

Nutritional Facts

This nutritional chart is a complete smoothie analysis for 20oz smoothies.
To calculate the nutritional information for 32oz smoothies, multiply by 1.5.



ALL FRUIT	Calories	Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
BERRY BUNGALOW	266	0	99	82	<1
NELLY	319	0	77	62	1
PEACE OF POM	291	<1	70	57	<1
RESORT	216	0	54	43	1
STRAWBERRY SHAZAAM	193	0	49	42	<1
TROPHY LIFE	191	0	48	38	1

FRUIT + PROTEIN	Calories	Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
ATOMIC ORANGE	229	<1	47	38	8
BANANARAMA	235	<1	49	37	8
BELIZE IT	271	<1	56	45	8
BLUEBERRY BANANZA	270	1	55	42	10
BOHEMIAN RASPBERRY	323	<1	71	54	8
CABANA BANANA	279	<1	59	44	9
GO GREEN *not including fruit	229	1	44	34	10
JAM'N JELLY	225	<1	52	42	8
JUVA JAVA (Caramel)	207	2	37	33	11
JUVA JAVA (Mocha)	212	2	38	33	11
JUVA JAVA (Vanilla)	212	2	37	34	11
KIWILICIOUS	241	<1	50	41	8
MANGO BANGO	201	<1	38	28	8
PEACH BUM	259	<1	51	43	11
PEACH HARVEST *seasonal	334	3	67	45	12
PINEAPPLE SPECIAL	229	<1	47	38	8
RAZZLE DAZZLE	207	<1	41	27	8
REMODEL	272	<1	56	42	12
SOUL FRUIT	288	2	57	43	12
THRILL OF BRAZIL	325	4	63	51	9

FRUIT + HIGH PROTEIN	Calories	Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
EIFFEL POWER (Chocolate)	264	1.5	47	23	20
EIFFEL POWER (Strawberry)	293	2	52	25	20
EIFFEL POWER (Vanilla)	281	1.5	49	25	20
FLEX ON THE BEACH (Chocolate)	167	1	25	9	16
FLEX ON THE BEACH (Strawberry)	170	1	23	8	16
FLEX ON THE BEACH (Vanilla)	191	1	29	13	16
GYM DANDY (Chocolate)	517	9	106	51	27
GYM DANDY (Strawberry)	464	9	96	46	26
GYM DANDY (Vanilla)	479	9	96	46	26
KALE YEAH	302	12	50	19	10
PCB	427	22	36	14	24
PCB *substitute PB2	212	3	30	11	21
REBUILD *not including fruit	110	1	8	0	15
WRIGHT WHEY	148	2	25	12	8

ALL TREATS	Calories	Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
PEANUT PLEASURE (Chocolate)	625	22	136	104	30
PEANUT PLEASURE (Chocolate) *substitute PB2	410	3	85	65	17
PEANUT PLEASURE (Strawberry)	525	22	65	46	19
PEANUT PLEASURE (Strawberry) *substitute PB2	310	2	59	41	17
PEANUT PLEASURE (Vanilla)	513	22	61	44	19
PEANUT PLEASURE (Vanilla) *substitute PB2	298	2	56	40	16
PINA COLLADA COLLIDER	453	11	65	51	24
REJOICE	423	7	106	64	8
SHAKE (Chocolate)	431	7	106	70	11
SHAKE (Strawberry)	424	7	104	65	11
SHAKE (Vanilla)	386	7	94	60	11