

# smoothie project

from the founder of  
weelicious



**Nutritional  
Information  
FOR ALL  
RECIPES**

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## NUTRITIONAL INFORMATION

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# Introduction

I wrote the *Smoothie Project* cookbook to inspire and encourage people of all ages to eat as many fruits, vegetables and plant-based proteins as possible, and to illustrate the many ways in which smoothies are healing and a powerful tool in achieving health related goals. While some of the by products of drinking smoothies can be increased vitality, improved energy, better nutrition and even weight loss, my intention in the book is for people to focus primarily on better eating habits, and not get hung up on the calories consumed in each smoothie.

That being said, many of us have reasons where calorie counts and meeting intake targets of certain vitamins and minerals is of great importance, be it on account of a particular health issue which necessitates monitoring the nutritional info of the foods they are consuming daily or other vital reasons. To that end, I've created this free supplementary overview for the *Smoothie Project* cookbook, which breaks down the nutritional information for every smoothie in the book, so now all of the info you need for choosing delicious smoothies everyday is right at your fingertips.

Stay smooth!

Catherine



# tropical





# Mango Spice

## Nutrition Facts

1 serving per container

**Serving size 1 smoothie (340g)**

**Amount Per Serving**

**Calories 300**

**% Daily Value\***

**Total Fat** 12g **15%**

Saturated Fat 4.5g **23%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 43g **16%**

Dietary Fiber 7g **25%**

Total Sugars 29g

Includes 0g Added Sugars **0%**

**Protein** 7g

Vitamin D 2.8mcg 15%

Calcium 540mg 40%

Iron 2.8mg 15%

Potassium 460mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, MANGO, BANANAS, CAULIFLOWER, HEMP SEEDS, COCONUT OIL, CINNAMON, TURMERIC, BLACK PEPPER

# Dragon

## Nutrition Facts

1 serving per container

**Serving size 1 smoothie (340g)**

**Amount Per Serving**

**Calories 340**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 570mg **25%**

**Total Carbohydrate** 38g **14%**

Dietary Fiber 7g **25%**

Total Sugars 19g

Includes 0g Added Sugars **0%**

**Protein** 40g

Vitamin D 2.1mcg 10%

Calcium 430mg 35%

Iron 7.2mg 40%

Potassium 690mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, BANANAS, PITAYA (DRAGON FRUIT), CAULIFLOWER, VANILLA PROTEIN POWDER, COLLAGEN PEPTIDES

# Secret Mango Creamsicle

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.8mcg	15%
Calcium 610mg	45%
Iron 2.6mg	15%
Potassium 520mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, MANGO,  
CARROTS, ALMOND BUTTER,  
PERSIMMONS, FLAXSEED, HEMP SEEDS,  
CINNAMON



# Piña Colada

Nutrition Facts	
1 serving per container	
Serving size 1 smoothie (340g)	
Amount Per Serving	
Calories	640
% Daily Value*	
Total Fat 48g	62%
Saturated Fat 39g	195%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 37g	13%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 4.8mg	25%
Potassium 730mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT MILK, PINEAPPLES, BANANAS, CAULIFLOWER, COLLAGEN PEPTIDES, HEMP SEEDS

# Pineapple Matcha

Nutrition Facts	
1 serving per container	
Serving size 1 smoothie (340g)	
Amount Per Serving	
Calories	640
% Daily Value*	
Total Fat 48g	62%
Saturated Fat 39g	195%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 37g	13%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 4.8mg	25%
Potassium 730mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT MILK, PINEAPPLES, BANANAS, CAULIFLOWER, COLLAGEN PEPTIDES, HEMP SEEDS

# Passion

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 21g	105%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 40g	15%
Dietary Fiber 5g	18%
Total Sugars 35g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 4.4mg	25%
Potassium 420mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: MANGO, COCONUT MILK, PASSION-FRUIT, COLLAGEN PEPTIDES, CAULIFLOWER



# On Vacation

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	540
% Daily Value*	
Total Fat 44g	56%
Saturated Fat 34g	170%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 7.2mg	40%
Potassium 570mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT MILK, MANGO, PINEAPPLES, PAPAYAS, CAULIFLOWER, CASHEW BUTTER

# Pure Gold

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.3mg	8%
Potassium 620mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, MANGO, COCONUT OIL, LIME JUICE, LIME ZEST, TURMERIC, BLACK PEPPER

# Tropical Lassi

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 370**

**% Daily Value\***

**Total Fat** 17g **22%**

Saturated Fat 3.5g **18%**

*Trans* Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 43g **16%**

Dietary Fiber 5g **18%**

Total Sugars 35g

Includes 11g Added Sugars **22%**

**Protein** 15g

Vitamin D 2.1mcg 10%

Calcium 570mg 45%

Iron 1.6mg 10%

Potassium 460mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, YOGURT, MANGO, BLUEBERRIES, ALMOND BUTTER, HONEY, LIME ZEST



# green



# Avo-Coco Kale

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	350
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 34g	12%
Dietary Fiber 10g	36%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 2.8mcg	15%
Calcium 640mg	50%
Iron 2.9mg	15%
Potassium 1140mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, AVOCADOS, KALE, COCONUT MILK, DATES, LIME JUICE

# Avocado Greens

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 33g	12%
Dietary Fiber 15g	54%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 2.1mcg	10%
Calcium 600mg	45%
Iron 8.9mg	50%
Potassium 1160mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, AVOCADOS, KALE, BANANAS, VANILLA PROTEIN POWDER, CHIA SEEDS



# Avocado Shake

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 72g	26%
Dietary Fiber 6g	21%
Total Sugars 59g	
Includes 52g Added Sugars	104%
Protein 3g	
Vitamin D 2.1mcg	10%
Calcium 400mg	30%
Iron 1.5mg	8%
Potassium 720mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, AVOCADOS, HONEY, BANANAS

## Bright Green

### Nutrition Facts

1 serving per container

**Serving size 1 smoothie (340g)**

**Amount Per Serving**

**Calories**

**220**

**% Daily Value\***

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 25mg **1%**

**Total Carbohydrate** 54g **20%**

Dietary Fiber 5g **18%**

Total Sugars 36g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1.5mg **8%**

Potassium 750mg **15%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORANGE JUICE, MANGO,  
BANANAS, PINEAPPLES, SPINACH

# Chai Beauty Greens

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 10g	4%
Dietary Fiber 7g	25%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 2.8mcg	15%
Calcium 660mg	50%
Iron 8.8mg	50%
Potassium 570mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, SPINACH, VANILLA PROTEIN POWDER, COLLAGEN PEPTIDES, CHIA SEEDS, CHAI SPICES (CARDAMOM, BLACK PEPPER, GINGER,

# Green Goddess

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	590
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 66g	24%
Dietary Fiber 11g	39%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 54g	
Vitamin D 2.8mcg	15%
Calcium 660mg	50%
Iron 23.3mg	130%
Potassium 940mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, CHOCOLATE PROTEIN POWDER, DATES, COLLAGEN PEPTIDES, ALMOND BUTTER, CHLORELLA

# Green Monster

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 2.8mcg	15%
Calcium 620mg	50%
Iron 3mg	15%
Potassium 970mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, SPINACH, ALMOND BUTTER

# Super Greens

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 37g	13%
Dietary Fiber 9g	32%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 2.2mg	10%
Potassium 970mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, APPLES, CUCUMBER, KALE, PINEAPPLES, LEMON, CELERY, GINGER, MINT

## Sweet Green

### Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories**

**160**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 9g **32%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 180mg **15%**

Iron 2.2mg **10%**

Potassium 970mg **20%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COCONUT WATER, APPLES, CUCUMBER, KALE, PINEAPPLES, LEMON, CELERY, GINGER, MINT



# Triple Green

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories**

**340**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 58g **21%**

Dietary Fiber 8g **29%**

Total Sugars 33g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vitamin D 2.1mcg 10%

Calcium 540mg 40%

Iron 3.6mg 20%

Potassium 1290mg 30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, BANANAS, KALE, DATES, BROCCOLI, CASHEW BUTTER, SPINACH

# Vanilla Kale Spirulina

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 58g	21%
Dietary Fiber 8g	29%
Total Sugars 41g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 2.1mcg	10%
Calcium 530mg	40%
Iron 4.1mg	25%
Potassium 1040mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, KALE, BANANAS, DATES, HEMP SEEDS, SPIRULINA, VANILLA EXTRACT

# Green Sunshine

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 30g	38%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 40g	15%
Dietary Fiber 18g	64%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 3.3mg	20%
Potassium 1570mg	35%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, AVOCADOS, PINEAPPLES, KALE, COCONUT, LIME JUICE

# Creamy Kale

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories**

**550**

**% Daily Value\***

**Total Fat** 16g **21%**

Saturated Fat 2.5g **13%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 82g **30%**

Dietary Fiber 11g **39%**

Total Sugars 51g

Includes 0g Added Sugars **0%**

**Protein** 31g

Vitamin D 1.4mcg 6%

Calcium 460mg 35%

Iron 4.7mg 25%

Potassium 1540mg 35%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, BANANAS, KALE, DATES, CASHEWS, COLLAGEN PEPTIDES, VANILLA EXTRACT

# Green Cubes

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2 cubes (68g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0.3mcg	2%
Calcium 90mg	8%
Iron 0.5mg	2%
Potassium 180mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, KALE, BANANAS, SPINACH

vanilla +  
chocolate +

coffee +  
matcha



# Vanilla Cinnamon Date Shake

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 430**

**% Daily Value\***

**Total Fat** 16g **21%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 70g **25%**

Dietary Fiber 10g **36%**

Total Sugars 48g

Includes 0g Added Sugars **0%**

**Protein** 11g

Vitamin D 2.1mcg 10%

Calcium 500mg 40%

Iron 3.4mg 20%

Potassium 1060mg 25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, BANANAS, DATES, CAULIFLOWER, ALMOND BUTTER, HEMP SEEDS, VANILLA EXTRACT, CINNAMON



# Awake

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (283g)	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	2%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1.4mcg	6%
Calcium 280mg	20%
Iron 0.7mg	4%
Potassium 150mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, COFFEE, COLLAGEN PEPTIDES, BUTTER, MCT OIL, MACA POWDER, CINNAMON

# Chocolate Avocado

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 40g	15%
Dietary Fiber 12g	43%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 2.1mcg	10%
Calcium 460mg	35%
Iron 4.5mg	25%
Potassium 990mg	20%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, AVOCADOS, ZUCCHINI, CHOCOLATE PROTEIN POWDER, DATES, SEA SALT

# Chocolate Nut

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 51g	19%
Dietary Fiber 7g	25%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1.4mcg	6%
Calcium 300mg	25%
Iron 1.4mg	8%
Potassium 840mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, DATES, PEANUT BUTTER, CACAO POWDER, VANILLA EXTRACT

# Cacao Banana Date

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 550**

**% Daily Value\***

**Total Fat** 27g **35%**

Saturated Fat 2.5g **13%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 75g **27%**

Dietary Fiber 14g **50%**

Total Sugars 48g

Includes 0g Added Sugars **0%**

**Protein** 13g

Vitamin D 2.8mcg 15%

Calcium 700mg 50%

Iron 3.5mg 20%

Potassium 1300mg 30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, BANANAS, DATES, ALMOND BUTTER, FLAXSEED, CACAO POWDER

# Chocolate Cherry

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	21%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 2.1mcg	10%
Calcium 430mg	35%
Iron 1.8mg	10%
Potassium 750mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, CHERRIES, BANANAS, COLLAGEN PEPTIDES, SPINACH, CACAO POWDER

# Creamy Vanilla Shake

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 59g	21%
Dietary Fiber 8g	29%
Total Sugars 41g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 2.1mcg	10%
Calcium 450mg	35%
Iron 3.5mg	20%
Potassium 860mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK,  
CAULIFLOWER, BANANAS, DATES,  
COLLAGEN PEPTIDES, CASHEW BUTTER,  
HEMP SEEDS, VANILLA EXTRACT

# Matcha Date Shake

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 50g	18%
Dietary Fiber 7g	25%
Total Sugars 31g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 2.8mcg	15%
Calcium 580mg	45%
Iron 2.7mg	15%
Potassium 1020mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, DATES, SPINACH, MATCHA POWDER, VANILLA EXTRACT



# Mocha Almond

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 32g	12%
Dietary Fiber 7g	25%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0.3mcg	2%
Calcium 140mg	10%
Iron 1.2mg	6%
Potassium 750mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COFFEE, BANANAS, ALMOND MILK, COLLAGEN PEPTIDES, ALMOND BUTTER, COCONUT OIL, CACAO POWDER, SEA SALT

# berry heavy



# Blueberry Magic Lemonade

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	29%
Total Sugars 36g	
Includes 17g Added Sugars	34%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 1.6mg	8%
Potassium 560mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: BLUEBERRIES, COCONUT WATER, YOGURT, LEMON, HONEY, SPIRULINA, CARDAMOM

# Açaí “Bowl”

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 34g	12%
Dietary Fiber 12g	43%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1.9mcg	10%
Calcium 490mg	40%
Iron 3.9mg	20%
Potassium 550mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, MIXED BERRIES (STRAWBERRIES, RASPBERRIES, BLACKBERRIES, BLUEBERRIES), BANANAS, ACAI BERRY PUREE, KALE, CHIA SEEDS,

# Berry Vanilla Shake

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 520mg	23%
Total Carbohydrate 31g	11%
Dietary Fiber 9g	32%
Total Sugars 19g	
Includes 6g Added Sugars	12%
Protein 33g	
Vitamin D 3.2mcg	15%
Calcium 570mg	45%
Iron 7.6mg	40%
Potassium 630mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, VANILLA GREEK YOGURT, STRAWBERRIES, RASPBERRIES, CAULIFLOWER, VANILLA PROTEIN POWDER

# Big Red

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 47g	17%
Dietary Fiber 13g	46%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 2.1mcg	10%
Calcium 520mg	40%
Iron 3.6mg	20%
Potassium 690mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, STRAWBERRIES, RASPBERRIES, BEETS, DATES, CHIA SEEDS, GOJI BERRIES

# Blue Chia

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 10g	36%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 2.8mcg	15%
Calcium 640mg	50%
Iron 3.2mg	20%
Potassium 600mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BLUEBERRIES, BANANAS, ALMOND BUTTER (ALMONDS, VEGETABLE OIL), CHIA SEEDS, HEMP SEEDS

# Blueberry Cherry Lemon

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 45g	16%
Dietary Fiber 6g	21%
Total Sugars 33g	
Includes 17g Added Sugars	34%
Protein 8g	
Vitamin D 2.1mcg	10%
Calcium 510mg	40%
Iron 2.2mg	10%
Potassium 410mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK,  
BLUEBERRIES, CHERRIES, COCONUT  
YOGURT, LEMON, HONEY, HEMP SEEDS,  
CARDAMOM



# Blueberry Coconut Goji

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 41g	15%
Dietary Fiber 11g	39%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.6mg	15%
Potassium 920mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, BLUEBERRIES, BANANAS, COCONUT, COLLAGEN PEPTIDES, SPINACH, GOJI BERRIES

# Blueberr-Z

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1.4mcg	6%
Calcium 290mg	25%
Iron 2.1mg	10%
Potassium 670mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BLUEBERRIES, BANANAS, ZUCCHINI, HEMP SEEDS, SPINACH, CINNAMON

# Pregnancy

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 580**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 960mg **42%**

**Total Carbohydrate** 81g **29%**

Dietary Fiber 29g **104%**

Total Sugars 37g

Includes 0g Added Sugars **0%**

**Protein** 47g

Vitamin D 2.8mcg 15%

Calcium 680mg 50%

Iron 14.7mg 80%

Potassium 1430mg 30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: RASPBERRIES, ALMOND MILK, BANANAS, BLACKBERRIES, VANILLA PROTEIN POWDER, COLLAGEN PEPTIDES, PROBIOTIC POWDER, GREEN SUPERFOOD

# Strawberry “Nice” Cream

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>(340g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 15g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0.9mcg	4%
Calcium 200mg	15%
Iron 2.8mg	15%
Potassium 610mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: STRAWBERRIES, ALMOND MILK, BANANAS, COLLAGEN PEPTIDES, CASHEWS

# Strawberry Coconut

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 22g	8%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 2.1mcg	10%
Calcium 440mg	35%
Iron 8.3mg	45%
Potassium 580mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK,  
STRAWBERRIES, CAULIFLOWER,  
COCONUT, VANILLA PROTEIN POWDER

# Pink Milk

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 22g	
Includes 17g Added Sugars	34%
Protein 2g	
Vitamin D 2.8mcg	15%
Calcium 540mg	40%
Iron 1.8mg	10%
Potassium 350mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK,  
STRAWBERRIES, HONEY

# clean + clear



# Berry Green

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 35g	13%
Dietary Fiber 11g	39%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 210mg	15%
Iron 2.8mg	15%
Potassium 880mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ORANGES, COCONUT WATER, STRAWBERRIES, SPINACH, CHIA SEEDS



# Apple Beet Ginger

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 36g	13%
Dietary Fiber 8g	29%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.4mg	8%
Potassium 900mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, APPLES, CARROTS, BEETS, COLLAGEN PEPTIDES, SPINACH, LEMON JUICE, GINGER

# Carrot Orange Ginger

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 38g	14%
Dietary Fiber 7g	25%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0.7mg	4%
Potassium 870mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ORANGES, COCONUT WATER, BANANAS, CARROTS, GINGER

# Replenish

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	510
% Daily Value*	
Total Fat 36g	46%
Saturated Fat 26g	130%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 50g	18%
Dietary Fiber 10g	36%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 3.9mg	20%
Potassium 1320mg	30%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT MILK, COCONUT WATER, KALE, BANANAS, DATES, WALNUTS

# Detox

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 44g	16%
Dietary Fiber 8g	29%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.9mg	10%
Potassium 920mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, APPLES, PINEAPPLES, BANANAS, SPINACH

## Light and Bright

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	510
% Daily Value*	
Total Fat 36g	46%
Saturated Fat 26g	130%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 50g	18%
Dietary Fiber 10g	36%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 3.9mg	20%
Potassium 1320mg	30%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT MILK, COCONUT WATER, KALE, BANANAS, DATES, WALNUTS

# Crazy Healthy

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 61g	22%
Dietary Fiber 12g	43%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 2.1mcg	10%
Calcium 580mg	45%
Iron 4.4mg	25%
Potassium 1240mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, STRAWBERRIES, KALE, BANANAS, CARROTS, DATES, BEETS, BEE POLLEN, CHIA SEEDS, HEMP SEEDS, WALNUTS

# Carrot Apple Mango

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 42g	15%
Dietary Fiber 6g	21%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 2.1mcg	10%
Calcium 410mg	30%
Iron 2.1mg	10%
Potassium 450mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, MANGO, APPLES, CARROTS, CASHEWS

# decadent





## You're Nuts!

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	410
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 38g	14%
Dietary Fiber 8g	29%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 2.8mcg	15%
Calcium 610mg	45%
Iron 2.5mg	15%
Potassium 920mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, CAULIFLOWER, ALMOND BUTTER, PEANUT BUTTER, BRAZIL NUTS, CINNAMON

# Banana Split

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 51g	19%
Dietary Fiber 8g	29%
Total Sugars 31g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1.4mcg	6%
Calcium 350mg	25%
Iron 1.7mg	10%
Potassium 870mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, DATES, ALMOND BUTTER, CACAO POWDER, VANILLA EXTRACT

# Chocolate Berry “Nice” Cream

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 360**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 14g **50%**

Total Sugars 18g

Includes 0g Added Sugars **0%**

**Protein** 42g

Vitamin D 0.9mcg **4%**

Calcium 250mg **20%**

Iron 4.1mg **25%**

Potassium 520mg **10%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK,  
RASPBERRIES, BLACKBERRIES, BANANAS,  
CHOCOLATE PROTEIN POWDER,  
COLLAGEN PEPTIDES

# Chocolate Mint

Nutrition Facts	
1 serving per container	
Serving size 1 smoothie (340g)	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	18%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.5mg	8%
Potassium 750mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ORANGE JUICE, MANGO, BANANAS, PINEAPPLES, SPINACH

# Cookies 'n' Cream

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 10g	4%
Dietary Fiber 7g	25%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 2.8mcg	15%
Calcium 660mg	50%
Iron 8.8mg	50%
Potassium 570mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, SPINACH, VANILLA PROTEIN POWDER, COLLAGEN PEPTIDES, CHIA SEEDS, CHAI SPICES (CARDAMOM, BLACK PEPPER, GINGER,

# Cotton Candy

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 170mg	7%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	14%
Total Sugars 30g	
Includes 20g Added Sugars	40%
Protein 7g	
Vitamin D 2.6mcg	15%
Calcium 480mg	35%
Iron 2.1mg	10%
Potassium 480mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK,  
STRAWBERRIES, VANILLA YOGURT,  
CAULIFLOWER, HONEY

# Fat Bomb

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 2.8mcg	15%
Calcium 620mg	50%
Iron 3mg	15%
Potassium 970mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, SPINACH, ALMOND BUTTER

# Hubby's Dessert

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 37g	13%
Dietary Fiber 9g	32%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 2.2mg	10%
Potassium 970mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, APPLES, CUCUMBER, KALE, PINEAPPLES, LEMON, CELERY, GINGER, MINT



# Keto-Friendly Double Chocolate

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 490**

**% Daily Value\***

**Total Fat** 34g **44%**

Saturated Fat 14g **70%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 280mg **12%**

**Total Carbohydrate** 29g **11%**

Dietary Fiber 16g **57%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 28g

Vitamin D 2.1mcg 10%

Calcium 530mg 40%

Iron 6.8mg 40%

Potassium 780mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, AVOCADOS,  
COCONUT MILK, CHOCOLATE PROTEIN  
POWDER, CHIA SEEDS, CACAO POWDER

# Peanut Butter Banana Date Shake

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 73g	27%
Dietary Fiber 11g	39%
Total Sugars 48g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 2.8mcg	15%
Calcium 640mg	50%
Iron 2.9mg	15%
Potassium 1070mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, DATES, PEANUT BUTTER, CHIA SEEDS, CINNAMON

PB&J

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 51g	19%
Dietary Fiber 7g	25%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 2.8mcg	15%
Calcium 570mg	45%
Iron 2.8mg	15%
Potassium 810mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS:

ALMOND  
STRAWBERRIES,  
PEANUT BUTTER, GOJI BERRIES

MILK,  
DATES,

# Samoa

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	750
% Daily Value*	
Total Fat 49g	63%
Saturated Fat 40g	200%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 68g	25%
Dietary Fiber 15g	54%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 9.6mg	50%
Potassium 1160mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT MILK, BANANAS, CHOCOLATE PROTEIN POWDER, CAULIFLOWER, COCONUT, DATES, VANILLA EXTRACT

# Super Seed

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 750**

**% Daily Value\***

**Total Fat** 60g **77%**

Saturated Fat 34g **170%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 350mg **15%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 12g **43%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

**Protein** 33g

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 14.7mg 80%

Potassium 980mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COCONUT MILK, BANANAS, CAULIFLOWER, VANILLA PROTEIN POWDER, SUNFLOWER SEED BUTTER, CHIA SEEDS, HEMP SEEDS, PUMPKIN

# Halva

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 56g	20%
Dietary Fiber 7g	25%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 2.8mcg	15%
Calcium 590mg	45%
Iron 2.3mg	15%
Potassium 860mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, FIGS, BANANAS, DATES, TAHINI (SESAME SEEDS), VANILLA EXTRACT

healing +



supporting

# Immunity Booster

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 50g	18%
Dietary Fiber 9g	32%
Total Sugars 34g	
Includes 2g Added Sugars	4%
Protein 12g	
Vitamin D 1.7mcg	8%
Calcium 400mg	30%
Iron 3.5mg	20%
Potassium 810mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, MIXED BERRIES (STRAWBERRIES, RASPBERRIES, BLACKBERRIES, BLUEBERRIES), BANANAS, VANILLA YOGURT, DATES, ALMOND



## Antioxidant Rich

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 55g	20%
Dietary Fiber 15g	54%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.1mcg	10%
Calcium 560mg	45%
Iron 3.6mg	20%
Potassium 950mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK,  
STRAWBERRIES, BLUEBERRIES, KALE,  
RASPBERRIES, DATES, GOJI BERRIES,  
CACAO POWDER

## Bright Blue

### Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 240**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 29g **11%**

Dietary Fiber 5g **18%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 2.1mcg 10%

Calcium 450mg 35%

Iron 2mg 10%

Potassium 510mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, MANGO, BANANAS, CAULIFLOWER, ALMOND BUTTER, LEMON JUICE, SPIRULINA

## Divine Start

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	840
% Daily Value*	
Total Fat 68g	87%
Saturated Fat 53g	265%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 61g	22%
Dietary Fiber 21g	75%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 10.5mg	60%
Potassium 1540mg	35%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT MILK, COCONUT, KALE, BANANAS, DATES, SPINACH, CHIA SEEDS, FLAXSEED

# Glow

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 43g	16%
Dietary Fiber 8g	29%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1.7mg	10%
Potassium 890mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: APPLES, COCONUT WATER, BANANAS, SPINACH, LEMON, COLLAGEN PEPTIDES

# Golden Milk

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 290**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 8g **40%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 5g **18%**

Total Sugars 37g

Includes 17g Added Sugars **34%**

**Protein** 2g

Vitamin D 2.1mcg 10%

Calcium 420mg 30%

Iron 1.6mg 10%

Potassium 420mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, MANGO, BANANAS, CAULIFLOWER, HONEY, COCONUT OIL, CINNAMON, TURMERIC, BLACK PEPPER

# Muscle Builder

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 40g	15%
Dietary Fiber 11g	39%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 2.1mcg	10%
Calcium 500mg	40%
Iron 5mg	30%
Potassium 680mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BLUEBERRIES, BANANAS, CHOCOLATE PROTEIN POWDER, ALMOND BUTTER, HEMP SEEDS

# Skin Brightener

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories**

**440**

**% Daily Value\***

**Total Fat** 15g **19%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 59g **21%**

Dietary Fiber 14g **50%**

Total Sugars 30g

Includes 0g Added Sugars **0%**

**Protein** 26g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 2.3mg 15%

Potassium 1280mg 25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COCONUT WATER,  
PINEAPPLES, AVOCADOS, BANANAS,  
DATES, COLLAGEN PEPTIDES, FLAXSEED,  
LEMON JUICE, GINGER

# Superfood

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	9%
Total Carbohydrate 35g	13%
Dietary Fiber 10g	36%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 2.1mcg	10%
Calcium 600mg	45%
Iron 3.6mg	20%
Potassium 930mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, KALE, MIXED BERRIES (STRAWBERRIES, RASPBERRIES, BLACKBERRIES, BLUEBERRIES), BANANAS, YOGURT, SPINACH, COCONUT OIL,



# Tummy Soother

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 3mg	15%
Potassium 730mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: COCONUT WATER, PAPAYAS, LIME JUICE, PROBIOTIC POWDER, GINGER, LIME ZEST, SEA SALT

# Cherry Vanilla

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 590mg	26%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 3g Added Sugars	6%
Protein 44g	
Vitamin D 2.6mcg	15%
Calcium 470mg	35%
Iron 6.8mg	40%
Potassium 550mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, BANANAS, VANILLA YOGURT, CHERRIES, VANILLA PROTEIN POWDER, COLLAGEN PEPTIDES

# The Kitchen Sink

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 36g	13%
Dietary Fiber 13g	46%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 2.1mcg	10%
Calcium 520mg	40%
Iron 8.8mg	50%
Potassium 570mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, MIXED BERRIES (STRAWBERRIES, RASPBERRIES, BLACKBERRIES, BLUEBERRIES), BANANAS, VANILLA PROTEIN POWDER, COLLAGEN

# Everything But Banana

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 200mg	9%
Total Carbohydrate 56g	20%
Dietary Fiber 11g	39%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 2.7mcg	15%
Calcium 540mg	40%
Iron 3.5mg	20%
Potassium 1180mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, AVOCADOS, KEFIR, MANGO, STRAWBERRIES, CARROTS, DATES, HEMP SEEDS, CASHEWS, CAMU CAMU POWDER, BEE POLLEN

# seasonal



# Orange Sunshine

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 35mg	2%
Total Carbohydrate 52g	19%
Dietary Fiber 5g	18%
Total Sugars 39g	
Includes 4g Added Sugars	8%
Protein 10g	
Vitamin D 0.7mcg	4%
Calcium 160mg	15%
Iron 0.6mg	4%
Potassium 820mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ORANGES, ORANGE JUICE, VANILLA YOGURT, BANANAS, VANILLA EXTRACT

# Blueberry Muffin

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 50g	18%
Dietary Fiber 6g	21%
Total Sugars 28g	
Includes 7g Added Sugars	14%
Protein 16g	
Vitamin D 2.6mcg	15%
Calcium 410mg	30%
Iron 1.7mg	10%
Potassium 510mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: VANILLA YOGURT, ALMOND MILK, BLUEBERRIES, BANANAS, ROLLED OATS, LEMON ZEST

# Cherry Almond

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 2.1mcg	10%
Calcium 460mg	35%
Iron 1.9mg	10%
Potassium 600mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, CHERRIES, BANANAS, CAULIFLOWER, ALMOND BUTTER



# Peach Protein Boost

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 380**

**% Daily Value\***

**Total Fat** 13g **17%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 510mg **22%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 13g **46%**

Total Sugars 29g

Includes 0g Added Sugars **0%**

**Protein** 26g

Vitamin D 2.8mcg 15%

Calcium 660mg 50%

Iron 8.8mg 50%

Potassium 860mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, PEACHES, VANILLA PROTEIN POWDER, DATES, CHIA SEEDS, FLAXSEED

# White Peach Mango

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 2.1mcg	10%
Calcium 400mg	30%
Iron 1.8mg	10%
Potassium 500mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, PEACHES, MANGO, HEMP SEEDS, CARDAMOM

# Stone Fruit

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 2.1mcg	10%
Calcium 410mg	30%
Iron 2mg	10%
Potassium 710mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, PEACHES, PLUMS, BANANAS, HEMP SEEDS, BASIL

# Fig-tastic

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 125mg	5%
Total Carbohydrate 69g	25%
Dietary Fiber 6g	21%
Total Sugars 57g	
Includes 21g Added Sugars	42%
Protein 9g	
Vitamin D 2mcg	10%
Calcium 390mg	30%
Iron 1.3mg	8%
Potassium 770mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: FIGS, ALMOND MILK, VANILLA YOGURT, BANANAS, HONEY

# Melon Cooler

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.1mg	6%
Potassium 920mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CUCUMBER, CANTALOUPE, COCONUT WATER, GRAPES, COLLAGEN PEPTIDES

# Watermelon Chia

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.1mg	10%
Potassium 620mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: WATERMELON, COCONUT WATER, STRAWBERRIES, CAULIFLOWER, CHIA SEEDS, MINT

# Apple Pie

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	470
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 60g	22%
Dietary Fiber 12g	43%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0.7mcg	4%
Calcium 390mg	30%
Iron 2.4mg	15%
Potassium 640mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: APPLES, YOGURT, ALMOND MILK, DATES, CHIA SEEDS, ROLLED OATS, WALNUTS, CINNAMON

# Autumn

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 45g	16%
Dietary Fiber 7g	25%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1.4mcg	6%
Calcium 340mg	25%
Iron 3.1mg	15%
Potassium 520mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, SWEET POTATO PUREE, APPLES, FLAXSEED, WALNUTS, PUMPKIN PIE SPICE



# Pumpkin Pie

Nutrition Facts	
1 serving per container	
Serving size 1 Smoothie (340g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 5g	18%
Total Sugars 22g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 2.8mcg	15%
Calcium 570mg	45%
Iron 2.3mg	15%
Potassium 630mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND MILK, PUMPKIN, BANANAS, CAULIFLOWER, MAPLE SYRUP, PUMPKIN PIE SPICE

# Pumpkin Spice Latte

## Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories**

**230**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 36g **13%**

Dietary Fiber 5g **18%**

Total Sugars 25g

Includes 0g Added Sugars **0%**

**Protein** 20g

Vitamin D 1.4mcg 6%

Calcium 290mg 25%

Iron 1.6mg 8%

Potassium 590mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, COFFEE, BANANAS, PUMPKIN, DATES, COLLAGEN PEPTIDES, VANILLA EXTRACT, PUMPKIN PIE SPICE

## Cran-berry

### Nutrition Facts

1 serving per container

**Serving size 1 Smoothie (340g)**

**Amount Per Serving**

**Calories 250**

**% Daily Value\***

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 140mg **6%**

**Total Carbohydrate** 59g **21%**

Dietary Fiber 9g **32%**

Total Sugars 36g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 2.1mcg 10%

Calcium 430mg 35%

Iron 2mg 10%

Potassium 890mg 20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMOND MILK, BANANAS,  
STRAWBERRIES, RASPBERRIES, DATES,  
CRANBERRIES

## Fruits



frozen acai



apple



apricot



avocado



banana



blackberry



blueberries



cherries



cranberries



dates



dragon fruit



fig



grapes



kiwi



lemon



mango



melon



nectarine



orange



papaya



passion fruit



peach



pear



persimmon



pineapple



plum



pomegranate



pumpkin



raspberry



strawberry

## Veggies



beets



broccoli



carrots



cauliflower



chard



kale



peas



spinach

## Dairy



almond milk



cashew milk



coconut milk



cow milk



hemp milk



kefir



rice milk



soy milk



yogurt

## Extras



bee pollen



cacao powder



camu powder



chia seeds



cinnamon



coconut  
shredded



coconut oil



dha oil



flax seeds



ginger

## Protein

### NUTS



almonds



brazil nuts



cashews



hazelnuts



walnuts

### BUTTERS



almond



walnut



peanut



sunflower butter

### POWDERS



protein powder



collagen powder



## About the Author

Launched in 2007, Catherine McCord, mom to Kenya (12), Chloe (10), and Gemma (4), created Weelicious.com as a platform to show parents around the world how simple and beneficial it is to expose children to wholesome, delicious, homemade food. After personally struggling with how to feed Kenya as a baby, Catherine recognized a need to be filled: simple, nutritious recipes for parents using minimal ingredients that are fully loaded with flavor. Weelicious is currently home to

more than 1,300 original family-friendly recipes and 500+ videos. Catherine inspires the Weelicious community with readily available ingredients and recipes that are fast and easy. Debuting new recipes weekly and a how-to cooking video posted every Tuesday, Weelicious is a wealth of trusted information for families.

Catherine is the author of *Weelicious: One Family. One Meal.* and *Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals*. Catherine's third book, *Smoothie Project*, was published in December 2019.

Catherine authored a monthly "Snack Mom" column in *Parenting* magazine and has appeared multiple times in *People*, *Self*, and *Real Simple* magazines, and on *TODAY*, *The Chew*, *Access Hollywood Live*, *Good Morning America*, and Fox News. She appears regularly on Food Network's *Guy's Grocery Games* and NBC's *Naturally*, *Danny Seo* and has guested on *Food Network Star* and *Duff Till Dawn*.

In 2016, Catherine co founded One Potato: a meal company delivering family-friendly, semi-prepared organic meals to encourage families to cook and eat together. Currently, One Potato is in eight states on the West Coast and building out a line of lunches.

\* **Smoothie Project Planner Sheet** is an easy to use, fun guide for making everyone the perfect smoothie. I find it to be an incredible resource and a reminder of the infinite possibilities for smoothie-making. Simply make a selection or two from each category, combine all your ingredients in a blender, and blend until smooth.

You're on your way  
to changing your life for the  
better in just 28 days,  
using only your blender!



When you're making your daily smoothies,  
be sure to use #smoothieproject to join in the movement!



ABRAMS