



NUTRITION FACTS

BOWLS

	CALORIES	TOTAL FAT	SAT. FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN
CHERRY CHEEZCAKE	656	25g	3g	0mg	110mg	101g	13g	79g	14g
EMERALD PEANUT	552	23g	4g	0mg	131mg	76g	11g	35g	16g
TROPICAL DRAGON	478	15g	8g	0mg	7mg	84g	12g	49g	9g
NUTTY DRAGON	575	27g	12g	0mg	13mg	78g	15g	40g	14g
CHUNKY MONKEY	724	36g	15g	0mg	49mg	92g	17g	53g	18g
PUMPKIN BOWL	541	22g	2g	0mg	120mg	86g	12g	47g	11g
PURPLE COCONUT	547	24g	9g	0mg	140mg	78g	9g	53g	11g
RIO	515	12g	3g	0mg	152mg	99g	10g	66g	6g
RED GINGERBREAD	600	22g	2g	0mg	170mg	95g	12g	50g	14g
BLUEBERRY ALMOND BUTTER	603	26g	8g	0mg	38mg	92g	15g	54g	11g
BANANA CACAO AVOCADO	579	21g	6g	0mg	100mg	101g	18g	56g	10g

SMOOTHIES

	CALORIES	TOTAL FAT	SAT. FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN
PUMPKIN PIE SMOOTHIE	323	13g	1g	0mg	7mg	52g	8g	33g	7g
TROPICAL GREEN	211	3g	0g	0mg	7mg	47g	7g	22g	5g
SNICKERDOODLE	487	19g	2g	0mg	5mg	79g	13g	45g	11g
STRAWBERRY BANANA CHIA	335	7g	1g	0mg	6mg	69g	11g	41g	6g
PB POWER	475	16g	3g	0mg	14mg	78g	10g	45g	12g
BLUEBERRY DETOX	245	9g	1g	0mg	13mg	41g	8g	29g	4g
MORNING GLORY	217	1g	0g	0mg	4mg	54g	5g	33g	3g
MANGO LASSI	314	3g	0g	1mg	49mg	68g	6g	45g	7g
BREAKFAST II	350	13g	1g	0mg	5mg	59g	9g	37g	7g
DRAGONFRUIT	333	6g	5g	0mg	102mg	71g	9g	38g	6g
GREEN MONSTER	258	1g	0g	0mg	40mg	63g	7g	33g	7g
COCONUT COFFEE	354	9g	5g	0mg	5mg	72g	8g	45g	4g
BREAKFAST SMOOTHIE	366	13g	1g	0mg	2mg	62g	9g	38g	8g
BLUEBERRY CACAO	313	14g	2g	0mg	8mg	42g	10g	29g	7g
LOTUS	380	28g	3g	0mg	14mg	44g	8g	42g	11g
RED GINGERBREAD	370	13g	1g	0mg	55mg	59g	8g	37g	8g

TOAST

	CALORIES	TOTAL FAT	SAT. FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN
LEMON CHEEZCAKE	226	8g	2g	0mg	181mg	31g	3g	7g	8g
PESTO AVOCADO	310	21g	3g	0mg	378mg	24g	5g	1g	8g
BANANA ALMOND BUTTER	379	22g	4g	0mg	183mg	39g	10g	7g	12g
SPICY BANANA	335	16g	3g	0mg	190mg	34g	5g	6g	13g
STRAWBERRY AVOCADO	212	8g	3g	0mg	184mg	32g	5g	8g	5g
AVOCADO	157	5g	1g	0mg	299mg	22g	5g	0g	5g
PB&J	415	18g	3g	0mg	285mg	47g	5g	16g	15g
MEDITERRANEAN	205	9g	1g	0mg	272mg	25g	4g	1g	6g
PUMPKIN CREAM	260	12g	2g	0mg	180mg	33g	3g	9g	7g
CARROT HUMMUS	180	5g	1g	0mg	580mg	27g	3g	3g	5g
COCONUT BACON	206	9g	5g	0mg	360mg	24g	5g	1g	5g

SANDWICHES

	CALORIES	TOTAL FAT	SAT. FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN
HUMMUS HEMP PESTO	495	27g	4g	0mg	580mg	51g	9g	2g	13g
TUNA KRAUT	340	8g	1g	20mg	760mg	45g	8g	2g	19g
BBQ JACKFRUIT	390	11g	2g	0mg	1140mg	63g	6g	13g	12g
ROAST BEEF	427	14g	7g	61mg	924mg	43g	5g	2g	29g
JALAPENO TURKEY	415	14g	6g	70mg	925mg	48g	7g	1g	30g
CHICKPEA SALAD	377	4g	0g	0mg	832mg	67g	10g	1g	15g
CAPRESE FLORENTINE	460	22g	8g	40mg	617mg	41g	5g	2g	20g
ULTIMATE VEGGIE	325	8g	1g	0mg	818mg	52g	8g	3g	10g
BASIL PORTABELLO	298	4.5g	1g	0mg	920mg	50g	4g	5g	12g

SALADS

	CALORIES	TOTAL FAT	SAT. FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN
ASIAN PEANUT NOODLES	317	11g	2g	0mg	543mg	46g	9g	9g	13g
ASIAN CARROT NOODLES	246	15g	3g	0mg	567mg	22g	4g	11g	8g
CURRIED BRUSSELS SPROUTS	263	15g	1g	0mg	338mg	30g	7g	17g	8g
FIESTA BLACK BEAN	171	5g	1g	0mg	274mg	25g	9g	3g	8g
MED QUINOA	562	33g	7g	20mg	1632mg	55g	7g	8g	13g
CURRIED CHICKPEA	323	12g	2g	0mg	776mg	47g	8g	13g	10g
QUINOA FRIED RICE	375	10g	1g	0mg	1082mg	60g	9g	9g	14g
SWEET POTATO LENTIL	299	7g	1g	0mg	397mg	49g	17g	8g	14g
UMAMI KALE	346	26g	3g	0mg	1019mg	29g	7g	14g	9g
ZOODLES	214	19g	2g	0mg	591mg	11g	3g	5g	4g
KALE & QUINOA	370	24g	3g	0mg	720mg	37g	6g	13g	9g

SNACKS

	CALORIES	TOTAL FAT	SAT. FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN
PUMPKIN CHIA DONUTS	244	16g	1g	0mg	278mg	25g	4g	14g	3g
GINGERBREAD NO-BAKES	123	6g	1g	0mg	11mg	14g	3g	6g	4g
MATCHA NO-BAKES	97	7g	1g	0mg	12mg	8g	1g	4g	4g
CRAN PECAN NO-BAKES	114	7g	1g	0mg	16mg	11g	3g	7g	4g
PB CACAO NO-BAKES	111	6g	2g	0mg	18mg	10g	3g	5g	5g
COCONUT CHIA PUDDING	352	24g	14g	0mg	63mg	27g	9g	16g	9g
PUMPKIN CHIA PUDDING	223	10g	1g	0mg	73mg	25g	11g	12g	9g
PEPPERMINT CACAO DONUTS	220	11g	1g	0mg	280mg	28g	3g	12g	4g
SWEET POTATO HEMP DONUTS	240	14g	3g	0mg	380mg	28g	4g	12g	4g
CHOCOLATE AVOCADO PUDDING	426	21g	3g	0mg	41mg	56g	11g	40g	5g
COCONUT COFFEE NO-BAKES	100	8g	4.5g	0mg	15mg	7g	2g	3g	3g

DRINKS

	CALORIES	TOTAL FAT	SAT. FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN
LEMON FIRE	68	0g	0g	0mg	1mg	18g	0g	15g	0g
BLUE MAJIK LEMONADE	82	0g	0g	0mg	4mg	22g	0g	18g	1g
DRAGONFRUIT LEMONADE	56	0g	0g	0mg	1mg	16g	0g	12g	0g
TURMERIC MYLK	159	11g	2g	0mg	0mg	14g	1g	7g	4g
MATCHA CASHEW MYLK	225	14g	3g	0mg	1mg	22g	2g	12g	6g
CACAO CASHEW MYLK	210	14g	3g	0mg	0mg	18g	1g	9g	5g
STRAWBERRY CHIA FRESCA	78	2g	0g	0mg	2mg	17g	3g	12g	8g
PUMPKIN MYLK	210	14g	2.5g	0mg	0mg	21g	2g	11g	5g
STRAWBERRY CASHEW MYLK	180	11g	2g	0mg	0mg	18g	2g	10g	4g