

## Smoothie Calorie Ranges

	Whole Milk	Skim Milk	Almond Milk	Unsweetened Almond Milk	Coconut Milk	Oat Milk
Banana Split	302-357	252-285	237-257	216-227	226-242	275-302
Berry Greens	327-408	277-342	262-322	242-292	251-307	300-372
Berry Medley	300-381	250-315	235-295	214-265	224-280	272-345
Blueberry Avocado	505-630	462-530	448-564	429-543	439-554	479-603
Chocolate Monkey	254-295	220-245	210-230	195-209	202-219	235-268
Firecracker	238-336	218-303	212-293	205-278	208-286	235-318
Java Jolt	262-283	245-261	240-255	233-246	236-250	253-276
PB Monkey	325-505	290-455	281-440	264-479	272-429	314-478
Pineapple Cucumber	304-396	271-346	261-330	246-310	254-320	286-369
Popeye	347-538	297-472	282-452	262-422	271-437	319-502
Strawberry Monkey	<i>Orange Juice: 270-280</i>					
Sweet Tart	<i>Pomegranate Juice: 245-255</i>					
Tropical Greens	268-355	243-322	235-312	224-297	230-305	254-337
Tropics	<i>Orange Juice: 251-261</i>					
Wake-Up Call	573-620	556-587	551-577	544-562	547-570	564-602