

Nutritional Facts

Super Food Smoothies & Bowls

| | Smoothie: | Small | Medium | Large | Small Bowl | Large Bowl |
|--------------------------|-----------------|-------|--------|-------|------------|------------|
| Acai | Calories | 164 | 218 | 356 | 122 | 207 |
| | Fats | 4 | 4 | 8 | 4 | 8 |
| | Carbs | 33 | 46 | 73 | 22 | 35 |
| | Protein | 2 | 3 | 5 | 2 | 3 |
| Dragon Fruit | Calories | 187 | 262 | 334 | 158 | 272 |
| | Fats | 0 | 1 | 1 | 1 | 1 |
| | Carbs | 44 | 62 | 79 | 37 | 63 |
| | Protein | 3 | 3 | 5 | 2 | 4 |
| Acai Me Gusta | Calories | 275 | 338 | 477 | 268 | 469 |
| | Fats | 4 | 4 | 8 | 4 | 8 |
| | Carbs | 61 | 77 | 104 | 61 | 104 |
| | Protein | 3 | 3 | 5 | 3 | 4 |
| Blue Majik | Calories | 207 | 294 | 346 | 181 | 273 |
| | Fats | 1 | 1 | 1 | 1 | 1 |
| | Carbs | 46 | 68 | 80 | 42 | 62 |
| | Protein | 2 | 3 | 4 | 2 | 3 |
| Pink Marble | Calories | 206 | 292 | 344 | 203 | 326 |
| | Fats | 1 | 1 | 1 | 1 | 1 |
| | Carbs | 49 | 70 | 82 | 49 | 78 |
| | Protein | 3 | 4 | 4 | 3 | 4 |
| Cacaont Stop Me | Calories | 555 | 644 | 814 | 553 | 822 |
| | Fats | 34 | 37 | 48 | 28 | 39 |
| | Carbs | 53 | 69 | 84 | 67 | 110 |
| | Protein | 18 | 20 | 25 | 16 | 22 |
| Whats Up | Calories | 253 | 320 | 436 | 231 | 408 |
| | Fats | 0 | 1 | 1 | 0 | 1 |
| | Carbs | 61 | 76 | 106 | 55 | 98 |
| | Protein | 3 | 4 | 5 | 3 | 5 |
| Hormone Monstress | Calories | 193 | 277 | 344 | 174 | 301 |
| | Fats | 1 | 1 | 1 | 1 | 1 |
| | Carbs | 45 | 64 | 80 | 39 | 68 |
| | Protein | 2 | 4 | 4 | 3 | 4 |

JUICIN' ALIVE NUTRITIONAL INFO

| | Smoothie: | Small | Medium | Large | Small Bowl | Large Bowl |
|-------------------|-----------------|-------|--------|-------|------------|------------|
| Un Coco | Calories | 166 | 238 | 298 | 199 | 307 |
| | Fats | 2 | 3 | 3 | 1 | 2 |
| | Carbs | 34 | 49 | 60 | 43 | 66 |
| | Protein | 2 | 3 | 4 | 3 | 4 |
| Wa-Kale-A | Calories | 207 | 261 | 313 | 156 | 263 |
| | Fats | 1 | 1 | 1 | 1 | 1 |
| | Carbs | 49 | 61 | 74 | 36 | 61 |
| | Protein | 3 | 3 | 4 | 2 | 3 |
| Mylkshake | Calories | 202 | 272 | 334 | 188 | 375 |
| | Fats | 8 | 10 | 13 | 2 | 4 |
| | Carbs | 33 | 45 | 54 | 44 | 88 |
| | Protein | 5 | 6 | 8 | 3 | 6 |
| Sweet Nutz | Calories | 368 | 460 | 600 | 362 | 599 |
| | Fats | 20 | 23 | 30 | 14 | 21 |
| | Carbs | 43 | 60 | 78 | 57 | 102 |
| | Protein | 10 | 11 | 15 | 8 | 12 |
| Beberrita | Calories | 171 | 230 | 283 | 140 | 192 |
| | Fats | 1 | 1 | 1 | 1 | 1 |
| | Carbs | 40 | 54 | 67 | 33 | 45 |
| | Protein | 3 | 4 | 5 | 3 | 4 |

Protein Smoothies & Bowls

| | Smoothie: | Small | Medium | Large | Small Bowl | Large Bowl |
|---------------------|-----------------|-------|--------|-------|------------|------------|
| Pa Los Gainz | Calories | 527 | 628 | 922 | 546 | 956 |
| | Fats | 23 | 25 | 44 | 21 | 39 |
| | Carbs | 49 | 64 | 83 | 60 | 104 |
| | Protein | 35 | 42 | 56 | 35 | 56 |
| Peanut Brain | Calories | 491 | 623 | 770 | 554 | 826 |
| | Fats | 17 | 19 | 24 | 14 | 20 |
| | Carbs | 52 | 75 | 92 | 75 | 116 |
| | Protein | 39 | 47 | 57 | 40 | 58 |
| Rocket Fuel | Calories | 386 | 521 | 622 | 455 | 678 |
| | Fats | 12 | 14 | 15 | 10 | 11 |
| | Carbs | 40 | 58 | 68 | 57 | 92 |
| | Protein | 26 | 32 | 39 | 26 | 40 |
| Mamatchita | Calories | 379 | 507 | 634 | 377 | 590 |
| | Fats | 13 | 16 | 19 | 7 | 9 |
| | Carbs | 42 | 61 | 80 | 56 | 92 |
| | Protein | 29 | 37 | 45 | 28 | 42 |
| | | | | | | |

| | Smoothie: | Small | Medium | Large | Small Bowl | Large Bowl |
|---------------------------|-----------------|-------|--------|-------|------------|------------|
| Pilar Super Powers | Calories | 360 | 505 | 617 | 369 | 565 |
| | Fats | 4 | 6 | 7 | 2 | 2 |
| | Carbs | 60 | 84 | 100 | 69 | 109 |
| | Protein | 20 | 29 | 38 | 19 | 29 |
| Shroom Diesel | Calories | 210 | 275 | 313 | 179 | 348 |
| | Fats | 6 | 8 | 10 | 3 | 4 |
| | Carbs | 37 | 50 | 55 | 39 | 80 |
| | Protein | 5 | 6 | 7 | 5 | 7 |
| Tight N Toned | Calories | 245 | 322 | 387 | 200 | 347 |
| | Fats | 7 | 9 | 12 | 4 | 6 |
| | Carbs | 25 | 34 | 41 | 23 | 45 |
| | Protein | 21 | 26 | 31 | 20 | 31 |
| Weekend Warrior | Calories | 239 | 320 | 391 | 204 | 325 |
| | Fats | 5 | 7 | 9 | 2 | 3 |
| | Carbs | 18 | 27 | 33 | 19 | 32 |
| | Protein | 30 | 38 | 46 | 30 | 45 |
| Doms inatrix | Calories | 259 | 347 | 429 | 240 | 367 |
| | Fats | 8 | 11 | 13 | 2 | 4 |
| | Carbs | 15 | 24 | 31 | 25 | 38 |
| | Protein | 32 | 40 | 49 | 30 | 46 |
| Peachy Buns | Calories | 223 | 279 | 321 | 246 | 336 |
| | Fats | 3 | 5 | 6 | 1 | 1 |
| | Carbs | 13 | 16 | 16 | 22 | 28 |
| | Protein | 34 | 42 | 49 | 35 | 50 |
| Sugar Baby | Calories | 255 | 364 | 435 | 254 | 351 |
| | Fats | 6 | 7 | 8 | 2 | 2 |
| | Carbs | 20 | 36 | 43 | 28 | 36 |
| | Protein | 31 | 39 | 47 | 30 | 45 |

Bowl / Pancake Toppings

| | | Small Bowl | Large Bowl |
|----------------------|-----------------|------------|------------|
| Granola | Calories | 87 | 173 |
| | Fats | 3 | 7 |
| | Carbs | 12 | 25 |
| | Protein | 2 | 4 |
| Almond Butter | Calories | 131 | 281 |
| | Fats | 11 | 24 |
| | Carbs | 4 | 8 |
| | Protein | 5 | 10 |

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| | S Bowl | L Bowl | |
|-----------------------|----------|--------|-----|
| Peanut Butter | Calories | 118 | 253 |
| | Fats | 11 | 23 |
| | Carbs | 3 | 7 |
| | Protein | 5 | 11 |
| Nutella | Calories | 115 | 243 |
| | Fats | 6 | 13 |
| | Carbs | 13 | 27 |
| | Protein | 1 | 2 |
| Nut Mix | Calories | 179 | 371 |
| | Fats | 16 | 33 |
| | Carbs | 7 | 15 |
| | Protein | 5 | 11 |
| Protein Cereal | Calories | 33 | 65 |
| | Fats | 1 | 1 |
| | Carbs | 5 | 10 |
| | Protein | 2 | 4 |
| Banana | Calories | 40 | 61 |
| | Fats | 0 | 0 |
| | Carbs | 10 | 16 |
| | Protein | 0 | 1 |
| Strawberry | Calories | 8 | 12 |
| | Fats | 0 | 0 |
| | Carbs | 2 | 3 |
| | Protein | 0 | 0 |
| Blueberry | Calories | 12 | 16 |
| | Fats | 0 | 0 |
| | Carbs | 3 | 4 |
| | Protein | 0 | 0 |
| Mango | Calories | 26 | 51 |
| | Fats | 0 | 0 |
| | Carbs | 6 | 13 |
| | Protein | 0 | 1 |
| Pineapple | Calories | 21 | 42 |
| | Fats | 0 | 0 |
| | Carbs | 6 | 11 |
| | Protein | 0 | 1 |
| Kiwi | Calories | 19 | 24 |
| | Fats | 0 | 0 |
| | Carbs | 5 | 6 |
| | Protein | 0 | 0 |

JUICIN' ALIVE NUTRITIONAL INFO

| | S Bowl | L Bowl | | | |
|------------------------|----------|--------|-----|-----|-----|
| Hemp Hearts | Calories | 14 | 20 | | |
| | Fats | 1 | 2 | | |
| | Carbs | 0 | 0 | | |
| | Protein | 1 | 1 | | |
| Coconut Flakes | Calories | 84 | 165 | | |
| | Fats | 8 | 15 | | |
| | Carbs | 3 | 6 | | |
| | Protein | 1 | 2 | | |
| Cacao Nibs | Calories | 10 | 19 | | |
| | Fats | 1 | 1 | | |
| | Carbs | 1 | 1 | | |
| | Protein | 0 | 0 | | |
| Chocolate Chips | Calories | 55 | 90 | | |
| | Fats | 4 | 6 | | |
| | Carbs | 5 | 8 | | |
| | Protein | 1 | 1 | | |
| Goji Berries | Calories | 18 | 38 | | |
| | Fats | 0 | 0 | | |
| | Carbs | 4 | 8 | | |
| | Protein | 1 | 2 | | |
| Chia Seeds | Calories | 0 | 0 | | |
| | Fats | 0 | 0 | | |
| | Carbs | 0 | 0 | | |
| | Protein | 0 | 0 | | |
| Pecans | Calories | 70 | 140 | | |
| | Fats | 7 | 14 | | |
| | Carbs | 1 | 3 | | |
| | Protein | 1 | 2 | | |
| Almond Slices | Calories | 34 | 51 | | |
| | Fats | 3 | 4 | | |
| | Carbs | 1 | 2 | | |
| | Protein | 1 | 2 | | |
| Honey | Calories | 23 | 34 | 240 | 240 |
| | Fats | 0 | 0 | 0 | 0 |
| | Carbs | 6 | 10 | 68 | 68 |
| | Protein | 0 | 0 | 0 | 0 |
| Agave | Calories | 11 | 23 | 171 | 171 |
| | Fats | 0 | 0 | 0 | 0 |
| | Carbs | 3 | 6 | 46 | 46 |
| | Protein | 0 | 0 | 0 | 0 |

| Pancakes | |
|-----------------|-------|
| Small | Large |
| 240 | 240 |
| 0 | 0 |
| 68 | 68 |
| 0 | 0 |
| 171 | 171 |
| 0 | 0 |
| 46 | 46 |
| 0 | 0 |

| | | Small | Large | Pancakes | |
|-------------------------|-----------------|-------|-------|----------|-------|
| | | Bowl | Bowl | Small | Large |
| Cacao Agave | Calories | 11 | 23 | 171 | 171 |
| | Fats | 0 | 0 | 0 | 0 |
| | Carbs | 3 | 6 | 46 | 46 |
| | Protein | 0 | 0 | 0 | 0 |
| Lavender Agave | Calories | 11 | 23 | 171 | 171 |
| | Fats | 0 | 0 | 0 | 0 |
| | Carbs | 3 | 6 | 46 | 46 |
| | Protein | 0 | 0 | 0 | 0 |
| Coconut Oil | Calories | 61 | 130 | 520 | 520 |
| | Fats | 7 | 15 | 60 | 60 |
| | Carbs | 0 | 0 | 0 | 0 |
| | Protein | 0 | 0 | 0 | 0 |
| Maple Syrup | Calories | 28 | 55 | 178 | 178 |
| | Fats | 0 | 0 | 0 | 0 |
| | Carbs | 7 | 14 | 44 | 44 |
| | Protein | 0 | 0 | 0 | 0 |
| Sugar Free Maple | Calories | 0 | 0 | 12 | 12 |
| | Fats | 0 | 0 | 0 | 0 |
| | Carbs | 0 | 0 | 7 | 7 |
| | Protein | 0 | 0 | 0 | 0 |

Mini Protein Pancakes

| | Small | Large |
|-----------------|-------|-------|
| Calories | 247 | 494 |
| Fats | 6 | 11 |
| Carbs | 26 | 52 |
| Protein | 26 | 52 |

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