

thrive
JUICES

Nutritional facts

SMOOTHIE



Nutritional facts

ALOHA

SMOOTHIE



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)
Dates	20	1	0	0	0	0	0.1	5.3	0.6	4.5	0	0.2	0	2.8	0.1	46.6
Mango	60	100 g	0.4	0.1	0	0	1	15	1.6	14	0	0.8	0	11	0.2	168
Pineapple	86	100 g	0.1	0	0	0	2	22	1	21	0	0.4	0	9	0.4	100
Strawberries	17.5	50 g	0	0	0	0	1	4.6	1.1	2.3	0	0.2	0	8	0.4	74
Orange Juice	110	1 cup	0	0	0	0	0	26	0	21	0	0	0			450
Total	293.5		0.5	0.1	0	0	4.1	72.9	4.3	62.8	0	1.6	0	30.8	1.1	838.6

PB+J

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)
Oats	19.27	1 tbsp	0.32	0	0	0	32.12	4.28	0.43	0	0	0.64	0	0	0.28	19.27
Whey Protein	48	2 tbsp	0.6	0.4	0	22	52	1.6	0	0.4	0	9.6	0	52	0	60
Peanut Butter Powder	90	3 tbsp	3	0	0	0	142.5	9	3	6	3	10.5	0	0	0	0
Banana	178	200 grams	0.7	0.2	0	0	2	46	5.2	24	0	2.2	0	10	0.5	716
Blueberry	51	100 grams	0.6	0.1	0	0	1	12	2.7	8.5	0	0.4	0	8	0.2	54
Choice of Milk		1 cup														
Total	386.27		5.22	0.7	0	22	229.62	72.88	11.33	38.9	3	23.34	0	70	0.98	849.27

Nutritional facts

ROCKET

SMOOTHIE



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)
Strawberries	35	100 grams	0	0	0	0	2	9.1	2.1	4.6	0	0.4	0	16	0.8	148
Blueberries	30.6	60 g	0.4	0	0	0	0.6	7.2	1.6	5.1	0	0.3	0	4.8	0.1	32.4
Raspberries	31.2	60g	0.4	0	0	0	0.6	7.2	3.9	2.6	0	0.7	0	15	0.4	90.6
Peaches	23.4	60g	0.2	0	0	0	0	5.7	0.9	5	0	0.5	0	3.6	0.2	114
Red Apples	31.2	60g	0.1	0	0	0	0.6	8.4	1.4	6	0	0.2	0	3.6	0.1	64.2
Agave	120	2 tbsp	0	0	0	0	0	32	0	32	32	0	0	0	0	0
Coconut Water	46	1 cup	0.5	0.4	0	0	252	8.9	2.6	6.3	0	1.7	0	58	0.7	600
Total	317.4		1.6	0.4	0	0	255.8	78.5	12.5	61.6	32	3.8	0	101	2.3	1049.2

BLACK MAMBA

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)
Mango	60	100 g	0.4	0.1	0	0	1	15	1.6	14	0	0.8	0	11	0.2	168
Pineapple	86	100 g	0.1	0	0	0	2	22	1	21	0	0.4	0	9	0.4	100
Raspberries	39	75g	0.5	0	0	0	0.8	9	4.9	3.3	0	0.9	0	18.8	0.5	113.3
Charcoal		1 tsp														
Lime	5	1/4 a lime	0	0	0	0	0.3	1.8	0.5	0.3	0	0.1	0	5.5	0.1	17.1
Coconut Water	46	1 cup	0.5	0.4	0	0	252	8.9	2.6	6.3	0	1.7	0	58	0.7	600
Total	236		1.5	0.5	0	0	256.1	56.7	10.6	44.9	0	3.9	0	102.3	1.9	998.4

Nutritional facts

NINJA TURTLE

SMOOTHIE



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)
Avocado	81	1/4 avocado	7.25	1.1	0	0	3.5	4.25	3.25	0.35	0	1	0	6	0.3	243.7
Banana	178	200 grams	0.7	0.2	0	0	2	46	5.2	24	0	2.2	0	10	0.5	716
Green Apple	31.2	60g	0.1	0	0	0	0.6	8.4	1.4	6	0	0.2	0	3.6	0.1	64.2
Spinach	4.6	20g	0.1	0	0	0	14	0.8	0.5	0.1	0	0.6	0	27.2	0.7	93.2
Whey Protein	48	2 tbsp	0.6	0.4	0	22	52	1.6	0	0.4	0	9.6	0	52	0	60
Choice of Milk		1 cup														
Total	342.8		8.75	1.7	0	22	72.1	61.05	10.35	30.85	0	13.6	0	98.8	1.6	1177.1

PURGE

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)
Strawberries	35	100 grams	0	0	0	0	2	9.1	2.1	4.6	0	0.4	0	16	0.8	148
Cranberries	27.6	60g	0.1	0	0	0	1.2	7.2	2.2	2.6	0	0.3	0	4.8	0.1	48
Banana	89	100g	0.3	0.1	0	0	1	23	2.6	12	0	1.1	0	5	0.3	358
Beet	23.3	2 tsp	0	0	0	0	0	4	1.33	2	0	0.3	0	8.67	0	213.3
Tumeric	5	1/2 tsp	0	0	0	0	0	3	0	0	0	0	0	10	1.4	100
Apple Juice	120	1 cup	0	0	0	0	30	29	0	28	0	0	0	0	0.6	260
Total	299.9		0.4	0.1	0	0	34.2	75.3	8.23	49.2	0	2.1	0	44.47	3.2	1127.3

Nutritional facts

BIKINI BOTTOM

SMOOTHIE



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)
Pineapple	129	150g	0.2	0	0	0	3	33	1.7	31.5	0	0.6	0	13.5	0.6	150
Banana	66.8	75g	0.2	0.1	0	0	0.8	17.3	2	9	0	0.8	0	3.8	0.2	268.5
Maca	5	1/2 tsp	0	0	0	0	0	1	0.3	0.6	0	0.17	0	0	0	21.33
Spirulina	2.5	1/2 tsp	0	0	0	0	5	0	0	0	0	0.57	0	0	0	0
Honey	120	2 tbsp	0	0	0	0	0	34	0	34	0	0	0	2.6	0	21.8
Almond Butter	75	3 tbsp	2.5	0	0	0	150	7.5	1.5	3	0	7.5	0	70	0.9	160
Choice Of Milk		1 cup														
Total	398.3		2.9	0.1	0	0	158.8	92.8	5.5	78.1	0	9.64	0	89.9	1.7	621.63

CINNA-ROLL

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)
Banana	200.3	225g	0.7	0.2	0	0	2.3	51.8	5.9	27	0	2.5	0	11.3	0.6	805.5
Oats	19.27	1 tbsp	0.32	0	0	0	32.12	4.28	0.43	0	0	0.64	0	0	0.28	19.27
Agave	120	2 tbsp	0	0	0	0	0	32	0	32	32	0	0	0	0	0
Cinnamon	6.67	1 tsp	0	0	0	0	0	1.3	1.3	0	0	0	0	26.67	0.2	11.67
Greek Yogurt	40	4 tbsp	3	3	0	0	16.6	3	0	0	0	0.34	0	0	0	20
Bee Pollen	8	1/2 tsp	0	0	0	0	0	1	0.5	1	0	0.5	0	0	0	0
Choice Of Milk		1 cup														
Total	394.24		4.02	3.2	0	0	51.02	93.38	8.13	60	32	3.98	0	37.97	1.08	856.44

Nutritional facts

BALI

SMOOTHIE



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)
Pineapple	215	250g	0.3	0	0	0	5	55	2.8	52.5	0	1	0	22.5	1	250
Kale	8.4	30g	0.1	0	0	0	6.9	1.7	0.6	0.4	0	0.6	0	21.6	0.3	68.4
Lime	5	1/4 a lime	0.1	0	0	0	0.7	3.6	1	0.6	0	0.2	0	11	0.2	34.2
Matcha	10	1 tsp	0	0	0	0	0	2	0	0	0	0	0	8	0	23
Agave	120	2 tbsp	0	0	0	0	0	32	0	32	32	0	0	0	0	0
Coconut Water	46	1 cup	0.5	0.4	0	0	252	8.9	2.6	6.3	0	1.7	0	58	0.7	600
Total	404.4		1	0.4	0	0	264.6	103.2	7	91.8	32	3.5	0	121.1	2.2	975.6

MILKS

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)
Oat Milk	120	1 cup	5	0.5	0	0	95	16	2	7	7	3	4	390	0.35	50
Almond Milk	30	1 cup	3	0	0	0	110	1	1	0	0	1	5	20	0.2	35
Soy Milk	100	1 cup	3.5	0.5	0	0	95	9	1	7	6	7	6	325	1.5	280

Nutritional facts

HIGHER GROUND

SMOOTHIE



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)
Banana	200.3	225g	0.7	0.2	0	0	2.3	51.8	5.9	27	0	2.5	0	11.3	0.6	805.5
Oats	19.27	1 tbsp	0.32	0	0	0	32.12	4.28	0.43	0	0	0.64	0	0	0.28	19.27
Cocoa Powder	15	1 tbsp	1	0.5	0	0	0	2	2	0	0	1	0	6	1.5	210
Cinnamon	6.67	1 tsp	0	0	0	0	0	2	1.3	0	0	0	0	23.3	0.23	5.67
Flax	7.5	1/2 tsp	0.58	0	0	0	0.05	0.3	0.25	0	0	0.25	0	3.3	0.05	10
Bee Pollen	8	1/2 tsp	0	0	0	0	0	1	0.5	1	0	0.5	0			0
Honey	60	1 tbsp	0	0	0	0	0	17	0	17	0	0	0	1.3	0	10.9
Agave	60	1 tbsp	0	0	0	0	0	16	0	16	16	0	0	0	0	0
Coffee		1/2 cup														
Choice Of Milk		1/2 cup														
Total	376.74		2.6	0.7	0	0	34.47	94.38	10.38	61	16	4.89	0	45.2	2.66	1061.34



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