

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

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