

APPOXIMATE VALUES

Calories	Cal From Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	PROTEIN (g)	CAFFEINE (mg)
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**PROTEIN SHAKES (24 oz)**

Peanut Butter Based Shakes	340	3.5g 1g	0g	50mg	644mg	45g	3g	13g	33g	
All others	275	3.5g 1g	0g	50mg	525mg	39g	2g	10g	27g	

**PROTEIN SMOOTHIES (24 oz)**

Base Plant Protein	180	0g 0g	0g	0mg	460mg	2g	3g	0g	34g	
Fruit info is below										

**REFRESHERS**

All Refreshers	5 0g	0g	0g	0mg	170mg	2g	0g	2g	0g	120mg
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**NATURAL JUICES**

Eye Opener	376 0g	0g	0g	0g	295mg	86g	23g	53g	6g	
Green Knight	165 0g	0g	0g	0g	96mg	90g	6g	22g	4g	
Green Sea	289 0g	0g	0g	0g	134mg	72g	13g	50g	3g	
Lemon Drop	251 0g	0g	0g	0g	98mg	62g	14g	36g	3g	
Tumeric Sunrise	247 0g	0g	0g	0g	152mg	61g	14g	36g	3g	
Green Goddess	289 0g	0g	0g	0g	134mg	72g	14g	50g	3g	

**PROTEIN WAFFLES**

Base Waffle	217 5g	2g	0g	0mg	80mg	20g	2g	3.5g	23g	
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**FRUITS**

1/2 Banana	45 0g	0g	0g	0mg	0mg	11g	1g	6g	<1g	
Blueberry	30 0g	0g	0g	0mg	0mg	8g	1g	6g	0g	
Strawberries	20 0g	0g	0g	0mg	0mg	5g	1g	3g	0g	
Blackberries	16 0g	0g	0g	0mg	0mg	4g	.7g	3g	<1g	
Kiwi	46 0g	0g	0g	0mg	0mg	11g	2g	6g	<1g	
Raspberries	64 0g	0g	0g	0mg	0mg	14g	8g	5g	1.5g	

**DRIZZLES**

Caramel	110	1.5g 1g	0g	4mg	45mg	23g	0g	10g	1g	
Dark Chocolate	90	5g 0g	0g	0mg	40mg	27g	1g	0g	1g	
Golden Clover Honey	60	0g 0g	0g	0g	0mg	17g	0g	17g	0g	
Agave	60 0g	0g	0g	0g	0mg	16g	0g	16g	0g	
Nutella	100 6g	2g	0g	0g	7mg	11g	1g	10g	1g	
Whip cream (Sugar Free)	15 1.5g	g	0g	10mg	0mg	0g	0g	0g	0g	
PB	90	7.5g 1.5g	0g	0mg	65mg	4g	1g	2g	3.5g	

**TOPPINGS**

Organic Granola 1/3 cup	130 6g	1g	0g	0mg	70mg	22g	2g	7g	3g	
Hemp Hearts	90 7.5g	.5g	0g	0mg	0mg	1g	1g	1g	5g	
Chia Seeds	75 9g	.5g	0g	0mg	0mg	7g	5g	0g	2.5g	
Goji Berries	50 0g	0g	0g	0mg	40mg	11g	1.5g	7g	2g	
Almonds	85 8g	1g	0g	0mg	0mg	3g	2g	.5g	3g	
PB	90 7.5g	1.5g	0g	0mg	65mg	4g	1g	2g	3.5g	
Golden Clover Honey	60 0g	0g	0g	0g	0mg	17g	0g	17g	0g	