

## Satisfying Smoothies Under 250 Calories

Orange Twister	140/0/3
Pineapple Bliss	210/0/6
Island Breeze	220/0/2
Apple Andie	230/0/11
Pacific Splash	240/0/2
Zip Zip	240/0/18

## Smoothies to improve athletic performance, pre or post workout

Lean Body	330/2.5/40
Slim N Fit	350/0/25
Low Carb	350/1/54
Power Fuel	440/1.5/39
Lean-Out	600/5/56
Mega Mass	610/5/29

### Lower Calorie & Sugar Option Available



At your request, smoothies marked with a running man can be made as a lower sugar and calorie drink.

## Smoothie Size Options



16 oz. 24 oz. 32 oz.

Serving size (oz)	Calories	Cal. From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Weight Watcher Points
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Treat My Body																
Berry Berry	24	330	0	0	0	25	77	9	47	8	20%	210%	8%	15%	6	
Cocunut Passion	24	600	200	23	7	133	80	11	58	24	2%	45%	25%	10%	13	
Energizer	24	330	10	1	0	113	62	7	36	18	20%	190%	25%	10%	6	
Guava Sunrise	24	410	5	1	0	50	89	6	67	12	20%	220%	4%	10%	7	
Khol Kic	24	400	5	0.5	0	5	105	88	2	81	13	20%	180%	25%	4%	
Marionberry Fuel	24	380	0	0	0	105	81	10	50	14	20%	210%	25%	20%	7	
Medha Bliss	24	550	70	8	4.5	30	370	83	1	58	34	0%	2%	50%	10%	11
PR&J	24	630	220	25	4.5	0	210	77	12	43	22	6%	80%	4%	10%	14
Peanut Passion	24	580	320	25	4.5	0	110	61	10	31	22	4%	60%	2%	15%	13
Raspberry Dream	24	410	5	1	0	5	115	80	10	48	18	20%	220%	25%	15%	7
Tropical Paradise	24	450	10	1	0	3	123	97	3	88	17	20%	190%	20%	4%	8
Zesty Lemon	24	430	80	3	5	40	170	67	5	46	19	8%	90%	30%	8%	9

Low Sugar																
Fruity Supreme	24	280	5	0.5	0	5	100	59	6	34	12	4%	60%	20%	8%	5
Island Breeze	24	220	0	0	0	0	55	6	31	2	4%	70%	2%	10%	4	
Pacific Splash	24	240	0	0	0	0	58	6	34	2	8%	110%	2%	10%	4	
Zip Zip	24	240	25	2.5	0	5	95	35	3	24	18	30%	8%	2%	4	

No Fat																
Apple Andie	24	230	5	0.5	0	3	95	46	2	37	11	0%	10%	20%	0%	4
Blueberry Blast	24	380	0	0	0	3	110	79	9	51	13	20%	210%	25%	15%	7
Mango Meris	24	370	0	0	0	5	105	82	2	78	11	8%	25%	20%	2%	7
Orange Twister	24	140	0	0	0	0	5	31	2	24	3	20%	230%	8%	4%	2
Peach Pleasure	24	270	0	0	0	3	95	34	5	41	12	15%	280%	20%	6%	5
Pineapple Bliss	24	210	5	0.5	0	0	30	45	4	35	6	4%	90%	0%	4%	3

Boost My Immune																
Cranberry Delight	24	550	5	0.5	0	5	95	127	2	114	11	0%	400%	20%	0%	11
Eternal Energizer	24	340	15	2	0	0	105	67	5	54	12	0%	110%	0%	2%	6
Immunity Nestar	24	430	10	1	0	0	65	86	7	59	15	60%	470%	2%	8%	8
Rejuvenator	24	340	10	1	0	5	110	62	7	35	17	20%	60%	35%	10%	6
Sambazon	24	410	30	6	0	0	75	92	8	69	14	2%	200%	2%	8%	8
Quick Start	24	280	0	0	0	5	260	46	4	27	17	4%	100%	2%	10%	5

Help Me Lose Weight																
Low Carb	24	350	20	2	1	45	250	27	2	17	54	0%	10%	50%	0%	7
Slim N Fit	24	350	10	1	0	25	125	60	6	35	25	4%	60%	30%	8%	6
Power Fuel	24	450	20	2.5	1.5	45	120	66	6	29	39	10%	70%	25%	8%	8
Zone Zinger	24	430	20	2.5	0.5	30	60	76	4	53	25	20%	200%	30%	10%	8

Smoothies that taste GREAT, make you feel GREAT

The Dietary Guidelines for Americans recommend limiting saturated fat to 20g and sodium to 2,300mg for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Serving size (oz)	Calories	Cal. From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Weight Watcher Points
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MRPs															
Lean Body	24	330	70	8	2.5	80	460	24	8	6	40	35%	60%	60%	6
Lean-Out	24	600	230	26	5	55	360	35	5	21	56	0%	10%	45%	13
Mini Mass	24	520	100	11	7	64	190	79	6	53	27	10%	60%	40%	8%

Bulk Me Up																
The Builder	32	1270	410	46	14	83	630	144	10	73	67	25%	35%	60%	23%	28
Mega Mass	24	610	90	10	5	45	220	103	7	55	29	20%	70%	35%	15%	12
Nutty Banana	24	720	220	25	4.5	5	290	97	9	72	27	0%	25%	20%	8%	16

Layered															
Layered Blueberry	16	430	60	7	1	0	35	80	11	40	12	2%	70%	4%	15%
Layered Peach	16	330	60	7	1	0	30	49	8	27	16	8%	150%	2%	8%
Layered Pineapple Bananas	16	340	60	7	1	0	45	59	8	31	11	0%	35%	2%	8%
Layered Sambazon Acai	16	470	100	11	1	0	40	79	9	50	12	0%	130%	4%	8%
Layered Strawberry Orange	16	420	70	8	2	5	120	70	8	49	17	4%	90%	20%	8%

Kids Menu															
Apple All-Star	16	140	0	0	0	5	65	29	2	22	6	2%	8%	20%	2%
Berry Bits	16	260	0	0	0	5	85	57	6	34	7	4%	60%	20%	10%
Chocolate Champ	16	340	120	13	3	15	260	16	1	11	37	0%	0%	35%	4%
Grape Grand Slam	16	280	5	0.5	0	5	80	62	2	54	8	2%	130%	10%	2%
Strawberry Starter	16	200	0	0.5	0	5	100	36	3	24	11	4%	60%	20%	6%

Unique Blends															
Banana Cream Pie	24	630	100	12	7	40	75	126	7	99	10	8%	35%	10%	4%
Beta Boost	24	320	25	2.5	1	0	75	62	4	51	13	210%	150%	2%	4%
Egg Nog	24	820	260	29	18	205	340	102	0	86	41	20%	8%	70%	2%
Hula Skirt	24	330	0	0	0	0	25	82	2	76	1	30%	70%	2%	8%
Lemon Lime Sublime	24	600	100	11	7	45	190	117	0	115	9	8%	30%	30%	0%
Matcha Green Tea	24	340	30	3.5	0	25	130	45	4	42	29	0%	2%	30%	4%
Orange Dreamside	24	780	100	11	7	65	110	150	0	146	23	10%	35%	20%	0%
Passion Fruit	24	850	100	12	7	75	200	149	2	140	32	8%	10%	45%	0%
Piña Colada	24	460	70	8	6	5	120	84	6	75	16	0%	20%	20%	2%
Pumpkin Pie	24	290	25	2.5	0	0	340	50	7	42	14	180%	0%	4%	10%
Vega Berry Blast	24	420	60	6	1	0	170	71	13	40	20	30%	70%	15%	25%
Zip Flax Berry Burn	24	180	10	1	0	0	90	32	5	17	11	2%	870%	8%	6%
Zip Flax Lemon Charge	24	230	10	1	0	25	120	33	3	19	21	2%	880%	220%	6%

Oatmeal On The Go															
Apple Cinnamon*	2.19	230	25	3	0	0	130	43	7	16	11	30%	60%	10%	10%
Maple Brown Sugar*	2.19	230	25	3	0	0	140	43	7	15	11	30%	60%	10%	10%
Raisin Spice*	2.19	220	20	2.5	0	0	140	43	6	21	9	30%	60%	10%	10%
Almonds	n/a	30	40	4.5	0	0	0	2	1	0	2	0%	0%	2%	2%
Banana	n/a	50	0	0	0	0	0	13	2	7	1	0%	8%	0%	0%
Blueberries	n/a	20	0	0	0	0	0	4	1	4	4	0%	2%	0%	0%

\*Serving size does not include liquid

and make you LOOK GREAT!