



NUTRITIONAL INFORMATION

100% ORGANIC | MADE IN-HOUSE | LOCALLY SOURCED

GREENS

G01

Nutrition Facts	
Serving Size: 8 oz (237mL) Servings Per Container: 2	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 1g	
Vitamin A 60%	Vitamin C 35%
Calcium 6%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CUCUMBER*, SPINACH*, APPLE*, LEMON*, GINGER*. * = ORGANIC

G02

Nutrition Facts	
Serving Size: 8oz (237mL) Servings Per Container: 2	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 1g	
Vitamin A 40%	Vitamin C 100%
Calcium 8%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CUCUMBER*, CELERY*, KIWI*, SPINACH*, KALE*. * = ORGANIC

G03

Nutrition Facts	
Serving Size: 8 oz (237mL) Servings Per Container: 2	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 1g	
Vitamin A 45%	Vitamin C 110%
Calcium 8%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CUCUMBER*, GREEN CABBAGE*, LIME*, PARSLEY*, KALE*. * = ORGANIC

Celery

Nutrition Facts	
Serving Size: 8oz (237mL) Servings Per Container: 2	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 1g	
Vitamin A 15%	Vitamin C 10%
Calcium 8%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CELERY*. * = ORGANIC

CITRUS + ROOTS

C01

Nutrition Facts	
Serving Size: 8oz (237mL) Servings Per Container: 2	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 1g	
Vitamin A 2%	Vitamin C 40%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: APPLE*, LEMON*, GINGER*. * = ORGANIC

R01

Nutrition Facts	
Serving Size: 8oz (237mL) Servings Per Container: 2	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 1g	
Vitamin A 2%	Vitamin C 35%
Calcium 2%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: APPLE*, BEET*, LEMON*. * = ORGANIC

R02

Nutrition Facts	
Serving Size: 8oz (237mL) Servings Per Container: 2	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	
Vitamin A 250%	Vitamin C 80%
Calcium 8%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CARROT*, ORANGE*, CELERY*, TURMERIC*, LEMON*, DANDELION GREEN*, BLACK PEPPER*. * = ORGANIC



NUTRITIONAL INFORMATION

PROTEIN + SPECIALTY

P01

Nutrition Facts

Serving Size: 8 oz (237mL)
Servings Per Container: 2

Amount Per Serving	
Calories 230	Calories from Fat 120
% Daily Value*	

Total Fat 14g	22%
Saturated Fat 9g	45%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 17g	

Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 8%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: HOUSE ALMOND MILK*, COCONUT MILK*, DATES*, GF OATS*, CINNAMON*, PINK HIMALAYAN SEA SALT*. * = ORGANIC

CONTAINS: ALMOND

P02

Nutrition Facts

Serving Size: 8 oz (237mL)
Servings Per Container: 2

Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 9g	

Protein 1g	
Vitamin A 0%	Vitamin C 80%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: HOUSE ALMOND MILK*, STRAWBERRY*, COCONUT NECTAR*, VANILLA EXTRACT*, FREEZE DRIED STRAWBERRIES*. * = ORGANIC

CONTAINS: ALMOND

Coconut Water

Nutrition Facts

Serving Size: 8oz (227g)
Servings Per Container: 2

Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 9g	

Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: COCONUT WATER*. * = ORGANIC

CONTAINS: COCONUT

Seasonal - Holiday

Nutrition Facts

Serving Size: 8oz (237mL)
Servings Per Container: 2

Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 15g	

Protein 1g	
Vitamin A 4%	Vitamin C 70%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ORANGE*, CUCUMBER*, PEAR*, ORGANIC WHOLE CRANBERRIES, ROSEMARY*

32oz.

Oat Milk

Nutrition Facts

Serving Size: 32oz (946mL)
Servings Per Container: 1

Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	

Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: FILTERED WATER, GLUTEN FREE OATS*. * = ORGANIC

Almond Milk

Nutrition Facts

Serving Size: 32oz (946mL)
Servings Per Container: 1

Amount Per Serving	
Calories 130	Calories from Fat 100
% Daily Value*	

Total Fat 11g	17%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars <1g	

Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: FILTERED WATER, RAW ALMONDS*. * = ORGANIC

CONTAINS: ALMOND

Orange Juice

Nutrition Facts

Serving Size: 32oz (946mL)
Servings Per Container: 1

Amount Per Serving	
Calories 400	Calories from Fat 5
% Daily Value*	

Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 97g	32%
Dietary Fiber 2g	8%
Sugars 90g	

Protein 4g	
Vitamin A 35%	Vitamin C 640%
Calcium 30%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ORANGE*. * = ORGANIC



NUTRITIONAL INFORMATION

IMMUNITY SHOTS

Ginger Shot

Nutrition Facts	
Serving Size: 2oz (59mL)	
Servings Per Container: 1	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: LEMON*, GINGER*, CAYENNE PEPPER*. * = ORGANIC

Turmeric Shot

Nutrition Facts	
Serving Size: 2oz (59mL)	
Servings Per Container: 1	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber <1g	3%
Sugars 5g	
Protein 1g	
Vitamin A 2%	Vitamin C 40%
Calcium 4%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: ORANGE*, TURMERIC*, OREGANO OIL*, BLACK PEPPER*. * = ORGANIC

Blue Majik Shot

Nutrition Facts	
Serving Size: 2oz (59mL)	
Servings Per Container: 1	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COCONUT WATER*, BLUE MAJIK*. * = ORGANIC

CONTAINS: COCONUT



NUTRITIONAL INFORMATION

SMOOTH 01

Smooth 01: 12oz

Nutrition Facts	
Serving Size: 12oz (340g) Servings Per Container: 1	
Amount Per Serving	
Calories 380	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 54g	18%
Dietary Fiber 10g	40%
Sugars 27g	
Protein 8g	
Vitamin A 70%	Vitamin C 70%
Calcium 6%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: HOUSE OAT MILK*, BANANA*, AVOCADO*, SPINACH*, COCONUT NECTAR*, PEANUT BUTTER*, MACA POWDER*. * = ORGANIC

CONTAINS: PEANUTS, COCONUT

Smooth 01: 16oz

Nutrition Facts	
Serving Size: 16oz (454g) Servings Per Container: 1	
Amount Per Serving	
Calories 420	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 62g	21%
Dietary Fiber 12g	48%
Sugars 31g	
Protein 9g	
Vitamin A 70%	Vitamin C 70%
Calcium 6%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: HOUSE OAT MILK*, BANANA*, AVOCADO*, SPINACH*, COCONUT NECTAR*, PEANUT BUTTER*, MACA POWDER*. * = ORGANIC

CONTAINS: PEANUTS, COCONUT

SMOOTH 02

Smooth 02: 12oz

Nutrition Facts	
Serving Size: 12oz (340g) Servings Per Container: 1	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	20%
Sugars 15g	
Protein 4g	
Vitamin A 8%	Vitamin C 120%
Calcium 10%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COCONUT MILK*, PINEAPPLE*, BANANA*, ORANGE JUICE*, STRAWBERRY*, LEMON*, COCONUT FLAKES*. * = ORGANIC

CONTAINS: COCONUT

Smooth 02: 16oz

Nutrition Facts	
Serving Size: 16oz (454g) Servings Per Container: 1	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 51g	17%
Dietary Fiber 7g	28%
Sugars 20g	
Protein 5g	
Vitamin A 10%	Vitamin C 150%
Calcium 15%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COCONUT MILK*, PINEAPPLE*, BANANA*, ORANGE JUICE*, STRAWBERRY*, LEMON*, COCONUT FLAKES*. * = ORGANIC

CONTAINS: COCONUT

SMOOTH 03

Smooth 03: 12oz

Nutrition Facts	
Serving Size: 12oz (340g) Servings Per Container: 1	
Amount Per Serving	
Calories 240	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 50g	17%
Dietary Fiber 6g	24%
Sugars 36g	
Protein 3g	
Vitamin A 80%	Vitamin C 150%
Calcium 10%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: MANGO*, BANANA*, ORANGE JUICE*, COCONUT MILK*, SPINACH*, PARSLEY*, MINT*. * = ORGANIC

CONTAINS: COCONUT

Smooth 03: 16oz

Nutrition Facts	
Serving Size: 16oz (454g) Servings Per Container: 1	
Amount Per Serving	
Calories 320	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 68g	23%
Dietary Fiber 8g	32%
Sugars 48g	
Protein 4g	
Vitamin A 90%	Vitamin C 190%
Calcium 10%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: MANGO*, BANANA*, ORANGE JUICE*, COCONUT MILK*, SPINACH*, PARSLEY*, MINT*. * = ORGANIC

CONTAINS: COCONUT

SMOOTH 04

Smooth 04: 12oz

Nutrition Facts	
Serving Size: 12oz (340g) Servings Per Container: 1	
Amount Per Serving	
Calories 360	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 55g	18%
Dietary Fiber 8g	32%
Sugars 28g	
Protein 9g	
Vitamin A 0%	Vitamin C 120%
Calcium 4%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: HOUSE OAT MILK*, BANANA*, STRAWBERRY*, GF GRANOLA*, COCONUT NECTAR*, PEANUT BUTTER*, FLAXSEED*. * = ORGANIC

CONTAINS: PEANUTS, PECAN, COCONUT

Smooth 04: 16oz

Nutrition Facts	
Serving Size: 16oz (454g) Servings Per Container: 1	
Amount Per Serving	
Calories 460	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 71g	24%
Dietary Fiber 10g	40%
Sugars 38g	
Protein 11g	
Vitamin A 2%	Vitamin C 170%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: HOUSE OAT MILK*, BANANA*, STRAWBERRY*, COCONUT NECTAR*, PEANUT BUTTER*, GF GRANOLA*, FLAXSEED*. * = ORGANIC

CONTAINS: PEANUTS, PECAN, COCONUT



NUTRITIONAL INFORMATION

COLD BUSTER SMOOTHIE

Cold Buster Smoothie:
12oz

Nutrition Facts	
Serving Size: 12oz (340g) Servings Per Container: 1	
Amount Per Serving	
Calories 210	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 48g	16%
Dietary Fiber 9g	36%
Sugars 26g	
Protein 4g	
Vitamin A 20%	Vitamin C 150%
Calcium 15%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: MANGO*, PINEAPPLE*, ORANGE JUICE*, COCONUT MILK*, GINGER*, CINNAMON*. * = ORGANIC

CONTAINS: COCONUT

Cold Buster Smoothie:
16oz

Nutrition Facts	
Serving Size: 16oz (454g) Servings Per Container: 1	
Amount Per Serving	
Calories 300	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 66g	22%
Dietary Fiber 12g	48%
Sugars 36g	
Protein 6g	
Vitamin A 25%	Vitamin C 210%
Calcium 15%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: MANGO*, PINEAPPLE*, ORANGE JUICE*, COCONUT MILK*, GINGER*, CINNAMON*. * = ORGANIC

CONTAINS: COCONUT

PEPPERMINT CHIP SMOOTHIE

Peppermint Chip Smoothie: 12oz

Nutrition Facts	
Serving Size: 12oz (340g) Servings Per Container: 1	
Amount Per Serving	
Calories 310	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 5g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: HOUSE OAT MILK*, COCONUT*, COCONUT CREAM*, COCONUT NECTAR*, RAW CASHEW*, CACAO NIBS*, VANILLA EXTRACT*, MINT*. * = ORGANIC

CONTAINS: COCONUT

Peppermint Chip Smoothie: 16oz

Nutrition Facts	
Serving Size: 16oz (454g) Servings Per Container: 1	
Amount Per Serving	
Calories 440	Calories from Fat 260
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	24%
Sugars 22g	
Protein 9g	
Vitamin A 2%	Vitamin C 20%
Calcium 4%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COCONUT*, HOUSE OAT MILK*, RAW CASHEW*, COCONUT CREAM*, COCONUT NECTAR*, CACAO NIBS*, VANILLA EXTRACT*, MINT*. * = ORGANIC

CONTAINS: COCONUT

BOWLS

Chia Power Bowl

Nutrition Facts	
Serving Size: 12oz (340g) Servings Per Container: 1	
Amount Per Serving	
Calories 570	Calories from Fat 320
% Daily Value*	
Total Fat 36g	55%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 55g	18%
Dietary Fiber 25g	100%
Sugars 20g	
Protein 21g	
Vitamin A 0%	Vitamin C 140%
Calcium 35%	Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: HOUSE OAT MILK*, STRAWBERRY*, CHIA SEEDS*, GF GRANOLA*, COCONUT NECTAR*, ALMOND BUTTER*, RAW ALMONDS*. * = ORGANIC

CONTAINS: ALMOND, PECAN, COCONUT

Green Power Bowl

Nutrition Facts	
Serving Size: 16 (473mL) Servings Per Container: 1	
Amount Per Serving	
Calories 580	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 83g	28%
Dietary Fiber 13g	52%
Sugars 37g	
Protein 13g	
Vitamin A 70%	Vitamin C 90%
Calcium 8%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: BANANA*, HOUSE OAT MILK*, AVOCADO*, SPINACH*, GF GRANOLA*, STRAWBERRY*, PEANUT BUTTER*, COCONUT NECTAR*, COCONUT FLAKES*. * = ORGANIC

CONTAINS: PEANUTS, PECAN, COCONUT

Blue Majik Bowl

Nutrition Facts	
Serving Size: 16 (473mL) Servings Per Container: 1	
Amount Per Serving	
Calories 580	Calories from Fat 200
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 85g	28%
Dietary Fiber 11g	44%
Sugars 42g	
Protein 13g	
Vitamin A 2%	Vitamin C 130%
Calcium 70%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: BANANA*, HOUSE OAT MILK*, COCONUT*, STRAWBERRY*, GF GRANOLA*, PEANUT BUTTER*, COCONUT NECTAR*, COCONUT FLAKES*, BLUE MAJIK*. * = ORGANIC

CONTAINS: PEANUTS, PECAN, COCONUT



NUTRITIONAL INFORMATION

RAW FOOD

Traditional Power Bite

Nutrition Facts	
Serving Size: 1 (34g) Servings Per Container: 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: GLUTEN FREE OATS*, SUNFLOWER BUTTER, DATE PASTE*, COCONUT OIL*, COCONUT FLAKES*, FLAX SEED*. * = ORGANIC

CONTAINS: COCONUT

Cookie Dough Power Bite

Nutrition Facts	
Serving Size: 1 (34g) Servings Per Container: 1	
Amount Per Serving	
Calories 130	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: GF OAT FLOUR*, RAW CASHEW*, VEGAN CHOCOLATE CHIP*, COCONUT NECTAR*, COCONUT OIL*, VANILLA EXTRACT*. * = ORGANIC

CONTAINS: CASHEW, COCONUT

Vegan Kale Superfood Salad

Nutrition Facts	
Serving Size: 1 (170g) Servings Per Container: 1	
Amount Per Serving	
Calories 330	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 14g	
Vitamin A 110%	Vitamin C 110%
Calcium 15%	Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: GARBANZO BEANS*, KALE*, RAW CASHEW*, PUMPKIN SEEDS*, PINK HIMALAYAN SEA SALT*, OREGANO*, GARLIC POWDER*, RED PEPPER FLAKES*. * = ORGANIC

CONTAINS: CASHEW

Grain Bowl

Nutrition Facts	
Serving Size: 1 (680g) Servings Per Container: 1	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 7g	
Vitamin A 10%	Vitamin C 15%
Calcium 15%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: QUINOA*, TOMATO*, CUCUMBER*, RED ONION*, FETA*, KALAMATA OLIVES*. * = ORGANIC

CONTAINS: ALMOND

Chia Pudding - Strawberries

Nutrition Facts	
Serving Size: 1 (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 160	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 9g	36%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 35%
Calcium 15%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: HOUSE OAT MILK*, STRAWBERRY*, CHIA SEEDS*, ALMOND BUTTER*, HEMP SEEDS*. * = ORGANIC

CONTAINS: ALMOND