

Nutrition Facts

ITEM	SERVING SIZE	CALORIES	TOTAL FAT(g)	SAT FAT(g)	TRANS FAT(g)	CHOLESTEROL(mg)	SODIUM(mg)	CARBOHYDRATES(g)	FIBER(g)	SUGAR(g)	PROTEIN(g)
SMOOTHIES											
Be Kind	12 oz	259	5	1	0	0	98	52	5	36	4
	20 oz	360	8	1	0	0	155	68	8	43	6
Be Positive	12 oz	132	2	2	0	0	26	28	2	23	1
	20 oz	315	5	4	0	0	46	67	3	41	3
Green Goddess	12 oz	114	8	1	0	0	110	10	4	6	3
	20 oz	241	16	0	0	0	165	31	8	19	5
Be Inspirational	12 oz	244	6	1	0	0	97	47	9	30	4
	20 oz	351	9	1	0	0	203	65	16	37	7
Be Happy	12 oz	168	1	0	0	0	26	40	3	32	1
	20 oz	259	1	0	0	0	77	63	6	57	3
Be Confident	12 oz	459	9	1	0	0	98	84	11	34	11
	20 oz	491	11	1	0	0	204	92	12	34	11
Be joyful	12 oz	112	5	4	0	0	55	16	3	12	1
	20 oz	207	9	15	0	0	127	27	4	17	4
Be Dazzled	12 oz	261	2	0	0	0	14	60	12	42	4
	20 oz	430	0	0	0	0	71	104	2	69	5
Be Yourself	12 oz	187	6	4	0	0	42	35	7	28	1
	20 oz	216	11	8	0	0	80	31	11	16	2
Be Courageous	12 oz	312	13	3	0	0	251	35	6	23	7
	20 oz	460	25	4	0	0	288	49	10	29	16
Positive Vibes	12 oz	211	5	4	0	0	14	43	8	23	3
	20 oz	356	7	6	0	0	22	69	11	36	5

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SMOOTHIES											
Spread Joy	12 oz	135	3	0	0	0	2	26	4	14	2
	20 oz	208	4	0	0	0	2	41	6	21	3
Empowerment	12 oz	132	3	1	0	0	12	26	3	15	3
	20 oz	245	4	2	0	0	24	50	6	30	5
BOWLS											
Soulful Bliss	16 oz	400	7	0	0	0	30	87	12	47	9
Dream Big	16 oz	410	15	3	0	0	20	73	16	49	6
Peaceful Harmony	16 oz	258	5	2	0	0	17	53	15	30	4
On Top of the World	16 oz	503	19	5	0	0	131	82	13	43	10
Cinnamon Oatmeal	16 oz	495	5	1	0	0	29	106	15	39	11
Amazing Acai	16 oz	655	32	4	0	0	70	99	18	45	18
Powerful Acai	16 oz	373	12	2	0	0	18	70	15	33	10
Pink Passion	16 oz	360	8	4	0	0	20	70	19	34	6
Joyful Journey	16 oz	452	7	2	0	0	21	99	11	65	9
Green Machine	16 oz	408	10	2	0	0	22	81	13	45	11
SALADS											
Mediterranean	Whole	400	19	6	0	30	890	47	1	6	11
Black Bean	Whole	406	23	4	0	8	958	45	15	5	12
Caesar	Whole	275	21	8	0	25	545	12	2	2	10
Veggie	Whole	276	19	2	0	0	292	28	9	8	4
Avocado Ranch	Whole	435	35	9	0	33	539	24	8	5	12
Ancient Grain	Whole	433	25	14	0	30	883	43	4	9	11
Tex Mex	Whole	478	23	3	0	20	1,351	54	16	8	20
Power Up	Whole	489	32	1	0	0	819	44	7	6	11

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WRAPS											
Mediterranean	Small	538	23	8	0	30	1,312	70	2	7	15
	Large	700	28	10	0	30	1,572	94	3	7	17
Black Bean	Small	546	25	5	0	2	1,163	71	16	6	16
	Large	706	30	7	0	2	1,423	95	17	6	18
Caesar	Small	330	18	7	0	30	965	31	2	3	15
	Large	535	28	12	0	25	1,165	54	4	3	15
Veggie	Small	416	22	4	0	0	712	52	10	9	8
	Large	576	28	6	0	0	972	76	11	9	10
Avocado Ranch	Small	575	38	10	0	33	959	48	9	6	16
	Large	735	44	13	0	33	1,219	72	10	6	18
Ancient Grain	Small	573	29	16	0	30	1,303	67	5	10	15
	Large	733	34	18	0	30	1,563	91	6	10	17
Tex Mex	Small	618	27	5	0	20	1,771	78	17	9	24
	Large	778	32	7	0	20	2,031	102	18	9	26
Power Up	Small	629	36	3	0	0	1,239	68	8	7	15
	Large	789	41	5	0	0	1,499	92	9	7	17