

# Smoothies

## Nutritional Information



Smoothie:	Size: (OZ)	Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Potassium (MG)	Total Carbohydrate (G)	Dietary Fiber (G)	Sugars (G)	Protein (G)
<b>Aloha Sunrise</b>	16	270	5	1	0	0	20	30	380	65	1	56	2
	24	450	15	1.5	0	0	35	55	560	105	2	88	4
	32	590	15	1.5	0	0	35	60	820	139	3	118	5
<b>Berry Bopper</b>	16	170	5	0	0	0	0	50	0	39	2	31	4
	24	290	5	0.5	0	0	0	100	0	65	4	52	7
	32	370	5	0.5	0	0	0	100	0	83	6	65	7
<b>Caribbean Breeze</b>	16	230	0	0	0	0	0	50	200	55	2	45	4
	24	400	0	0	0	0	0	95	200	91	3	76	7
	32	530	5	0	0	0	0	100	410	126	5	104	8
<b>Island Nectar</b>	16	220	10	1	0	0	0	25	260	53	2	40	2
	24	370	15	2	0	0	5	50	330	87	3	66	3
	32	480	20	2	0	0	5	50	590	115	5	85	4
<b>Luv-n-Life</b>	16	260	15	1.5	0	0	0	25	0	61	2	27	3
	24	420	25	2.5	0	0	5	45	0	97	3	47	5
	32	540	30	3	0	0	5	45	0	127	5	59	7
<b>Malibu Island</b>	16	250	10	1	0	0	0	25	0	60	1	54	1
	24	430	15	1.5	0	0	5	50	0	100	2	89	2
	32	560	15	1.5	0	0	5	50	0	135	4	122	2
<b>Mango Tropics</b>	16	280	0	0	0	0	0	55	0	65	2	52	5
	24	440	0	0	0	0	0	105	0	102	3	82	9
	32	590	0	0	0	0	0	110	0	138	5	108	11
<b>Pacific Way</b>	16	250	10	1	0	0	0	25	220	58	1	40	2
	24	440	20	2	0	0	5	45	320	101	2	73	3
	32	560	20	2	0	0	5	45	430	131	4	95	4
<b>Piña Coolada</b>	16	500	90	10	9	0	0	85	400	101	2	91	5
	24	770	130	14	13	0	0	140	540	153	3	138	9
	32	1060	170	19	17	0	0	160	1010	215	6	190	11

Smoothie:	Size:	Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Potassium (MG)	Total	Dietary Fiber (G)	Sugars (G)	Protein (G)
	(OZ)									Carbohydrate (G)			
<b>Raspberry Split</b>	16	190	0	0	0	0	0	50	0	45	2	33	4
	24	310	0	0	0	0	0	95	0	70	3	53	7
	32	410	5	0	0	0	0	100	0	95	6	69	8
<b>Razz-Attack</b>	16	210	0	0	0	0	0	50	0	47	2	41	3
	24	370	0	0	0	0	0	95	0	83	3	72	7
	32	480	0	0	0	0	0	100	0	110	4	95	7
<b>Smooth Toucan</b>	16	290	5	1	0	0	0	50	0	66	3	32	6
	24	470	10	1	0	0	0	95	0	107	4	58	10
	32	640	15	1.5	0	0	0	95	0	146	6	79	12
<b>Strawberry Craze</b>	16	250	10	1	0	0	20	25	0	60	2	49	2
	24	430	15	2	0	0	35	50	0	101	3	84	2
	32	570	20	2	0	0	35	50	0	135	5	112	3
<b>Strawberry Cream</b>	16	230	0	0	0	0	0	50	0	55	2	45	4
	24	400	0	0	0	0	0	95	0	91	3	76	7
	32	530	5	0	0	0	0	100	0	126	5	104	8
<b>Strawberry Twist</b>	16	320	10	1	0	0	20	30	0	77	2	64	2
	24	530	15	2	0	0	35	55	0	126	3	108	4
	32	710	20	2	0	0	35	60	0	168	5	143	5
<b>Strawberry Zinger</b>	16	250	10	1	0	0	20	25	0	60	1	54	1
	24	430	15	1.5	0	0	35	50	0	100	2	89	2
	32	560	15	1.5	0	0	35	50	0	135	4	122	2
<b>Tangy Mango</b>	16	270	15	1.5	0	0	20	25	550	63	2	32	3
	24	450	25	2.5	0	0	35	45	830	102	3	53	5
	32	580	25	3	0	0	35	45	1160	135	5	70	7
<b>Tidal Wave</b>	16	220	5	1	0	0	20	25	0	53	1	47	1
	24	400	15	1.5	0	0	35	45	0	93	2	82	2
	32	510	15	1.5	0	0	35	50	0	121	3	107	2
<b>Tropical Toucan</b>	16	190	5	1	0	0	20	25	0	46	1	38	1
	24	320	15	1.5	0	0	35	45	0	77	2	64	2
	32	410	15	1.5	0	0	35	50	0	97	3	80	3

# Performance Smoothies

## Nutritional Information



Smoothie:	Size: (OZ)	Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Potassium (MG)	Total Carbohydrate (G)	Dietary Fiber (G)	Sugars (G)	Protein (G)
<b>Energy Mania</b>	24	520	15	2	0	0	35	250	0	118	2	100	7
<b>Fat Blaster</b>	24	430	0	0	0	0	0	95	0	95	3	76	11
<b>Lean Body</b>	24	490	15	2	1.5	0	30	250	840	60	2	41	57
<b>Screaming Bull</b>	24	480	15	2	0	0	35	250	0	114	2	100	3
<b>Myoplex</b>	24	490	30	3	1	0	50	330	690	70	5	42	47
<b>The Hauss</b>	24	1400	540	60	9	0	10	630	0	170	8	129	35

# Shakes

## Nutritional Information



Shake	Size: (OZ)	Milk	Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Total			
										Carbohydrate (G)	Dietary Fiber (G)	Sugars (G)	Protein (G)
<b>Banana Man</b>	16	2%	290	45	5	3	0	20	140	51	3	36	12
	24	2%	470	70	7	4.5	0	25	230	84	4	59	19
	32	2%	640	90	10	6	0	35	320	116	6	83	27
<b>Choco-O-Nuts</b>	16	2%	940	400	45	7	0	10	470	108	5	81	16
	24	2%	1340	540	60	9	0	15	650	165	7	127	24
	32	2%	1920	810	90	14	0	20	970	226	10	171	36
<b>Chocolate Twist</b>	16	2%	450	25	3	2	0	10	160	93	3	77	12
	24	2%	650	45	4.5	3	0	20	240	134	4	111	18
	32	2%	990	60	6	4	0	25	320	211	7	174	25
<b>Coco-Loco</b>	16	2%	650	110	12	10	0	10	220	121	2	106	14
	24	2%	1020	160	18	15	0	15	350	189	2	165	23
	32	2%	1380	210	23	20	0	20	480	256	3	223	31
<b>Orange Dream</b>	16	2%	380	35	3.5	1.5	0	35	140	76	0	57	10
	24	2%	680	50	6	2	0	65	210	143	0	111	15
	32	2%	850	70	8	3	0	90	300	172	0	129	22
<b>Oreo Madness</b>	16	2%	440	70	7	3	0	10	310	78	1	62	15
	24	2%	670	110	12	4.5	0	20	460	118	1	95	22
	32	2%	950	130	15	6	0	25	670	171	1	134	33
<b>Peanut Butter Sensation</b>	16	2%	800	400	45	7	0	10	460	75	4	52	16
	24	2%	1170	550	61	10	0	20	650	118	6	86	25
	32	2%	1750	820	91	14	0	25	980	179	8	130	37
<b>Strawberry Delight</b>	16	2%	350	40	4.5	3	0	20	140	65	2	55	11
	24	2%	580	60	7	4.5	0	25	230	112	3	98	18
	32	2%	730	70	8	5	0	30	250	143	5	121	21
<b>Truly Latte</b>	16	2%	500	120	13	3	5	5	670	96	0	78	5
	24	2%	640	160	18	4.5	7	5	880	124	0	101	6
	32	2%	1060	240	27	6	10	10	1390	207	0	168	13