

Smoothies

| | Original | Tropical | Mango | Popeye | Dragon Fly | Peanut Butter | PB Raspberry | Choc AlmondBerry | Berry On | Coco Beach | Sambalster | Berry Blast | Lean Green | Go Green |
|----------|----------|----------|--------|--------|------------|---------------|--------------|------------------|----------|------------|------------|-------------|------------|----------|
| Calories | 206 | 208 | 224 | 218 | 250 | 361 | 373 | 386 | 341 | 203 | 226 | 224 | 274 | 412 |
| Carbs | 53 | 55 | 57 | 57 | 63 | 57 | 59 | 53 | 59 | 54.4(g) | 54 | 52 | 56 | 61 |
| Sugar | 39 | 40 | 44 | 40 | 48 | 40 | 38 | 33 | 29 | 34.2(g) | 42 | 37 | 30 | 33 |
| Protein | 3 | 2.7(g) | 2.7(g) | 3.8(g) | 3.3(g) | 14 | 14 | 7.2(g) | 16.3(g) | 6.9(g) | 3.8(g) | 3.7(g) | 20.8(g) | 28.4(g) |
| Fiber | 7 | 7 | 7 | 7 | 5 | 17 | 20 | 23 | 17 | 10 | 3 | 10 | 10 | 19 |
| Fat | 1.7 | 1.7(g) | 1.9(g) | 1.9(g) | 1 | 47 | 47 | 25 | 74 | 50 | 1 | 1 | 4(g) | 38 |

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 | 39 | 40 | 64 | 40 |

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 | 27 | 28 | 45 | 28 |