

## Smoothies

	Original	Tropical	Mango	Popeye	Dragon Fly	Peanut Butter	PB Raspberry
Calories	206	208	224	218	250	381	373
Carbs	53	55	57	57	63	53	57
Sugar	39	40	44	40	48	31	32
Protein	3	3	3	4	3	12	12
Fiber	7	7	7	7	5	11	14
Fat	2	2	2	2	1	16	18

  

	Berry On	Coco Beach	Samblaster	Berry Blast	Lean Green	Go Green	Choc Almondberry
Calories	359	211	226	224	222	412	386
Carbs	47	43	54	52	40	61	60
Sugar	25	30	42	37	22	29	36
Protein	12	2	4	4	20	20	14
Fiber	14	6	3	10	11	19	23
Fat	19	4	1	1	4	20	20

## Large Bowls

	Original	Tropical	Mango	Popeye	Dragon Fly	Peanut Butter	PB Raspberry	Berry On	Coco Beach
Calories	343	387	369	366	384	563	565	517	394
Carbs	83	88	88	90	93	93	96	88	85
Sugar	59	62	67	63	68	64	63	50	58
Protein	5	6	5	6	5	17	17	17	8
Fiber	10	12	9	10	7	17	17	22	13
Fat	3	12	4	3	3	16	18	20	19

## Reg. Size Bowls

	Original	Tropical	Mango	Popeye	Dragon Fly	Peanut Butter	PB Raspberry	Berry On	Coco Beach
Calories	243	387	261	259	384	398	400	366	280
Carbs	59	62	62	64	93	66	68	62	60
Sugar	42	44	67	44	48	45	44	35	41
Protein	4	4	5	4	5	12	12	12	6
Fiber	7	8	9	10	7	12	12	15	9
Fat	2	8	4	3	3	16	18	20	19