

Table 1

Drink Name	Calories	Carbs	Fiber	Fat	Protein	Sugars
Smoothies	16oz/20oz	16oz/20oz	16oz/20oz	16oz/20oz	16oz/20oz	16oz/20oz
CALCULATED WITH UNSWEET ALMOND MILK						
Green Goblin	161/172	31g/33g	5g/6g	4g/4g	5g/6g	26g/26g
Brain Buster	219/227	48g/49g	12g/12g	4g/5g	4g/4g	29g/29g
Strawberry Banana Sipper	212/262	47g/60g	8g/10g	4g/4g	3g/4g	23g/31g
Tropical Paradise	205/239	45g/54g	10g/11g	4g/4g	4g/4g	30g/38g
Berry Fusion	193/235	39g/49g	14g/16g	5g/6g	4g/4g	20g/25g
Mango Madness	230/264	50g/59g	7g/7g	5g/5g	4g/4g	42g/50g
Drink Name	Calories	Carbs	Fiber	Fat	Protein	Sugars
Fresh Juice	16oz/20oz	16g/20oz	16oz/20oz	16oz/20oz	16oz/20oz	16oz/20oz
The Hangover Juice	95/113	30g/35g	0g/0g	0g/0g	2g/2g	18g/19g
The Cleanser Juice	138/152	41g/45g	0g/0g	0g/0g	5g/6g	23g/25g
Clean Greens	127/150	37g/43g	0g/0g	0g/0g	4g/6g	22g/24g
Sunshine	113/144	35g/44g	0g/0g	0g/0g	1g/1g	26g/33g
Immune Booster Juice	130/162	38g/49g	0g/0g	0g/0g	2g/2g	28g/37g
Cucumber Refresher	150/160	45g/49g	0g/0g	0g/0g	5g/6g	24g/26g
Shakes	Calories	Carbs	Fiber	Fat	Protein	Sugars
Calculated With 2% Milk	16oz/20oz	16g/20oz	16oz/20oz	16oz/20oz	16oz/20oz	16oz/20oz
	Calories	NET Carbs	Fiber	Fat	Protein	Sugars
Keto Green Machine- (KETO PROTEIN)	133/145	8g/8g	7g/8g	4g/5g	23g/24g	7g/7g
	Calories	Carbs	Fiber	Fat	Protein	Sugars
Oreo Cookies & Cream	306/349	48g/57g	2g/3g	10g/10g	5g/6g	27g/31g
Oreo Cookies & Cream - Skinny	392/435	52g/57g	2g/3g	10g/10g	19g/20g	29g/33g
Oreo Cookies & Cream - Swole	946/989	172g/178g	2g/3g	15g/15g	30g/31g	38g/42g
Oreo Cookies & Cream - Vegan	339/372	48g/57g	2g/3g	10g/10g	13g/14g	27g/31g
Nutty Chocolate - Skinny	437/452	72g/74g	6g	16g	23g/24g	29g/31g
Nutty Chocolate - Swole	991/1,006	189g/191g	6g	19g	34g/35g	38g/40g
Nutty Chocolate - Vegan	384/399	68g/70g	6g	14g	17g/18g	27g/29g
Strawberry Shortcake	332/425	60g/81g	7-10g	8g/9g	10g/12g	28g/39g
Strawberry Shortcake- Skinny	418/511	64g/85g	7g	10g/11g	24g/26g	30g/41g
Strawberry Shortcake-Swole	972/1,065	185g/206g	10g	13g/14g	35g/37g	39g/50g
Strawberry Shortcake-Vegan	365/458	60g/81g	7g	8g/9g	18g/20g	28g/39g

Drink Name	Calories	Carbs	Fiber	Fat	Protein	Sugars
Vanilla Dream	210/236	36g/53g	5-6g	4g/6g	10g/12g	9g/12g
Vanilla Dream- Skinny	296/322	40g/57g	5g	6g/8g	24g/26g	11g/14g
Vanilla Dream -Swole	850/876	157g/174g	6g	11g/13g	49g/51g	22g/25g
Vanilla Dream-Vegan	243/269	36g/53g	5g	4g/6g	18g/20g	9g/12g
Banana Berry Booster	247/315	47g/60g	5-7g	5g/7g	8g/11g	32g/39g
Banana Berry Booster- Skinny	333/401	51g/64g	5g	7g/9g	22g/35g	34g/41g
Banana Berry Booster -Swole	887/955	168g/181g	7g	10g/12g	33g/36g	33g/50g
Banana Berry Booster-Vegan	280/348	47g/60g	5g	5g/7g	16g/19g	32g/39g
Pina Colada	250/265	21g/22g	2g	5g/6g	10g/11g	39g/40g
Pina Colada- Skinny	336/351	25g/26g	2g	7g/8g	24g/25g	41g/42g
Pina Colada -Swole	890/905	142g/143g	2g	10g/11g	35g/36g	50g/51g
Pina Colada -Vegan	283/298	21g/22g	2g	5g/6g	18g/19g	38g/40g
Chocolate Covered Strawberry	179/209	27g/30g	3g	5g/6g	9g/11g	15g/18g
Chocolate Covered Strawberry- Skinny	265/295	31g/34g	3g	7g/8g	23g/25g	17g/20g
Chocolate Covered Strawberry-Swole	819/849	148g/151g	3g	12g/13g	48g/50g	28g/31g
Chocolate Covered Strawberry-Vegan	212/242	27g/30g	3g	5g/6g	17g/19g	15g/18g
Double Decker Chocolate	380/455	58g/73g	30-32g	13g/15g	11g/14g	38g/48g
Double Decker Chocolate -Skinny	466/541	62g/77g	30g	15g/17g	25g/28g	40g/50g
Double Decker Chocolate -Swole	1,020/1,095	179g/194g	32g	18g/20g	36g/39g	49g/59g
Double Decker Chocolate -Vegan	413/488	58g/73g	30g	13g/15g	19g/22g	38g/48g
Almond Joy	737/916	73g/81g	7g	44g/58g	23g/30g	40g/43g
Almond Joy-Skinny	823/999	77g/85g	7g	46g/60g	37g/44g	42g/45g
Almond Joy -Swole	1,377/1,556	194g/202g	7g	49g/63g	47g/55g	51g/54g
Almond Joy -Vegan	770/949	73g/81g	7g	44g/58g	31g/38g	40g/43g
Peanut Butter Blaster	330/390	49g/62g	20-22g	9g/11g	23g/25g	27g/35g
Peanut Butter Blaster -Skinny	416/476	53g/66g	20g	11g/13g	37g/39g	29g/37g
Peanut Butter Blaster -Swole	970/1,030	170g/183g	22g	14g/16g	48g/50g	38g/46g
Peanut Butter Blaster -Vegan	363/423	49g/62g	20g	9g/11g	31g/33g	27g/35g
Banana Cream Pie	421/487	81g/95g	6g	8g/9g	13g/14g	39g/47g
Banana Cream Pie-Skinny	507/573	85g/99g	6g	10g/11g	27g/28g	41g/49g
Banana Cream Pie-Swole	1,061/1,127	202g/216g	7g	13g/14g	38g/39g	50g/58g
Banana Cream Pie-Vegan	454/520	81g/95g	7g	8g/9g	21g/22g	39g/47g
Peaches & Cream	165/255	24g/40g	2g	4g/5g	9g/12g	19g/32g
Peaches & Cream-Skinny	251/341	28g/44g	2g	6g/7g	23g/26g	21g/34g
Peaches & Cream -Swole	805/895	145g/161g	2g	9g/10g	34g/37g	30g/43g
Peaches & Cream -Vegan	198/288	24g/40g	2g	4g/5g	17g/20g	19g/32g
Peanut Butter Jelly Time	365/454	74g/88g	12-14g	9g/13g	21g/27g	22g/29g
Peanut Butter Jelly Time-Skinny	451/540	78g/92g	12g	11g/15g	35g/41g	24g/31g

Drink Name	Calories	Carbs	Fiber	Fat	Protein	Sugars
Peanut Butter Jelly Time -Swole	1,005/1,094	195g/209g	14g	14g/18g	46g/52g	33g/40g
Peanut Butter Jelly Time-Vegan	398/487	74g/88g	12g	9g/13g	29g/35g	22g/29g