



NUTRITION + INGREDIENTS

THE ORIGINAL BLENDS	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
Apple Jacks	24oz	300	7	26	7	12	27	Apples, pecans, cinnamon, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	158	2	15	4	6	16	
Banana Caramel Cheesecake	24oz	288	2	40	4	8	27	Banana, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	212	1	33	3	8	15	
Banana Pudding	24oz	300	3	37	5	8	27	Banana, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	212	0	33	3	8	15	
Birthday Cake	24oz	250	2	23	6	2	26	Monk fruit, Stevia-sweetened sprinkles, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	159	1	17	2	1	14	
Blueberry Cake Donut	24oz	272	3	31	9	16	28	Blueberries, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	154	1	18	5	7	15	
Brownie Batter	24oz	276	2	36	3	2	27	Whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	164	1	26	2	1	15	

	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
Butter Pecan	24oz	275	7	23	3	2	27	Pecans, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	217	7	17	3	1	15	
Chocolate Covered Strawberry	24oz	250	2	25	5	9	28	Strawberries, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	139	1	15	3	4	14	
Cinnamon Roll	24oz	295	7	26	4	2	27	Cinnamon, pecans, monk fruit, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	182	6	17	3	1	15	
Cinnamon Toast Crunch	24oz	296	4	29	6	3	31	Cinnamon, peanut butter, pecans, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	170	3	21	3	2	17	
Cookie Dough	24oz	266	4	27	4	2	27	Organic cacao nibs, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	184	2	25	2	1	13	
Gingerbread	24oz	249	2	27	3	2	27	Nutmeg, cinnamon, ginger, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	172	1	26	2	1	14	
Lean N Green	24oz	290	2	36	8	17	23	Banana, kiwi, pineapple, spinach, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	158	0	26	6	14	10	

	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
Lemon Up	24oz	263	3	29	4	2	27	Lemon, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	162	2	21	2	1	14	
Mint Chocolate	24oz	263	3	29	4	2	27	Whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	175	0	21	2	1	14	
Oatmeal Raisin Cookie	24oz	291	3	34	6	8	28	Sun-dried raisins, cinnamon, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	177	1	25	2	7	15	
Peanut Butter Pie	24oz	300	4	31	7	3	30	Peanut butter, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	167	3	15	4	2	17	
Pineapple Dole Whip	24oz	243	1	35	7	16	23	Pineapple, monk fruit, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	144	0	27	6	9	16	
Pumpkin Spice	24oz	286	3	30	5	3	28	Pumpkin puree, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	186	2	22	3	2	15	
Reese's Cup	24oz	300	4	30	7	3	30	Peanut butter, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	178	2	21	3	2	17	
Strawberry Shortcake	24oz	274	2	34	7	8	23	Strawberries, monk fruit, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	198	2	22	4	7	15	

	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
Turtle Crunch	24oz	300	9	22	5	2	28	Organic cacao nibs, pecans, peanut butter, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	204	8	12	3	1	15	

THE BARISTA BLENDS	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
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Coffee Cake	24oz	286	3	33	5	2	27	Coffee, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	175	1	26	1	1	13	

Java Chip	24oz	254	6	22	2	7	26	Coffee, organic cacao nibs, pecans, peanut butter, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	153	1	22	2	7	13	

Salted Caramel	24oz	250	2	28	3	2	27	Coffee, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	128	0	19	1	1	13	

White Chocolate Mocha	24oz	262	6	22	4	2	26	Coffee, pecans, monk fruit, whey protein isolate blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	16oz	181	5	19	2	1	14	

THE BASIC BLENDS	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
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Green Goddess	24oz	268	0	58	8	50	4	Spinach, pineapple, mango, peaches, monk fruit, 100% orange juice
	16oz	190	0	47	6	34	2	

Strawberry Banapple	24oz	257	0	52	8	35	3	Strawberries, banana, monk fruit, 100% apple juice
	16oz	181	0	37	5	24	2	

	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
Tropical Vibe	24oz	285	0	60	7	52	4	Mango, pineapple, banana, ginger, 100% orange juice
	16oz	205	0	51	6	36	2	

THE BULK BLENDS	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
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Banana Nut Muffin	24oz BULK	473	7	54	6	11	44	Banana, pecans, cinnamon, mass gainer protein blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	24oz REG	300	7	23	6	10	29	

Banana Split	24oz BULK	558	6	74	8	18	45	Cherries, banana, pecans, grahams, mass gainer protein blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	24oz REG	355	7	43	7	18	25	

Blueberry Banana	24oz BULK	565	4	72	11	26	50	Blueberries, banana, flax seed, mass gainer protein blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	24oz REG	354	4	41	10	24	30	

Funky Monkey	24oz BULK	583	5	68	8	13	57	Peanut butter, banana, monk fruit, mass gainer protein blend, whole grain oat powder, flax seeds, vitamins and minerals matrix, flavoring sweetened with Stevia
	24oz REG	372	5	37	7	12	36	

THE BOWLS	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
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Dragon Fruit	24oz	325	0	45	7.5	38	3	Dragon fruit (aka pitaya)
	16oz	195	0	31	5	23	2	

Islander	24oz	203	1	38	9	24	2	Strawberry, blueberry, banana
	16oz	124	0	23	5	15	1	

Mango Tango	24oz	325	0	57	5	40	3	Organic mango
	16oz	195	0	34	2	24	2	

	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
Sunny Side	24oz	246	0	52	6	46	2	Pineapple, mango, banana
	16oz	148	0	31	3	27	1	
Super Bowl	24oz	300	10	34	7.5	32	3	Organic açai
	16oz	180	6	26	5	20	2	

THE BOWL TOPPINGS	SIZE	CAL	FAT	NET CARB	FIBER	SUGAR	PROTEIN	INGREDIENTS
Banana	1 serving	53	0	12	2	7	1	Fresh bananas
Blueberries	1 serving	21	0	4	1	3	0	Fresh blueberries
Cacao Nibs	1 serving	57	4	3	0	0	0	Organic cacao nibs
Chia seeds	1 serving	17	1	0	1	0	1	Chia seeds
Cinnamon	1 serving	3	0	0	1	0	0	Cinnamon
Coconut Chips	1 serving	60	4	4	3	3	0	Coconut chips
Coconut Shavings	1 serving	37	3	1	1	0	0	Organic coconut shavings
Granola	1 serving	150	8	12	2	5	3	Oats, sunflower seeds, honey, dried coconut, almonds, pecans
Honey	1 serving	60	0	17	0	17	0	Clover honey
Peanut Butter	1 serving	90	8	2	2	2	4	100% natural peanut butter
Pecans	1 serving	45	4	0	1	0	1	Pecans
Strawberries	1 serving	12	0	2	1	2	0	Fresh strawberries
Toasted Coconut	1 serving	45	3	2	1	2	0	Toasted coconut

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years, but calorie needs vary. Neither our Blends nor statements about our Blends are intended to serve as medical advice or to prevent, diagnose, treat, or cure any disease,

Our menu may contain soy, nuts, gluten, and other known allergens. Cross contamination may occur.

Pregnant or nursing? Please consult your healthcare professional if you have any concerns.

Before placing your order, PLEASE ADVISE THE STAFF OF ANY FOOD ALLERGIES, SENSITIVITIES, OR ANY OTHER DIETARY NEEDS YOU MAY HAVE.