



# Nutritional facts

ACAI BOWLS



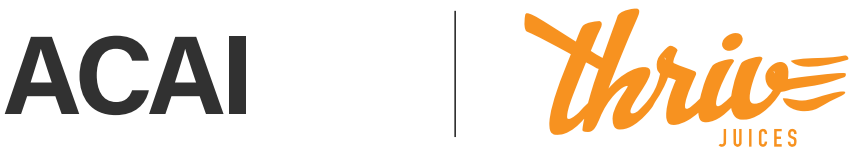
Acai Bowls Nutritional facts

THRIVE BOWL

| Item         | Calories | Our Serving Size | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (g) | Sodium (mg) | Total Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Included Added Sugar (g) | Protein (g) | Vitamin D | Calcium (mg) | Iron (mg) | Potassium (mg) |
|--------------|----------|------------------|---------------|-------------------|---------------|-----------------|-------------|------------------------|-----------|------------------|--------------------------|-------------|-----------|--------------|-----------|----------------|
| Acai         | 234      | 1.5 cups         | 13.5          |                   |               |                 |             | 57                     | 10.5      | 33               | 8                        | 3           |           |              |           |                |
| Banana       | 52.5     | 1/2 a banana     | 0.2           | 0.1               | 0             | 0               | 0.6         | 13.5                   | 1.6       | 7                | 0                        | 0.7         | 0         | 3            | 0         | 211.2          |
| Strawberries | 7.6      | 2 strawberries   | 0.1           | 0                 | 0             | 0               | 0.2         | 1.8                    | 0.5       | 1.2              | 0                        | 0.2         | 0         | 0            | 0         | 36.7           |
| Blueberries  | 42       | 1/2 a cup        | 0.2           | 0                 | 0             | 0               | 0.7         | 11                     | 1.8       | 7.4              | 0                        | 0.6         | 0         | 6            | 0         | 57             |
| Honey        | 60       | 1 tbsp           | 0             | 0                 | 0             | 0               | 0           | 17                     | 0         | 17               | 0                        | 0           | 0         | 1.3          | 0         | 10.9           |
| Chia         | 11.67    | 1 tsp            | 0.83          | 0                 | 0             | 0               | 0           | 0.67                   | 0.67      | 0                | 0                        | 0.33        | 0         | 13.67        | 0.13      | 15             |
| Granola      | 200      | 4.5 oz           | 10            | 4.5               | 0             | 0               | 83          | 33                     | 5         | 5                | 0                        | 9           | 0         | 0            | 0         | 0              |
| Total        | 607.77   |                  | 24.83         | 4.6               | 0             | 0               | 84.5        | 133.97                 | 20.07     | 70.6             | 8                        | 13.83       | 0         | 23.97        | 0.13      | 330.8          |

# Acai Bowls Nutritional facts

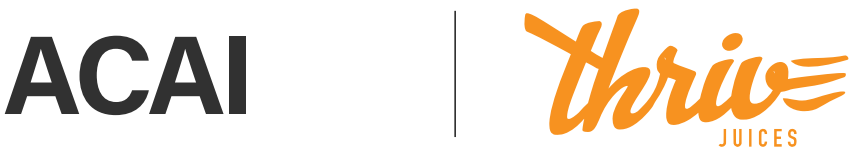
## PROTEIN BOWL



| Item            | Calories | Our Serving Size | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (g) | Sodium (mg) | Total Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Included Added Sugar (g) | Protein (g) | Vitamin D | Calcium (mg) | Iron (mg) | Potassium (mg) |
|-----------------|----------|------------------|---------------|-------------------|---------------|-----------------|-------------|------------------------|-----------|------------------|--------------------------|-------------|-----------|--------------|-----------|----------------|
| Acai            | 234      | 1.5 cups         | 13.5          |                   |               |                 |             | 57                     | 10.5      | 33               | 8                        | 3           |           |              |           |                |
| Banana          | 52.5     | 1/2 a banana     | 0.2           | 0.1               | 0             | 0               | 0.6         | 13.5                   | 1.6       | 7                | 0                        | 0.7         | 0         | 3            | 0         | 211.2          |
| Blackberries    | 19.6     | 7 pieces         | 0.2           | 0                 | 0             | 0               | 0.5         | 4.3                    | 2.4       | 2.2              | 0                        | 0.6         | 0         | 13.3         | 0.3       | 73.7           |
| Raspberries     | 7        | 7 pieces         | 0.1           | 0                 | 0             | 0               | 0           | 1.7                    | 0.9       | 0.6              | 0                        | 0           | 0         | 3.5          | 0         | 21.1           |
| Chocolate Chips | 70       | 1 tbsp           | 5             | 3                 | 0             | 0               | 0           | 6                      | 1         | 4                | 4                        | 1           | 0         | 10           | 0.5       | 50             |
| Chia            | 11.67    | 1 tsp            | 0.83          | 0                 | 0             | 0               | 0           | 0.67                   | 0.67      | 0                | 0                        | 0.33        | 0         | 13.67        | 0.13      | 15             |
| Peanut Butter   | 270      | 45 grams         | 22.5          | 3.75              | 0             | 0               | 0           | 9                      | 4.5       | 1.5              | 0                        | 10.5        |           |              |           |                |
| Granola         | 200      | 4.5 oz           | 10            | 4.5               | 0             | 0               | 83          | 33                     | 5         | 5                | 0                        | 9           | 0         | 0            | 0         | 0              |
| Total           | 864.77   |                  | 52.33         | 11.35             | 0             | 0               | 84.1        | 125.17                 | 26.57     | 53.3             | 12                       | 25.13       | 0         | 43.47        | 0.93      | 371            |

# Acai Bowls Nutritional facts

## TROPICAL BOWL



| Item            | Calories | Our Serving Size | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (g) | Sodium (mg) | Total Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Included Added Sugar (g) | Protein (g) | Vitamin D | Calcium (mg) | Iron (mg) | Potassium (mg) |
|-----------------|----------|------------------|---------------|-------------------|---------------|-----------------|-------------|------------------------|-----------|------------------|--------------------------|-------------|-----------|--------------|-----------|----------------|
| Acai            | 234      | 1.5 cups         | 18            |                   |               |                 |             | 76                     | 14        | 33               | 8                        | 4           |           |              |           |                |
| Strawberries    | 7.6      | 2 strawberries   | 0.1           | 0                 | 0             | 0               | 0.2         | 1.8                    | 0.5       | 1.2              | 0                        | 0.2         | 0         | 0            | 0         | 36.7           |
| Mango           | 50       | 1/4 a mango      | 0.3           | 0.1               | 0             | 0               | 0.9         | 12.5                   | 1.4       | 11.5             | 0                        | 0.7         | 0         | 9.3          | 0         | 141.1          |
| Pineapple       | 20       | 40 grams         | 0.1           | 0                 | 0             | 0               | 0.4         | 5.5                    | 0.6       | 4.1              | 0                        | 0.2         | 0         | 5.5          | 0.1       | 45             |
| Kiwi            | 21       | 1/2 a kiw        | 0             | 0                 | 0             | 0               | 1           | 5                      | 1         | 3                | 0                        | 0.5         | 0         |              | 0         | 0              |
| Flax            | 20       | 1 tsp            | 1.5           | 0                 | 0             | 0               | 1.67        | 1                      | 1         | 0                | 0                        | 0.67        | 0         | 9            | 0.2       | 23.33          |
| Cocout Cream    | 13       | 1 oz             | 1.25          | 1                 | 0             | 0               | 1           | 0.25                   | 1         | 1                | 0                        |             |           |              |           |                |
| Ccoconut Flakes | 38.8     | 10 grams         | 2.4           | 2.2               | 0             | 0               | 24.2        | 4.4                    | 0.84      | 3.1              | 0                        | 0.28        | 0         | 0.94         | 0.14      | 30.6           |
| Total           | 404.4    |                  | 23.65         | 3.3               | 0             | 0               | 29.37       | 106.45                 | 20.34     | 56.9             | 8                        | 6.55        | 0         | 24.74        | 0.44      | 276.73         |

# Acai Bowls Nutritional facts

## GLOW UP BOWL

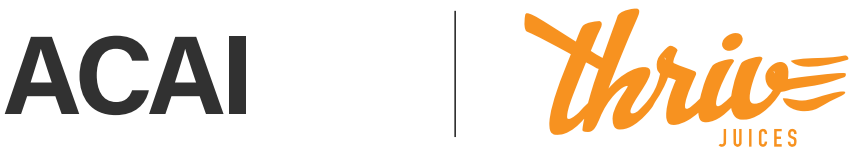
ACAI



| Item           | Calories | Our Serving Size | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (g) | Sodium (mg) | Total Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Included Added Sugar (g) | Protein (g) | Vitamin D | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------------|----------|------------------|---------------|-------------------|---------------|-----------------|-------------|------------------------|-----------|------------------|--------------------------|-------------|-----------|--------------|-----------|----------------|
| Acai           | 234      | 1.5 cups         | 16            |                   |               |                 |             | 66.5                   | 12.25     | 33               | 8                        | 3.5         |           |              |           |                |
| Almond Butter  | 420      | 64g              | 34            | 3                 | 0             | 0               | 0           | 14                     | 4         | 2                | 0                        | 12          | 0         | 166          | 2         | 338            |
| Blueberries    | 42       | 1/2 a cup        | 0.2           | 0                 | 0             | 0               | 0.7         | 11                     | 1.8       | 7.4              | 0                        | 0.6         | 0         | 6            | 0         | 57             |
| Mango          | 50       | 1/4 a mango      | 0.3           | 0.1               | 0             | 0               | 0.9         | 12.5                   | 1.4       | 11.5             | 0                        | 0.7         | 0         | 9.3          | 0         | 141.1          |
| Kiwi           | 21       | 1/2 a kiw        | 0             | 0                 | 0             | 0               | 1           | 5                      | 1         | 3                | 0                        | 0.5         | 0         |              | 0         | 0              |
| Shaved Almonds | 52       | 1 tbsp           | 4.5           | 0.4               |               |                 |             | 1.8                    | 0.9       | 0.4              | 0                        | 1.8         |           |              |           |                |
| Honey          | 60       | 1 tbsp           | 0             | 0                 | 0             | 0               | 0           | 17                     | 0         | 17               | 0                        | 0           | 0         | 1.3          | 0         | 10.9           |
| Total          | 879      |                  | 55            | 3.5               | 0             | 0               | 2.6         | 127.8                  | 21.35     | 74.3             | 8                        | 19.1        | 0         | 182.6        | 2         | 547            |

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## PIMP C'S GARDEN



| Item             | Calories | Our Serving Size | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (g) | Sodium (mg) | Total Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Included Added Sugar (g) | Protein (g) | Vitamin D | Calcium (mg) | Iron (mg) | Potassium (mg) |
|------------------|----------|------------------|---------------|-------------------|---------------|-----------------|-------------|------------------------|-----------|------------------|--------------------------|-------------|-----------|--------------|-----------|----------------|
| Acai             | 234      | 1.75 cups        | 16            |                   |               |                 |             | 66.5                   | 12.25     | 33               | 8                        | 3.5         |           |              |           |                |
| Strawberries     | 7.6      | 2 strawberries   | 0.1           | 0                 | 0             | 0               | 0.2         | 1.8                    | 0.5       | 1.2              | 0                        | 0.2         | 0         | 0            | 0         | 36.7           |
| Mandarin Oranges | 35       | 1                | 0.1           | 0                 | 0             | 0               | 0.7         | 8.9                    | 1.3       | 6.8              | 0                        | 0.6         | 0         | 22           | 0.1       | 131            |
| Mango            | 50       | 1/4 Mango        | 0.3           | 0.1               | 0             | 0               | 0.6         | 13.5                   | 1.6       | 7                | 0                        | 0.7         | 0         | 3            | 0         | 211.2          |
| Blueberries      | 42       | 1/2 a cup        | 0.2           | 0                 | 0             | 0               | 0.7         | 11                     | 1.8       | 7.4              | 0                        | 0.6         | 0         | 6            | 0         | 57             |
| Nutella          | 96       | 4g               | 34            | 3                 | 0             | 0               | 0           | 14                     | 4         | 2                | 0                        | 12          | 0         | 166          | 2         | 338            |
| Bee Pollen       | 16       | 1 tsp            | 0             | 0                 | 0             | 0               | 0           | 2                      | 1         | 2                | 0                        | 1           | 0         | 8.67         | 0.12      | 0              |
| Honey            | 60       | 1 tbsp           | 0             | 0                 | 0             | 0               | 0           | 17                     | 0         | 17               | 0                        | 0           | 0         | 1.3          | 0         | 10.9           |
| Total            | 540.6    |                  | 50.7          | 3.1               | 0             | 0               | 2.2         | 134.7                  | 22.45     | 76.4             | 8                        | 18.6        | 0         | 206.97       | 2.22      | 784.8          |