

# BLENDZ YOUR OWN SMOOTHIE

## PICK A BASE

	CALS PER 3 OZ
STRAWBERRY	156
BANANA	168
FOUR BERRY	156
MANGO	156
PINEAPPLE	156
PPA (PEACH PEAR APRICOT)	156
ALMOND MILK	60

## FRUIT OR VEGGIES

	CALS PER 1 OZ
APPLES	15.5
BLUEBERRIES	17.7
STRAWBERRIES	32.4
BANANAS	25.2
MANGO	18.9
PEACHES	12.2
PINEAPPLE	18.6
KALE   	13.9
SPINACH   	6.5

## BULK IT UP!

	CALS PER 1 OZ
VANILLA WHEY	118.9
CHOCOLATE WHEY	118.9
UNFLAVORED WHEY	110
PEA PROTEIN	102.1
RICE PROTEIN	113.4
PEANUT BUTTER	186
GREEK YOGURT	40

## GO NUTS!

ADD NUTS, SEEDS, HONEY, OR COCONUT  
CALS PER 1 OZ


PEANUTS	159.5
ALMONDS  	162
FLAX SEED 	0
WALNUTS	182.3
CASHEWS	162.7
SUNFLOWER SEEDS 	172.1
GINGER POWDER	0
HONEY	81
COCONUT	81

# BLENDZ SPECIALTY SMOOTHIES

## REFRESHERS

	CALS PER SERVING
#1 CARIBBEAN SURF 	252.4
#2 BERRY BLENDZ 	431.6
#3 PEACHY 	251.5
#4 HANG TEN 	227.2

## KEEP IT LIGHT

	CALS PER SERVING
#5 LEAN STRAWBERRY 	339.7
#6 LEAN PEACH 	370.3
#7 CHOCOLATE TRIM 	336.4
#8 DON'T TANGO WITH MY MANGO 	193.8









## MEAL REPLACERS

	CALS PER SERVING
#9 ALOHA  	596.3
#10 MONKEY BUSINESS  	617.3
#11 PB & J 	473.5
#12 CHOCOLATE PUMP UP  	536.3

## FITNESS

	CALS PER SERVING
#13 BERRY BERRY FIT 	377.5
#14 STRAWBERRY BANANA WHIRL 	365.4
#15 GO BANANAS  	543.4
#16 WILD STRAWBERRY PEACH 	258.2

# NUTRITIONAL BENEFITS GUIDE

 High in Calcium	 High in Fiber
 Low Cholesterol	 Low Fat
 High in Protein	 High in Iron
 Under 500 Calories	
 High in Vitamin A & C	