



NUTRITIONAL INFORMATION BY INGREDIENTS

INGREDIENTS	SERVING SIZE	CALORIES (KCAL)	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	SUGAR (G)
Almonds	1 oz, 28.35 g	163	6.0	6.1	14.0	3.5	1.1
Almond Milk	1 cup, 250 mL	35	1.0	2.0	2.5	0.0	0.0
Apples, Granny smith	1 medium, 167g	97	0.7	22.7	0.3	4.7	16.0
Apples, Gala	1 medium, 172g	98	0.4	23.5	0.2	4.0	17.8
Avocado	1 avocado, 201 g	322	4.0	17.2	29.5	13.5	1.3
Bananas	1 medium (7" to 7	105	1.3	27.0	0.4	3.1	14.4
Beet	1 cup, 136g	58	2.2	13.0	0.2	3.8	9.2
Blueberries	1 cup frozen, 140g	80	0.0	19.4	0.2	6.2	9.9
Cacao Nibs	1 oz, approx. 28 g	150	1.0	8.0	14.0	5.0	0.0
Carrots	1 cup, 128g	52	1.2	12.3	0.3	3.6	6.1
Cashews	1 oz, 28.35g	157	5.2	8.6	12.4	0.9	1.7
Cayenne Pepper	1 tsp, 1.8g	6	0.2	1.0	0.3	0.5	0.2
Celery	1 cup chopped, 101 g	16	0.7	3.0	0.2	1.6	1.4
Chia Seed	1 tbsp, approx. 12 g	60	3.0	5.0	3.0	5.0	0.0
Cinnamon	1 tsp, 2.6 g	6	0.1	2.1	0.0	1.4	0.1
Coconut	3 tbsp, (15 g)	110	1.0	4.0	10.0	2.0	0.0
Coconut Milk	1 cup, 240 ml	45	0.0	2.0	4.5	1.0	0.0
Coconut oil	1 tbsp, (15 ml)	130	2.0	0.0	14.0	0.0	0.0
Coconut Water	8 fl oz= 1 cup, (240 ml)	43	0.0	10.0	0.0	0.0	9.0
Cucumber	1/2 cup, 52 g	8	0.3	1.9	0.1	0.3	0.9
Dates	6 dates, 40.0 g	120	1.0	32.0	0.0	3.0	29.0
Flaxseed	1 tbsp, 7.5 g	45	1.5	2.0	3.0	2.0	0.0
Ginger	1 slice (1" dia), 2.2 g	2	0.0	0.4	0.0	0.0	0.0
Grapes	1 cup, 151 g	104	1.1	27.3	0.2	1.4	23.4
Hemp Seed	1 tbsp, approx. 10 g	60	3.3	0.3	5.0	0.0	0.0
Jicama	1 cup, 120 g	46	0.9	10.6	0.1	5.9	2.2
Kale	1 cup 1" pieces, 16 g	8	0.7	1.4	0.2	0.6	0.4
Lemon Juice	1 tsp	1	0.0	0.4	0.0	0.0	0.2
Lime Juice	1 tbsp	1	0.0	0.4	0.0	0.0	0.2
Match Green Tea	1/2 tsp, 2 g	6	2.0	0.0	0.0	0.0	0.0
Mango	1 cup, 165 g	99	1.4	24.7	0.6	2.6	22.5
Mint Leaves	2 leaves, 0.1 g	0	0.0	0.0	0.0	0.0	0.0
Nutmeg	1 tsp, 2.2 g	12	0.1	1.1	0.8	0.5	0.1
Orange	1 fruit or 1 cup sections	69	1.3	17.6	0.2	3.1	11.9
Parsley	1/4 cup, 60 g	5.5	0.4	1.0	0.1	0.5	0.1
Peach	1 cup, slices 154 g	60	1.4	14.7	0.4	2.3	12.9
Peanuts	1 oz, 28.35 g	161	7.3	4.6	14.0	2.4	1.3
Pineapple	1 cup, 165 g	82	0.9	21.7	0.2	2.3	16.3
Pumpkin	1 cup, 245 g	83	2.7	19.8	0.7	7.1	8.1
Raisin	1 oz (2 tbsp)	85	0.9	22.5	0.1	1.0	16.8
Spinach	1 cup, 30 g	13	0.9	1.1	0.1	0.7	0.1
Stevia Leaves	1/2 tsp, 1 g	0	0.0	0.0	0.0	0.0	0.0
Strawberries	1 cup, 149 g	52	0.6	13.6	0.2	3.1	6.8
Vanilla	1 tsp, 4.2 g	12	0.0	0.5	0.0	0.0	0.5
Walnuts	1 oz, 28.35 g	185	4.0	4.0	18.0	2.0	0.8
Wheatgrass	3 g	15	1.0	2.0	0.0	0.0	0.0



NUTRITIONAL INFORMATION BY BLENDS

Category	Menu Item	Calories (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Dietary Fiber (g)	Sugar (g)
VEGGIES	The Crisper	195	3.2	46.1	0.8	8.3	33.2
	Pineapple Ginger Greeny	180	3.6	42.6	0.9	7.9	29.2
	Rise N' Shine	184	3.6	45.0	0.9	9.4	28.6
	Signature Beet	184	3.9	42.2	0.7	9.3	27.8
	Signature Green	193	3.8	45.2	0.9	8.4	27.1
FRUITFUL	Berry Delicious	232	2.4	46.5	5.0	10.4	28.8
	Orange is the New Green	329	5.0	79.3	2.8	13.3	54.8
	Sweet Beets	273	3.8	61.9	4.2	10.9	36.8
OUT OF THE BOX	Carrot Cake	293	5.3	65.8	3.5	9.1	37.4
	Cacao-Wie Wowie	468	9.7	61.4	22.5	11.4	35.4
	Thin Elvis	365	9.7	50.3	16.4	7.3	31.8
	Green With Envy	292	5.1	52.4	8.2	9.4	37.0
	#Kaleshake	378	8.0	55.9	16.1	7.1	31.7
ALL-IN BLENDS	Matcha Libre	370	10.1	56.5	14.9	9.4	34.6
	Green-ya Colada	565	12.6	66.7	30.7	14.8	39.4
	Peachy Lean	373	6.7	64.4	12.2	12.7	45.6
LITTLE BLENDEES	Blenderella	129	1.4	25.9	2.6	6.2	15.6
	James & the Giant Orange	198	2.7	46.7	2.3	7.0	32.3
	Beauty & the Beets	150	2.2	33.1	2.6	6.0	20.0
	PB&J	187	4.9	30.7	6.2	3.7	19.5

