

BLENDED Health & Smoothie Bar Nutrition Facts (8.2021)

Smoothies (16 oz)	Calories	Fat	Carbs	Protein	Lifestyle
Signature - Yoga	112	5	9	9	Low Carb/WW Friendly
The Hang Over Treatment	125	5	22	1	WW Friendly/WHOLE30 Approved
The Hot Room	152	0	38	10	
Strawberries & Cream	155	5	19	13	Low Carb
D2 (Strength)	159	5	16	12	Low Carb
YogaSIX (Green Machine)	173	8	26	2	WW Friendly/WHOLE30 Approved
Coffee Date	194	3	43	4	WHOLE30 Approved
Triple Berry	195	3	20	12	Low Carb
Chocolate Covered Strawberries	220	14	22	14	
Dreamside	223	5	34	14	
Funky Monkey	226	6	35	14	
The Sunrise	238	1	44	12	WW Friendly
The O.G.	241	5	40	14	
Chocolate Covered Cherry	256	11	39	12	
The Gumba	289	9	47	19	
BananaBrew	292	10	40	18	
The Chocolate Chia	295	19	20	25	Low Carb/Keto
Cinn-fully Smooth	299	8	51	16	
Aw Nuts	300	22	16	17	Low Carb/Keto
Chocolate Mint Shake	301	15	30	17	
Signature - Endurance	308	4	54	16	
Big Mikes PB&B	324	6	56	19	
Girl Scout Thin Mint	329	11	55	16	
Apple Pie Oat Boat	330	3	65	13	
Banana Split	383	15	58	17	
MANDUU (Power)	421	14	63	18	

Looking to cut some carbs in your smoothie? Swap the plant protein for a Vanilla or Chocolate Whey protein (lactose based) and save 7 grams of carbohydrates!

Bowls (16 oz)	Calories	Fat	Carbs	Protein	Lifestyle
Acai Bowl Base (no toppings)	150	1	24	2	WW Friendly/WHOLE30 Approved
Satur-Yay	273	5	56	2	
Classic Acai	274	5	47	3	WHOLE30 Approved
Case-of-the-Monday's	305	6	62	5	
Tropic Like It's Hot Acai	324	3	68	1	
Basic B(owl)	334	4	74	6	
Bottoms Up Bowl Acai	392	10	66	6	
Pina Colada Bowl	395	8	81	5	
Moons-Over-My-Sammy Acai	431	16	60	8	
CPB Acai	464	19	53	22	High Protein
Graceland Power Bowl	525	22	65	21	High Protein

To increase the nutrients in your bowl add a scoop of protein! If you want the extra muscle builder but don't want to change the taste of your treat, try adding 9 grams of pure Collagen Protein!