	229	35	7	12	9
LATTE / MILKS	(fl oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Never Give Up	16	385	22	2	0	28	5	17	8
SOUPS	(oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Organic Lentil & Chickpea Soup	16	320	5	0	1460	56	18	10	16
Garden Vegetable Soup	16	140	4	0	1520	24	4	10	4
Creamy Tomato Soup	16	540	40	24	1240	40	4	24	6
Wild Mushroom Bisque Soup	16	340	24	14	1560	24	2	4	4