

Get Fit Nutritional Information

Drink Name	Calories	Carbs	Fiber	Fat	Protein
<b>Smoothies</b>	16oz/20oz	16oz/20oz	16oz/20oz	16oz/20oz	16oz/20oz
<b>CALCULATED WITH UNSWEET ALMOND MILK</b>					
Green Goblin	161/172	31g/33g	5g/6g	4g/4g	5g/6g
Brain Buster	219/227	48g/49g	12g/12g	4g/5g	4g/4g
Strawberry Banana Sipper	212/262	47g/60g	8g/10g	4g/4g	3g/4g
Tropical Paradise	205/239	45g/54g	10g/11g	4g/4g	4g/4g
Berry Fusion	193/235	39g/49g	14g/16g	5g/6g	4g/4g
Mango Madness	230/264	50g/59g	7g/7g	5g/5g	4g/4g
<b>Power Shots</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Fat</b>	<b>Protein</b>
Apple Pie	39	11g	-	-	-
Beet It	38	11g	-	-	-
Energy Booster	57	17g	-	-	-
Fat Burner	14	3g	-	-	-
Health Insurance	18	4g	-	-	-
Pain Killer	14	3g	-	-	-
<b>Fresh Juice</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Fat</b>	<b>Protein</b>
Orange Juice	224/280	48g/60g	-	-	1g/1g
The Hangover Juice	95/113	30g/35g	-	-	2g/2g
The Cleanser Juice	138/152	41g/45g	-	-	5g/6g
Clean Greens	127/150	37g/43g	-	-	4g/6g
Sunshine	113/144	35g/44g	-	-	1g/1g
Immune Booster Juice	130/162	38g/49g	-	-	2g/2g
Cucumber Refresher	150/160	45g/49g	-	-	5g/6g
<b>Acai &amp; Smoothie Bowls</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Fat</b>	<b>Protein</b>
Popeyes Power	300	58g	6g	8g	4g
Ocean City	298	57g	5g	8g	4g
Mango Bliss	315	60g	6g	9g	4g
Cocoa Bowl	342	54g	6g	15g	5g
Flower Power	298	57g	5g	8g	4g
<b>Shakes</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Fat</b>	<b>Protein</b>
<b>Protein Choices</b>					
Pea Protein	33	0g	0g	0g	8g
Mass Gainer	400	121	0	5g	12g
Whey Protein	55	4g	0g	2g	12g
Keto Protein	52	0g	0g	1g	12g
<b>CALCULATED WITH UNSWEET ALMOND MILK</b>	16oz/20oz	16g/20oz	16oz/20oz	16oz/20oz	16oz/20oz
<b>Kids Shakes</b>					

Drink Name	Calories	Carbs	Fiber	Fat	Protein
Strawberry Banana Sipper	190	47g	3g	1g	1g
Tropical Paradise	176	43g	3g	1g	2g
Cookies & Cream	129	20g	2g	5g	2g
Keto Shakes	Calories	NET Carbs	Fiber	Fat	Protein
Keto Green Machine	133/145	8g/8g	7g/8g	4g/5g	13g/13g
Keto Triple Berry	128/157	8g/8g	3g/4g	1g/1g	13g/13g
Keto Raspberry Vanilla	202/210	8g/9g	3g/4g	7g/9g	14g/14g
Protein Shakes	Calories	Carbs	Fiber	Fat	Protein
<b>(Add Protein Selection Above) CALCULATED WITH UNSWEET ALMOND MILK</b>					
Oreo Cookies & Cream	205/239	34g/41g	3g/4g	8g/8g	3g/3g
Nutty Chocolate	202/205	29g/33g	4g/4g	8g/8g	3g/3g
Strawberry Shortcake	147/204	26g/39g	4g/8g	4g/5g	3g/4g
Snickerdoodle	199/204	28g/35g	4g/5g	5g/5g	7g/8g
Banana Berry Booster	101/135	19g/26g	4g/6g	3g/4g	2g/3g
Pina Colada	113/137	23g/28g	3g/4g	3g/3g	2g/2g
Chocolate Covered Strawberry	100/108	20g/20g	8g/8g	4g/4g	4g/4g
Green Goddess	101/104	22g/25	4g/4g	1g/1g	3g/3g
Double Decker Chocolate	209/243	35g/42g	7g/8g	10g/11g	5g/5g
Java Dream	171/179	29g/29g	4g/4g	8g/8g	2g/2g
Almond Joy	282/285	27g/28g	8g/8g	21g/21g	8g/8g
Peanut Butter Blaster	229/259	29g/36g	8g/9g	7g/7g	17g/17g
Banana Cream Pie	241/271	46g/53g	4g/5g	6g/6g	4g/4g
Peanut Butter Jelly	261/306	43g/47g	10g/12g	6g/8g	13g/18g
Oatmeal	Calories	Carbs	Fiber	Fat	Protein
Banana Nut	428	78g	9g	9g	11g
Maple Brown Sugar	420	87g	7g	5g	9g
Strawberry Banana	384	78g	8g	5g	10g
Toast	Calories	Carbs	Fiber	Fat	Protein
Avocado Toast	230	13g	4g	21g	4g
Peanut Butter	272	26g	5g	18g	11g
Monkey Toast	331	43g	5g	16g	6g
Hot Melts	Calories	Carbs	Fiber	Fat	Protein
Spinach Egg White Feta Melt	386	36g	12g	10g	15g
Turkey Egg White Melt	454	37g	3g	12g	25g
Strawberry Grilled Cheese	435	37g	3g	15g	14g
Buffalo Chicken Melt	530	34g	2g	18g	34g