

Tropical Greens	12 ounce	4 ounces orange juice 4 ounces milk 1 scoop vanilla whey Spinach 1/2 cup mango
	20 ounce	5 ounces orange juice 5 ounces milk 1 scoop vanilla whey Spinach 1 cup mango

Berry Greens	12 ounce	8 ounces milk 1/2 banana 1 scoop vanilla whey Spinach 1/2 cup mixed berries
	20 ounce	10 ounces milk 1/2 banana 1 scoop vanilla whey Spinach 1 cup mixed berries

Popeye	12 ounce	8 ounces milk 1/2 banana 1 scoop vanilla whey 2 tablespoons peanut butter Spinach 12 ounces ice
	20 ounce	10 ounces milk 1/2 banana 1 scoop vanilla whey 2 tablespoons peanut butter Spinach 20 ounces ice

Berry Medley	12 ounce	8 ounces milk 1 scoop vanilla whey 1 cup mixed berries
	20 ounce	10 ounces milk 1 scoop vanilla whey 1.5 cup mixed berries

Java Jolt	12 ounce	1-2 shots espresso 2 ounces milk 1 scoop java jolt powder 1 scoop vanilla or chocolate whey 12 ounces ice
	20 ounce	1-2 shots espresso 3 ounces milk 1 scoop java jolt powder 1 scoop vanilla or chocolate whey 20 ounces ice

Tropics	12 ounce	8 ounces orange juice 1 scoop vanilla whey 1/4 cup pineapple 1/4 cup mango
	20 ounce	10 ounces orange juice 1 scoop vanilla whey 1/4 cup pineapple 1/2 cup mango

Banana Split	12 ounce	8 ounces milk 1 scoop chocolate whey 1/2 banana 1 cup strawberries
	20 ounce	10 ounces milk 1 scoop chocolate whey 1/2 banana 1.25 cup strawberries

PB Monkey	12 ounce	6 ounces milk 1 scoop chocolate whey 2 tablespoons greek yogurt 1/2 banana 2 tablespoons peanut butter 12 ounces ice
	20 ounce	8 ounces milk 1 scoop chocolate whey 2 tablespoons greek yogurt 1/2 banana 2 tablespoons peanut butter 20 ounces ice

Strawberry Monkey	12 ounce	8 ounces orange juice 1 scoop vanilla whey 1/2 banana 1 cup strawberries
	20 ounce	8 ounces orange juice 1 scoop vanilla whey 1/2 banana 1.25 cup strawberries

Chocolate Monkey	12 ounce	8 ounces milk 1/2 banana 2 scoops chocolate whey 12 ounces ice
	20 ounce	10 ounces milk 1/2 banana 2 scoops chocolate whey 20 ounces ice

Firecracker Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	3 ounces milk	44	3	2	2	29	4
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	238	38	3	14	105	21
	20 ounce	4 ounces milk	73	6	4	4	49	6
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	326	56	5	18	130	35

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	3 ounces milk	24	3	0	2	33	3
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	218	38	1	14	109	20
	20 ounce	4 ounces milk	40	6	0	4	55	6
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	293	56	1	18	136	35

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	3 ounces milk	18	2	1	0	47	2
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	212	37	2	12	123	19
	20 ounce	4 ounces milk	30	4	1	0	79	3
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	283	54	2	14	160	32

Firecracker Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	3 ounces milk	11	0	0.5	0.5	66	0
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	205	35	1.5	12.5	142	17
	20 ounce	4 ounces milk	15	0.5	1	0.5	88	2
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
	Totals	268	50.5	2	14.5	169	31	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	3 ounces milk	28	2	2	0	16	2
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	222	37	3	12	92	19
	20 ounce	4 ounces milk	40	4	3	1	23	3
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
	Totals	293	54	4	15	104	32	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	3 ounces milk	41	7	1	1	13	5
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	235	42	2	13	89	22
	20 ounce	4 ounces milk	55	10	1	1	17	6
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla whey	120	17	1	11	70	2
	Totals	308	60	2	15	98	35	

Firecracker Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	3 ounces milk	44	3	2	2	29	4
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	248	29	5	24	315	20
	20 ounce	4 ounces milk	73	6	4	4	49	6
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	336	47	7	28	340	34

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	3 ounces milk	24	3	0	2	33	3
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	228	29	3	24	319	19
	20 ounce	4 ounces milk	40	6	0	4	55	6
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	303	47	3	28	346	34

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	3 ounces milk	18	2	1	0	47	2
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	222	28	4	22	333	18
	20 ounce	4 ounces milk	30	4	1	0	79	3
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	293	45	4	24	370	31

Firecracker Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	3 ounces milk	11	0	0.5	0.5	66	0
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	215	26	3.5	22.5	352	16
	20 ounce	4 ounces milk	15	0.5	1	0.5	88	2
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
	Totals	278	41.5	4	24.5	379	30	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	3 ounces milk	28	2	2	0	16	2
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	232	28	5	22	302	18
	20 ounce	4 ounces milk	40	4	3	1	23	3
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
	Totals	303	45	6	25	314	31	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	3 ounces milk	41	7	1	1	13	5
		3 ounces orange juice	33	8	0	1	5	7
		1/4 cup strawberries	12	3	0	0	0	2
		1/4 cup mango	25	6	0	0	0	6
		2-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	245	33	4	23	299	21
	20 ounce	4 ounces milk	55	10	1	1	17	6
		4 ounces orange juice	55	14	0	1	8	12
		1/2 cup strawberries	24	6	0	1	1	4
		1/2 cup mango	50	12	0	1	1	11
		3-inch piece cucumber	4	1	0	0	1	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
	Totals	318	51	4	25	308	34	

Wake-up Call Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	2 ounces milk	37	3	2	2	24	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	573	71	20	31	183	35	
	20 ounce	4 ounces milk	73	6	4	4	49	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	615	75	22	33	216	38		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	2 ounces milk	20	3	0	2	22	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	556	71	18	31	181	35	
	20 ounce	4 ounces milk	40	6	0	4	55	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	582	75	18	33	222	38		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	2 ounces milk	15	2	1	0	39	2
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	551	70	19	29	198	34	
	20 ounce	4 ounces milk	30	4	1	0	79	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	572	73	19	29	246	35		

Wake-up Call Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	2 ounces milk	8	0	0.5	0	44	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
		Totals	544	68	18.5	29	203	32
	20 ounce	4 ounces milk	15	0.5	1	0.5	88	2
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
	Totals	557	69.5	19	29.5	255	34	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	2 ounces milk	20	2	1	0	11	2
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
		Totals	556	70	19	29	170	34
	20 ounce	4 ounces milk	40	4	3	1	23	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
	Totals	582	73	21	30	190	35	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	2 ounces milk	28	5	0.5	0	8	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
		Totals	564	73	18.5	29	167	35
	20 ounce	4 ounces milk	55	10	1	1	17	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
	Totals	597	79	19	30	184	38	

Wake-up Call Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	2 ounces milk	37	3	2	2	24	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	578	60	21	42	368	34	
	20 ounce	4 ounces milk	73	6	4	4	49	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	620	64	23	44	401	37		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	2 ounces milk	20	3	0	2	22	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	561	60	19	42	366	34	
	20 ounce	4 ounces milk	40	6	0	4	55	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	587	64	19	44	407	37		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	2 ounces milk	15	2	1	0	39	2
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	556	59	20	40	383	33	
	20 ounce	4 ounces milk	30	4	1	0	79	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	577	62	20	40	431	34		

Wake-up Call Smoothie Nutrition - PLANT PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK UNSWEETENED	12 ounce	2 ounces milk	8	0	0.5	0	44	1
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	549	57	19.5	40	388	32	
	20 ounce	4 ounces milk	15	0.5	1	0.5	88	2
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	562	58.5	20	40.5	440	33		

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
COCONUT MILK	12 ounce	2 ounces milk	20	2	1	0	11	2
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	561	59	20	40	355	33	
	20 ounce	4 ounces milk	40	4	3	1	23	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	587	62	22	41	375	34		

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
OAT MILK	12 ounce	2 ounces milk	28	5	0.5	0	8	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		1 espresso shot	6	1	0	0	8	0
		2 tablespoons chocolate syrup	110	27	1	1	20	21
	Totals	569	62	19.5	40	352	34	
	20 ounce	4 ounces milk	55	10	1	1	17	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		1 scoop multi-vitamins	40	1	0	8	0	0
		2 espresso shots	12	2	0	0	16	0
2 tablespoons chocolate syrup		110	27	1	1	20	21	
Totals	602	68	20	41	369	37		

Sweet-Tart Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
12 ounce	4 ounces POM juice	75	19	0	1	0	16
	1 scoop vanilla whey	120	17	1	11	70	2
	1 cup raspberries	50	13	0	9	0	36
	Totals	245	49	1	21	70	54
20 ounce	5 ounces POM juice	98	25	0	1	0	21
	1 scoop vanilla whey	120	17	1	11	70	2
	1.25 cups raspberries	63	16	0	11	0	45
	Totals	281	58	1	23	70	68

Sweet-Tart Smoothie Nutrition - PLANT PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
12 ounce	4 ounces POM juice	75	19	0	1	0	16
	1 scoop vanilla plant protein	130	8	3	21	280	1
	1 cup raspberries	50	13	0	9	0	36
	Totals	255	40	3	31	280	53
20 ounce	5 ounces POM juice	98	25	0	1	0	21
	1 scoop vanilla plant protein	130	8	3	21	280	1
	1.25 cups raspberries	63	16	0	11	0	45
	Totals	291	49	3	33	280	67

Blueberry Avocado Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	5 ounces milk	95	7	5	5	63	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	505	61	20	24	162	29	
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
Totals	620	75	28	25	174	40		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	5 ounces milk	52	7	0	5	72	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	462	61	15	24	171	28	
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
Totals	570	75	22	25	184	38		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	5 ounces milk	38	5	2	1	103	4
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	448	59	17	20	202	25	
	20 ounce	6 ounces milk	44	6	2	1	118	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
Totals	554	73	24	20	219	35		

Blueberry Avocado Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	5 ounces milk	19	1	1	1	111	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	429	55	16	20	210	21
	20 ounce	6 ounces milk	23	1	1	1	133	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
	Totals	533	68	23	20	234	30	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	5 ounces milk	48	4	3	1	27	4
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	458	58	18	20	126	25
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
	Totals	570	72	26	20	135	35	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	5 ounces milk	69	13	1	2	22	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	479	67	16	21	121	29
	20 ounce	6 ounces milk	83	15	2	3	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
	Totals	593	82	24	22	127	40	

Blueberry Avocado Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	5 ounces milk	95	7	5	5	63	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	515	52	22	34	372	28	
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
Totals	630	66	30	35	384	39		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	5 ounces milk	52	7	0	5	72	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	472	52	17	34	381	27	
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
Totals	580	66	24	35	394	37		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	5 ounces milk	38	5	2	1	103	4
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	458	50	19	30	412	24	
	20 ounce	6 ounces milk	44	6	2	1	118	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
Totals	564	64	26	30	429	34		

Blueberry Avocado Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	5 ounces milk	19	1	1	1	111	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	439	46	18	30	420	20
	20 ounce	6 ounces milk	23	1	1	1	133	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
	Totals	543	59	25	30	444	29	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	5 ounces milk	48	4	3	1	27	4
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	468	49	20	30	336	24
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
	Totals	580	63	28	30	345	34	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	5 ounces milk	69	13	1	2	22	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/4 avocado	59	3	5	1	3	0
		3/4 cup blueberries	64	16	0	1	1	11
		1 tablespoon almond butter	105	3	9	4	0	1
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	489	58	18	31	331	28
	20 ounce	6 ounces milk	83	15	2	3	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 avocado	117	6	11	1	5	1
		1.25 cup blueberries	106	26	1	1	1	19
		1 tablespoon almond butter	105	3	9	4	0	1
Spinach (1 cup)		7	1	0	1	24	0	
	Totals	603	73	26	32	337	39	

Tropical Greens Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	55	4.5	3	3	37	4.5
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	268	56.5	4	17	131	35.5	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	73	6	4	4	49	6
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	345	85	5	19	143	61		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	30	4.5	0	3	41	4.5
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	243	56.5	1	17	135	35.5	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	40	6	0	4	55	6
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	312	85	1	19	149	61		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	22.5	3	0.5	0	59	2
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	235.5	55	1.5	14	153	33	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	30	4	1	0	79	3
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	302	83	2	15	173	58		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	11	0	0.5	0.5	66	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	224	52	1.5	14.5	160	31	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	15	0.5	1	0.5	88	0
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	287	79.5	2	15.5	182	55		

Tropical Greens Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	28	2	2	0	16	2
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
		Totals	241	54	3	14	110	33
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	40	4	3	1	23	3
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mango	90	48	0	2	0	42
Totals		312	83	4	16	117	58	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	41	7.5	1	1	13	5
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
		Totals	254	59.5	2	15	107	36
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	55	10	1	1	17	6.5
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mango	90	48	0	2	0	42
Totals		327	89	2	16	111	61.5	

Tropical Greens Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	55	4.5	3	3	37	4.5
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	278	47.5	6	27	341	34.5	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	73	6	4	4	49	6
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	355	76	7	29	353	60		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	30	4.5	0	3	41	4.5
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	253	47.5	3	27	345	34.5	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	40	6	0	4	55	6
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	322	76	3	29	359	60		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	22.5	3	0.5	0	59	2
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	245.5	46	3.5	24	363	32	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	30	4	1	0	79	3
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	312	74	4	25	383	57		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	11	0	0.5	0.5	66	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
	Totals	234	43	3.5	24.5	370	30	
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	15	0.5	1	0.5	88	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
1 cup mango		90	48	0	2	0	42	
Totals	297	70.5	4	25.5	392	54		

Tropical Greens Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	28	2	2	0	16	2
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
		Totals	251	45	5	24	320	32
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	40	4	3	0	23	3
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mango	90	48	0	2	0	42
Totals		322	74	6	25	327	57	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	3 ounces orange juice	41	10	0	1	0	8
		3 ounces milk	41	7.5	1	1	13	5
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mango	45	24	0	1	0	21
		Totals	264	50.5	4	25	317	35
	20 ounce	4 ounces orange juice	55	13	0	1	0	11
		4 ounces milk	55	10	1	1	17	6.5
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mango	90	48	0	2	0	42
Totals		337	80	4	26	321	60.5	

Berry Greens Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
WHOLE MILK	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	327	49	7	20	176	25
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		398	61	9	23	209	34	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
SKIM MILK	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	277	49	1	20	186	23
	20 ounce	8 ounces milk	80	12	0	8	110	12
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		332	62	1	23	221	33	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK REGULAR	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	262	47	3	15	223	20
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		312	58	4	16	271	28	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK UNSWEETENED	12 ounce	6 ounces milk	25	1	1	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	242	42	2	15	235	15
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		282	51	3	16	288	21	

Berry Greens Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	277	46	5	15	137	20
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		332	57	6	16	156	27	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
OAT MILK	12 ounce	6 ounces milk	83	15	2	3	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	300	56	3	17	129	25
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		362	70	3	18	146	34	

Berry Greens Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	337	40	9	30	386	24
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		408	52	11	33	419	33	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	287	40	3	30	396	22
	20 ounce	8 ounces milk	80	12	0	8	110	12
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		342	53	3	33	431	32	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	272	38	5	25	433	19
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		322	49	6	26	481	27	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	6 ounces milk	25	1	1	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	252	33	4	25	445	14
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		292	42	5	26	498	20	

Berry Greens Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	287	37	7	25	347	19
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		342	48	8	26	366	26	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	6 ounces milk	83	15	2	3	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1/2 cup mixed berries	35	9	0	1	8	6
		Totals	310	47	5	27	339	24
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Spinach (1 cup)	7	1	0	1	24	0
		1 cup mixed berries	70	18	0	2	16	12
Totals		372	61	5	28	356	33	

Popeye Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
WHOLE MILK PEANUT BUTTER	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	492	47	22	28	213	21	
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
Spinach (1 cup)		7	1	0	1	24	0	
Totals	528	50	24	30	238	24		

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
SKIM MILK PEANUT BUTTER	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	442	47	16	28	223	19	
	20 ounce	8 ounces milk	80	11	0	8	110	11
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	190	7	16	7	150	3
Spinach (1 cup)		7	1	0	1	24	0	
Totals	452	50	17	28	355	23		

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK REGULAR PEANUT BUTTER	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	427	45	18	23	260	16	
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
Spinach (1 cup)		7	1	0	1	24	0	
Totals	442	47	19	23	300	18		

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK UNSWEETENED PEANUT BUTTER	12 ounce	6 ounces milk	25	1	1	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	407	40	17	23	272	11	
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
Spinach (1 cup)		7	1	0	1	24	0	
Totals	412	40	18	23	317	11		

Popeye Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5+
		PEANUT BUTTER						
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
	Spinach (1 cup)	7	1	0	1	24	0	
	Totals	442	44	20	23	174	11	
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
2 tablespoons peanut butter		200	7	15	9	45	2	
Spinach (1 cup)		7	1	0	1	24	0	
Totals	462	46	21	23	185	17		

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
OAT MILK	12 ounce	6 ounces milk	82.5	15	2	3	26	10
		PEANUT BUTTER						
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons peanut butter	200	7	15	9	45	2
	Spinach (1 cup)	7	1	0	1	24	0	
	Totals	464.5	54	18	25	166	21	
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
2 tablespoons peanut butter		200	7	15	9	45	2	
Spinach (1 cup)		7	1	0	1	24	0	
Totals	492	59	18	25	175	24		

Popeye Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
WHOLE MILK PB FIT	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	347	44	9	24	238	21
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		383	47	11	26	263	24	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
SKIM MILK PB FIT	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	297	44	3	24	248	19
	20 ounce	8 ounces milk	80	11	0	8	110	11
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		317	47	3	26	275	22	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK REGULAR PB FIT	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	282	42	5	19	285	16
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		297	44	6	19	325	18	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK UNSWEETENED PB FIT	12 ounce	6 ounces milk	25	1	1	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	262	37	4	19	297	11
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		267	37	5	19	342	11	

Popeye Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
COCONUT MILK PB FIT	12 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	297	41	7	19	199	16
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		317	43	8	19	210	17	

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
OAT MILK PB FIT	12 ounce	6 ounces milk	82.5	15	2	3	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	319.5	51	5	21	191	21
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		347	56	5	21	200	24	

Popeye Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK PEANUT BUTTER	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	502	38	24	38	423	20
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		538	41	26	40	448	23	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK PEANUT BUTTER	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	452	38	18	38	433	18
	20 ounce	8 ounces milk	80	11	0	8	110	11
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		472	41	18	40	460	21	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK PEANUT BUTTER	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	437	36	20	33	470	15
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		452	38	21	33	510	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED PEANUT BUTTER	12 ounce	6 ounces milk	25	1	1	1	133	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	417	31	19	33	483	10
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		422	31	20	33	527	10	

Popeye Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5
		PEANUT BUTTER						
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	452	35	22	33	384	15
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Spinach (1 cup)		7	1	0	1	24	0	
Totals		472	37	23	33	395	16	
			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	6 ounces milk	82.5	15	2	3	26	10
		PEANUT BUTTER						
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	474.5	45	20	35	376	20
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Spinach (1 cup)		7	1	0	1	24	0	
Totals		502	50	20	35	385	23	

Popeye Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK PB FIT	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	357	35	11	34	448	20
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		393	38	13	36	473	23	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK PB FIT	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	307	35	5	34	458	18
	20 ounce	8 ounces milk	80	11	0	8	110	11
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		327	38	5	36	485	21	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR PB FIT	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	292	33	7	29	495	15
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		307	35	8	29	535	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED PB FIT	12 ounce	6 ounces milk	25	1	1	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	272	28	6	29	507	10
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		277	28	7	29	552	10	

Popeye Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK PB FIT	12 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	307	32	9	29	409	15
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		327	34	10	29	420	16	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK PB FIT	12 ounce	6 ounces milk	82.5	15	2	3	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
		Totals	329.5	42	7	31	401	20
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Spinach (1 cup)	7	1	0	1	24	0
Totals		357	47	7	31	410	23	

Berry Medley Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	6 ounces milk	110	8	6	6	73	10
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup mixed berries	70	17	0	1	15	11
		Totals	300	42	7	18	158	23
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1 scoop vanilla whey	120	17	1	11	70	2
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		371	54	9	21	191	32	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	6 ounces milk	60	8	0	6	83	8
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup mixed berries	70	17	0	1	15	11
		Totals	250	42	1	18	168	21
	20 ounce	8 ounces milk	80	11	0	8	110	11
		1 scoop vanilla whey	120	17	1	11	70	2
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		305	54	1	21	203	30	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	6 ounces milk	45	6	2	1	120	5
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup mixed berries	70	17	0	1	15	11
		Totals	235	40	3	13	205	18
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		285	51	4	14	253	26	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	6 ounces milk	24	1	1.5	1	132	0
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup mixed berries	70	17	0	1	15	11
		Totals	214	35	2.5	13	217	13
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1 scoop vanilla whey	120	17	1	11	70	2
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		255	44	3	14	270	19	

Berry Medley Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup mixed berries	70	17	0	1	15	11
		Totals	250	39	5	13	119	18
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1 scoop vanilla whey	120	17	1	11	70	2
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		305	50	6	14	138	25	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	6 ounces milk	82.5	15	2	3	26	10
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup mixed berries	70	17	0	1	15	11
		Totals	272.5	49	3	15	111	23
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1 scoop vanilla whey	120	17	1	11	70	2
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		335	63	3	16	128	32	

Berry Medley Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	6 ounces milk	110	8	6	6	73	10
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup mixed berries	70	17	0	1	15	11
		Totals	310	33	9	28	368	22
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		381	45	11	31	401	31	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	6 ounces milk	60	8	0	6	83	8
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup mixed berries	70	17	0	1	15	11
		Totals	260	33	3	28	378	20
	20 ounce	8 ounces milk	80	11	0	8	110	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		315	45	3	31	413	29	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	6 ounces milk	45	6	2	1	120	5
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup mixed berries	70	17	0	1	15	11
		Totals	245	31	5	23	415	17
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		295	42	6	24	463	25	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	6 ounces milk	25	1	1	1	132	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup mixed berries	70	17	0	1	15	11
		Totals	225	26	4	23	427	12
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		265	35	5	24	480	18	

Berry Medley Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup mixed berries	70	17	0	1	15	11
		Totals	260	30	7	23	329	17
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		315	41	8	24	348	24	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	6 ounces milk	82.5	15	2	3	26	10
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup mixed berries	70	17	0	1	15	11
		Totals	282.5	40	5	25	321	22
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1.5 cup mixed berries	105	26	0	2	23	17
Totals		345	54	5	26	338	31	

Java Jolt Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK Vanilla Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	37	3	2	2	24	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	262	37	7	14	144	16
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	48	4	3	3	32	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
Totals		273	38	8	15	152	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK Vanilla Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	3	0	2	28	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	245	37	5	14	148	16
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	26	4	0	3	36	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
Totals		251	38	5	15	156	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR Vanilla Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	15	2	1	0	40	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	240	36	6	12	160	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	20	3	1	0	53	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
Totals		245	37	6	12	173	15	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED Vanilla Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	8	0	0.5	0	44	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
		Totals	233	34	5.5	12	164	13
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	11	0	0.5	0.5	66	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
Totals		236	34	5.5	12.5	186	13	

Java Jolt Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	2	1	0	11	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
	Totals		245	36	6	12	131	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	28	2	2	0	16	2
		1 scoop java jolt powder	85	13	4	1	50	11
1 scoop vanilla whey		120	17	1	11	70	2	
Totals		253	36	7	12	136	15	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	28	5	0	1	9	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla whey	120	17	1	11	70	2
	Totals		253	39	5	13	129	16
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	41	8	1	1	13	5
		1 scoop java jolt powder	85	13	4	1	50	11
1 scoop vanilla whey		120	17	1	11	70	2	
Totals		266	42	6	13	133	18	

Java Jolt Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK Chocolate Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	37	3	2	2	24	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	267	38	8	13	159	16
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	48	4	3	3	32	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	278	39	9	14	167	17

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK Chocolate Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	3	0	2	28	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	250	38	6	13	163	16
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	26	4	0	3	36	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	256	39	6	14	171	17

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR Chocolate Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	15	2	1	0	40	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	245	37	7	11	175	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	20	3	1	0	53	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	250	38	7	11	188	15

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED Chocolate Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	8	0	0.5	0	44	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	238	35	6.5	11	179	13
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	11	0	0.5	0.5	66	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	241	35	6.5	11.5	201	13

Java Jolt Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK Chocolate Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	2	1	0	11	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	250	37	7	11	146	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	28	2	2	0	16	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	258	37	8	11	151	15

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK Chocolate Whey	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	28	5	0	1	9	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	258	40	6	12	144	16
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	41	8	1	1	13	5
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	271	43	7	12	148	18

Java Jolt Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK Vanilla Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	37	3	2	2	24	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	272	28	9	24	354	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	48	4	3	3	32	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	283	29	10	25	362	16

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK Vanilla Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	3	0	2	28	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	255	28	7	24	358	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	26	4	0	3	36	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	261	29	7	25	366	16

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR Vanilla Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	15	2	1	0	40	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	250	27	8	22	370	14
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	20	3	1	0	53	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	255	28	8	22	383	14

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED Vanilla Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	8	0	0.5	0	44	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	243	25	7.5	22	374	12
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	11	0	0.5	0.5	66	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	246	25	7.5	22.5	396	12

Java Jolt Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	2	1	0	11	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	255	27	8	22	341	14
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	28	2	2	0	16	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	263	27	9	22	346	14

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	28	5	0	1	9	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	263	30	7	23	339	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	41	8	1	1	13	5
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop vanilla plant protein	130	8	3	21	280	1
		Totals	276	33	8	23	343	17

Java Jolt Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK Chocolate Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	37	3	2	2	24	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	272	27	9	24	344	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	48	4	3	3	32	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	283	28	10	25	352	16

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK Chocolate Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	3	0	2	28	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	255	27	7	24	348	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	26	4	0	3	36	4
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	261	28	7	25	356	16

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR Chocolate Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	15	2	1	0	40	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	250	26	8	22	360	14
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	20	3	1	0	53	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	255	27	8	22	373	14

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED Chocolate Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	8	0	0.5	0	44	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	243	24	7.5	22	364	12
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	11	0	0.5	0.5	66	0
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	246	24	7.5	22.5	386	12

Java Jolt Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK Chocolate Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	20	2	1	0	11	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
	Totals		255	26	8	22	331	14
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	28	2	2	0	16	2
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	263	26	9	22	336	14

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK Chocolate Plant Protein	12 ounce	2 shots espresso	20	4	0	0	0	0
		2 ounces milk	28	5	0	1	9	3
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
	Totals		263	29	7	23	329	15
	20 ounce	2 shots espresso	20	4	0	0	0	0
		3 ounces milk	41	8	1	1	13	5
		1 scoop java jolt powder	85	13	4	1	50	11
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		Totals	276	32	8	23	333	17

Tropics Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
12 ounce	6 ounces orange juice	83	20	0	2	0	17
	1 scoop vanilla whey	120	17	1	11	70	2
	1/4 cup pineapple	25	6	0	0	0	5
	1/4 cup mango	23	5	0	0	0	5
	Totals	251	48	1	13	70	29
20 ounce	8 ounces orange juice	110	26	0	2	0	22
	1 scoop vanilla whey	120	17	1	11	70	2
	1/2 cup pineapple	50	11	0	1	0	9
	1/2 cup mango	46	10	0	0	0	10
	Totals	326	64	1	14	70	43

Tropics Smoothie Nutrition - PLANT PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
12 ounce	6 ounces orange juice	83	20	0	2	0	17
	1 scoop vanilla plant protein	130	8	3	21	280	1
	1/4 cup pineapple	25	6	0	0	0	5
	1/4 cup mango	23	5	0	0	0	5
	Totals	261	39	3	23	280	28
20 ounce	8 ounces orange juice	110	26	0	2	0	22
	1 scoop vanilla plant protein	130	8	3	21	280	1
	1/2 cup pineapple	50	11	0	1	0	9
	1/2 cup mango	46	10	0	0	0	10
	Totals	336	55	3	24	280	42

Banana Split Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
		Totals	302	43	8	17	159	21
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1.25 cup strawberries	20	5	0	1	0	3
		Totals	346	48	10	20	184	25

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
		Totals	252	43	2	17	169	19
	20 ounce	8 ounces milk	80	12	0	8	110	12
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1.25 cup strawberries	20	5	0	1	0	3
		Totals	280	49	2	20	196	24

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
		Totals	237	41	4	12	206	16
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
		Totals	252	43	5	12	246	18

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
		Totals	216	36	3.5	12	218	11
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
		Totals	222	36	4	12	263	11

Banana Split Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
	Totals		252	40	6	12	120	16
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
1 cup strawberries		12	3	0	0	0	2	
Totals		272	42	7	12	131	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	6 ounces milk	83	15	1.5	2	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		1 cup strawberries	12	3	0	0	0	2
	Totals		275	50	3.5	13	112	21
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
1 cup strawberries		12	3	0	0	0	2	
Totals		302	55	4	14	121	24	

Banana Split Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	307	32	9	28	344	20
	20 ounce	8 ounces milk	146	11	8	8	98	13
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1.25 cup strawberries	20	5	0	1	0	3
		Totals	351	37	11	31	369	24

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	257	32	3	28	354	18
	20 ounce	8 ounces milk	80	12	0	8	110	12
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1.25 cup strawberries	20	5	0	1	0	3
		Totals	285	38	3	31	381	23

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	242	30	5	23	391	15
	20 ounce	8 ounces milk	60	8	3	1	160	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	257	32	6	23	431	17

Banana Split Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	221	25	4.5	23	403	10
	20 ounce	8 ounces milk	30	1	2	1	177	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	227	25	5	23	448	10

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	257	29	7	23	305	15
	20 ounce	8 ounces milk	80	7	5	1	45	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	277	31	8	23	316	16

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	6 ounces milk	83	15	1.5	2	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	280	39	4.5	24	297	20
	20 ounce	8 ounces milk	110	20	2	3	35	13
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant pro.	130	7	3	21	270	1
		1 cup strawberries	12	3	0	0	0	2
		Totals	307	44	5	25	306	23

Strawberry Monkey Smoothie Nutrition - WHEY PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
12 ounce	6 ounces orange juice	83	20	0	2	11	17
	1/2 banana	55	14	0	1	1	7
	1 scoop vanilla whey	120	17	1	11	70	2
	1 cup strawberries (3)	12	3	0	0	0	2
	Totals	270	54	1	14	82	28
20 ounce	8 ounces orange juice	110	27	0	2	15	22
	1/2 banana	55	14	0	1	1	7
	1 scoop vanilla whey	120	17	1	11	70	2
	1.25 cup strawberries (5)	20	5	0	1	0	3
	Totals	305	63	1	15	86	34

Strawberry Monkey Smoothie Nutrition - PLANT PROTEIN

		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
12 ounce	6 ounces orange juice	83	20	0	2	11	17
	1/2 banana	55	14	0	1	1	7
	1 scoop vanilla plant protein	130	8	3	21	280	1
	1 cup strawberries (3)	12	3	0	0	0	2
	Totals	280	45	3	24	292	27
20 ounce	8 ounces orange juice	110	27	0	2	15	22
	1/2 banana	55	14	0	1	1	7
	1 scoop vanilla plant protein	130	8	3	21	280	1
	1.25 cup strawberries (5)	20	5	0	1	0	3
	Totals	315	54	3	25	296	33

PB Monkey Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK PEANUT BUTTER	12 ounce	5 ounces milk	80	7	5	5	52	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	470	47	22	27	191	19
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		500	48	23	28	212	22	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK PEANUT BUTTER	12 ounce	5 ounces milk	45	7	0	5	60	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	435	47	17	27	199	19
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		450	48	17	28	222	20	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR PEANUT BUTTER	12 ounce	5 ounces milk	36	5	2	1	96	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	426	45	19	23	235	16
	20 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		435	46	19	23	259	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED PEANUT BUTTER	12 ounce	5 ounces milk	19	1	1.5	1	110	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	409	41	18.5	23	249	12
	20 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		414	41	18.5	23	271	12	

PB Monkey Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	5 ounces milk	48	4	3	1	27	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
	Totals		438	44	20	23	166	16
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
2 tablespoons peanut butter		200	7	15	9	45	2	
Totals		450	45	21	23	173	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	5 ounces milk	69	13	1.5	2	22	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
	Totals		459	53	18.5	24	161	20
	20 ounce	6 ounces milk	83	15	1.5	2	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
2 tablespoons peanut butter		200	7	15	9	45	2	
Totals		473	55	18.5	24	165	22	

PB Monkey Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK PB FIT	12 ounce	5 ounces milk	80	7	5	5	52	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	325	44	9	23	216	19
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	355	45	10	24	237	22

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK PB FIT	12 ounce	5 ounces milk	45	7	0	5	60	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	290	44	4	23	224	19
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	305	45	4	24	247	20

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR PB FIT	12 ounce	5 ounces milk	36	5	2	1	96	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	281	42	6	19	260	16
	20 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	290	43	6	19	284	17

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED PB FIT	12 ounce	5 ounces milk	19	1	1.5	1	110	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	264	38	5.5	19	274	12
	20 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	269	38	5.5	19	296	12

PB Monkey Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK PB FIT	12 ounce	5 ounces milk	48	4	3	1	27	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	293	41	7	19	191	16
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
Totals		305	42	8	19	198	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK PB FIT	12 ounce	5 ounces milk	69	13	1.5	2	22	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	314	50	5.5	20	186	20
	20 ounce	6 ounces milk	83	15	1.5	2	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
Totals		328	52	5.5	20	190	22	

PB Monkey Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK PEANUT BUTTER	12 ounce	5 ounces milk	80	7	5	5	52	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	475	36	23	38	376	18
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		505	37	24	39	397	21	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK PEANUT BUTTER	12 ounce	5 ounces milk	45	7	0	5	60	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	440	36	18	38	384	18
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		455	37	18	39	407	19	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR PEANUT BUTTER	12 ounce	5 ounces milk	36	5	2	1	96	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	431	34	20	34	420	15
	20 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		440	35	20	34	444	16	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED PEANUT BUTTER	12 ounce	5 ounces milk	19	1	1.5	1	110	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
		Totals	414	30	19.5	34	434	11
	20 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
Totals		419	30	19.5	34	456	11	

PB Monkey Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK PEANUT BUTTER	12 ounce	5 ounces milk	48	4	3	1	27	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
	Totals		443	33	21	34	351	15
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
2 tablespoons peanut butter		200	7	15	9	45	2	
Totals		455	34	22	34	358	16	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK PEANUT BUTTER	12 ounce	5 ounces milk	69	13	1.5	2	22	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons peanut butter	200	7	15	9	45	2
	Totals		464	42	19.5	35	346	19
	20 ounce	6 ounces milk	83	15	1.5	2	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
2 tablespoons peanut butter		200	7	15	9	45	2	
Totals		478	44	19.5	35	350	21	

PB Monkey Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK PB FIT	12 ounce	5 ounces milk	80	7	5	5	52	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	330	33	10	34	401	18
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	360	34	11	35	422	21

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK PB FIT	12 ounce	5 ounces milk	45	7	0	5	60	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	295	33	5	34	409	18
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	310	34	5	35	432	19

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR PB FIT	12 ounce	5 ounces milk	36	5	2	1	96	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	286	31	7	30	445	15
	20 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	295	32	7	30	469	16

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED PB FIT	12 ounce	5 ounces milk	19	1	1.5	1	110	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	269	27	6.5	30	459	11
	20 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	274	27	6.5	30	481	11

PB Monkey Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK PB FIT	12 ounce	5 ounces milk	48	4	3	1	27	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	298	30	8	30	376	15
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
Totals		310	31	9	30	383	16	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK PB FIT	12 ounce	5 ounces milk	69	13	1.5	2	22	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
		Totals	319	39	6.5	31	371	19
	20 ounce	6 ounces milk	83	15	1.5	2	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		2 tablespoons greek yogurt	10	1	0	2	8	1
		2 tablespoons PB Fit	55	4	2	5	70	2
Totals		333	41	6.5	31	375	21	

Chocolate Monkey Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	4 ounces milk	74	6	4	4	48	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	254	38	6	15	134	15
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
Totals		290	40	8	17	159	19	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	4 ounces milk	40	6	0	4	56	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	220	38	2	15	142	15
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
Totals		240	40	2	17	169	17	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	4 ounces milk	30	4	2	0	80	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	210	36	4	11	166	13
	20 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
Totals		225	38	4	12	206	14	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	4 ounces milk	15	0.5	1	0.5	89	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	195	32.5	3	11.5	175	9
	20 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
Totals		204	33	3.5	12	218	9	

Chocolate Monkey Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	4 ounces milk	40	4	3	1	23	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	220	36	5	12	109	12
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
Totals		240	37	6	12	120	14	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	4 ounces milk	55	10	1	1	17	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
		Totals	235	42	3	12	103	16
	20 ounce	6 ounces milk	83	15	1.5	2	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate whey	125	18	2	10	85	2
Totals		263	47	3.5	13	112	19	

Chocolate Monkey Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	4 ounces milk	74	6	4	4	48	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		Totals	259	27	7	26	319	14
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
Totals		295	29	9	28	344	18	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	4 ounces milk	40	6	0	4	56	6
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		Totals	225	27	3	26	327	14
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
Totals		245	29	3	28	354	16	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	4 ounces milk	30	4	2	0	80	4
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		Totals	215	25	5	22	351	12
	20 ounce	6 ounces milk	45	6	2	1	120	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
Totals		230	27	5	23	391	13	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK UNSWEETENED	12 ounce	4 ounces milk	15	0.5	1	0.5	89	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		Totals	200	21.5	4	22.5	360	8
	20 ounce	6 ounces milk	24	1	1.5	1	132	0
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
Totals		209	22	4.5	23	403	8	

Chocolate Monkey Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
COCONUT MILK	12 ounce	4 ounces milk	40	4	3	1	23	3
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		Totals	225	25	6	23	294	11
	20 ounce	6 ounces milk	60	5	4	1	34	5
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
Totals		245	26	7	23	305	13	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
OAT MILK	12 ounce	4 ounces milk	55	10	1	1	17	7
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
		Totals	240	31	4	23	288	15
	20 ounce	6 ounces milk	83	15	1.5	0	26	10
		1/2 banana	55	14	0	1	1	7
		1 scoop chocolate plant protein	130	7	3	21	270	1
Totals		268	36	4.5	22	297	18	

Pineapple Cucumber Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	4 ounces milk	73	6	4	4	49	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 cup pineapple	41	13	0	0	1	8
		1/4 cup cucumber	4	1	0	0	1	1
		Lime juice	4	1	0	0	0	0
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	304	53	5	17	146	24	
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup pineapple	82	26	0	1	2	16
		1/2 cup cucumber	8	2	0	0	1	1
		Lime juice	4	1	0	0	0	0
Spinach (1 cup)		7	1	0	1	24	0	
Totals	386	69	7	20	171	36		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	4 ounces milk	40	6	0	4	55	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 cup pineapple	41	13	0	0	1	8
		1/4 cup cucumber	4	1	0	0	1	1
		Lime juice	4	1	0	0	0	0
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	271	53	1	17	152	24	
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup pineapple	82	26	0	1	2	16
		1/2 cup cucumber	8	2	0	0	1	1
		Lime juice	4	1	0	0	0	0
Spinach (1 cup)		7	1	0	1	24	0	
Totals	336	69	1	20	181	34		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	4 ounces milk	30	4	1	0	73	3
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1/2 cup pineapple	41	13	0	0	1	8
		1/4 cup cucumber	4	1	0	0	1	1
		Lime juice	4	1	0	0	0	0
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	261	51	2	13	170	21	
	20 ounce	6 ounces milk	44	6	2	1	118	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla whey	120	17	1	11	70	2
		1 cup pineapple	82	26	0	1	2	16
		1/2 cup cucumber	8	2	0	0	1	1
		Lime juice	4	1	0	0	0	0
Spinach (1 cup)		7	1	0	1	24	0	
Totals	320	67	3	15	216	31		

Pineapple Cucumber Smoothie Nutrition - WHEY PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK UNSWEETENED	12 ounce	4 ounces milk	15	0.5	1	0.5	89	0	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla whey	120	17	1	11	70	2	
		1/2 cup pineapple	41	13	0	0	1	8	
		1/4 cup cucumber	4	1	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
		Spinach (1 cup)	7	1	0	1	24	0	
			Totals	246	47.5	2	13.5	186	18
	20 ounce	6 ounces milk	24	1	1.5	1	132	0	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla whey	120	17	1	11	70	2	
		1 cup pineapple	82	26	0	1	2	16	
		1/2 cup cucumber	8	2	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
Spinach (1 cup)		7	1	0	1	24	0		
		Totals	300	62	2.5	15	230	26	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
COCONUT MILK	12 ounce	4 ounces milk	40	4	3	1	23	3	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla whey	120	17	1	11	70	2	
		1/2 cup pineapple	41	13	0	0	1	8	
		1/4 cup cucumber	4	1	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
		Spinach (1 cup)	7	1	0	1	24	0	
			Totals	271	51	4	14	120	21
	20 ounce	6 ounces milk	60	5	4	1	34	5	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla whey	120	17	1	11	70	2	
		1 cup pineapple	82	26	0	1	2	16	
		1/2 cup cucumber	8	2	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
Spinach (1 cup)		7	1	0	1	24	0		
		Totals	336	66	5	15	132	31	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
OAT MILK	12 ounce	4 ounces milk	55	10	1	1	17	7	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla whey	120	17	1	11	70	2	
		1/2 cup pineapple	41	13	0	0	1	8	
		1/4 cup cucumber	4	1	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
		Spinach (1 cup)	7	1	0	1	24	0	
			Totals	286	57	2	14	114	25
	20 ounce	6 ounces milk	83	15	1.5	2	26	10	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla whey	120	17	1	11	70	2	
		1 cup pineapple	82	26	0	1	2	16	
		1/2 cup cucumber	8	2	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
Spinach (1 cup)		7	1	0	1	24	0		
		Totals	359	76	2.5	16	124	36	

Pineapple Cucumber Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
WHOLE MILK	12 ounce	4 ounces milk	73	6	4	4	49	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 cup pineapple	41	13	0	0	1	8
		1/4 cup cucumber	4	1	0	0	1	1
		Lime juice	4	1	0	0	0	0
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	314	44	7	27	356	23	
	20 ounce	6 ounces milk	110	8	6	6	73	10
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup pineapple	82	26	0	1	2	16
		1/2 cup cucumber	8	2	0	0	1	1
		Lime juice	4	1	0	0	0	0
Spinach (1 cup)		7	1	0	1	24	0	
Totals	396	60	9	30	381	35		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
SKIM MILK	12 ounce	4 ounces milk	40	6	0	4	55	6
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 cup pineapple	41	13	0	0	1	8
		1/4 cup cucumber	4	1	0	0	1	1
		Lime juice	4	1	0	0	0	0
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	281	44	3	27	362	23	
	20 ounce	6 ounces milk	60	8	0	6	83	8
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup pineapple	82	26	0	1	2	16
		1/2 cup cucumber	8	2	0	0	1	1
		Lime juice	4	1	0	0	0	0
Spinach (1 cup)		7	1	0	1	24	0	
Totals	346	60	3	30	391	33		

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
ALMOND MILK REGULAR	12 ounce	4 ounces milk	30	4	1	0	73	3
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1/2 cup pineapple	41	13	0	0	1	8
		1/4 cup cucumber	4	1	0	0	1	1
		Lime juice	4	1	0	0	0	0
		Spinach (1 cup)	7	1	0	1	24	0
	Totals	271	42	4	23	380	20	
	20 ounce	6 ounces milk	44	6	2	1	118	5
		1/2 banana	55	14	0	1	1	7
		1 scoop vanilla plant protein	130	8	3	21	280	1
		1 cup pineapple	82	26	0	1	2	16
		1/2 cup cucumber	8	2	0	0	1	1
		Lime juice	4	1	0	0	0	0
Spinach (1 cup)		7	1	0	1	24	0	
Totals	330	58	5	25	426	30		

Pineapple Cucumber Smoothie Nutrition - PLANT PROTEIN

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
ALMOND MILK UNSWEETENED	12 ounce	4 ounces milk	15	0.5	1	0.5	89	0	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla plant protein	130	8	3	21	280	1	
		1/2 cup pineapple	41	13	0	0	1	8	
		1/4 cup cucumber	4	1	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
		Spinach (1 cup)	7	1	0	1	24	0	
			Totals	256	38.5	4	23.5	396	17
	20 ounce	6 ounces milk	24	1	1.5	1	132	0	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla plant protein	130	8	3	21	280	1	
		1 cup pineapple	82	26	0	1	2	16	
		1/2 cup cucumber	8	2	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
Spinach (1 cup)		7	1	0	1	24	0		
		Totals	310	53	4.5	25	440	25	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
COCONUT MILK	12 ounce	4 ounces milk	40	4	3	1	23	3	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla plant protein	130	8	3	21	280	1	
		1/2 cup pineapple	41	13	0	0	1	8	
		1/4 cup cucumber	4	1	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
		Spinach (1 cup)	7	1	0	1	24	0	
			Totals	281	42	6	24	330	20
	20 ounce	6 ounces milk	60	5	4	1	34	5	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla plant protein	130	8	3	21	280	1	
		1 cup pineapple	82	26	0	1	2	16	
		1/2 cup cucumber	8	2	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
Spinach (1 cup)		7	1	0	1	24	0		
		Totals	346	57	7	25	342	30	

			Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
OAT MILK	12 ounce	4 ounces milk	55	10	1	1	17	7	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla plant protein	130	8	3	21	280	1	
		1/2 cup pineapple	41	13	0	0	1	8	
		1/4 cup cucumber	4	1	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
		Spinach (1 cup)	7	1	0	1	24	0	
			Totals	296	48	4	24	324	24
	20 ounce	6 ounces milk	83	15	1.5	2	26	10	
		1/2 banana	55	14	0	1	1	7	
		1 scoop vanilla plant protein	130	8	3	21	280	1	
		1 cup pineapple	82	26	0	1	2	16	
		1/2 cup cucumber	8	2	0	0	1	1	
		Lime juice	4	1	0	0	0	0	
Spinach (1 cup)		7	1	0	1	24	0		
		Totals	369	67	4.5	26	334	35	