



NUTRITIONAL INFORMATION

calories

total fat (g)

saturated fat (g)

trans fat (g)

cholesterol (g)

sodium (mg)

carbs (g)

fiber (g)

sugar (g)

added sugar (g)

protein (g)

BOWLS

EVERBOWL

allergens: gluten

regular	630	12	1	0	0	0	127	18	68	50	7	ingredients: Acai (water, acai puree, tapioca syrup, sugar, tapioca fiber, stabilizer [organic guar gum, organic locust bean gum], sunflower lecithin, citric acid), Banana, strawberries, Granola (Rolled oats, rice crispy's [brown rice flour], sugar [cane], canola oil, tapioca syrup, molasses), Blueberries
large	700	13	1	0	0	0	144	21	79	60	7	

PB EVERBOWL

allergens: gluten, peanuts

regular	680	17	2	0	0	0	129	19	68	50	10	ingredients: Acai (water, acai puree, tapioca syrup, sugar, tapioca fiber, stabilizer [organic guar gum, organic locust bean gum], sunflower lecithin, citric acid), Banana, Strawberries, Granola (Rolled oats, rice crispy's [brown rice flour], sugar [cane], canola oil, tapioca syrup, molasses), Blueberries, Peanut Butter (organic peanuts).
large	760	18	2	0	0	0	146	21	79	60	10	

BERRY BOOST

allergens: tree nuts (coconut)

regular	460	7	1	0	0	25	100	17	60	40	3	ingredients: Acai (water, acai puree, tapioca syrup, sugar, tapioca fiber, stabilizer [organic guar gum, organic locust bean gum], sunflower lecithin, citric acid), Banana, Strawberries, Coconut Milk (organic coconut milk [filtered water, organic coconut cream], contains 2% or less of: vitamin and mineral blend [calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine (selenium), vitamin A acetate, vitamin D2, zinc oxide, vitamin B12], organic sunflower lecithin, gellan gum, organic locust bean gum, sea salt), Blueberries, Chia Seeds, Goji Berries.
large	530	8	1	0	0	25	117	19	71	50	3	

BLUE LAGOON

allergens: gluten, peanuts

regular	410	17	14	0	0	30	65	10	43	15	3	ingredients: Pitaya (dragon fruit, pineapple, mangoes, water, tapioca syrup, coconut cream powder, stabilizer [organic guar gum, gum acacia]), Coco Love (water, coconut cream, organic agave syrup, inulin fiber, coconut cream powder, stabilizer [organic guar gum, organic locust bean gum]), Pineapple, Strawberries, Blue Majic (coconut cream, water, coconut nectar, pineapple, mango, lemon juice, stabilizer [guar gum, gum acacia], spirulina extract), Coconut Milk (organic coconut milk [filtered water, organic coconut cream], contains 2% or less of: vitamin and mineral blend [calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine (selenium), vitamin A acetate, vitamin D2, zinc oxide, vitamin B12], organic sunflower lecithin, gellan gum, organic locust bean gum, sea salt), Shredded Coconut (coconut, sugar, water, propylene glycol [sustains freshness], salt, sodium metabisulfite [preserves whiteness]), Chia Seeds.
large	510	22	19	0	0	35	78	12	53	25	4	



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fiber (g)

sugar (g)

added sugar (g)

protein (g)

BOWLS

PITAYUM

allergens: gluten, tree nuts (coconut)

regular	650	18	9	0	0	20	118	15	64	35	8
large	720	19	9	0	0	20	135	18	74	45	8

ingredients: Pitaya (dragon fruit, pineapple, mangoes, water, tapioca syrup, coconut cream powder, stabilizer [organic guar gum, gum acacia]), Acai (water, acai puree, tapioca syrup, sugar, tapioca fiber, stabilizer [organic guar gum, organic locust bean gum]), sunflower lecithin, citric acid), Banana, Pineapple, Coco Love (water, coconut cream, organic agave syrup, inulin fiber, coconut cream powder, stabilizer [organic guar gum, organic locust bean gum]), Granola (Rolled oats, rice crispy's [brown rice flour], sugar [cane], canola oil, tapioca syrup, molasses), Kiwi, Shredded Coconut (coconut, sugar, water, propylene glycol [sustains freshness], salt, sodium metabisulfite [preserves whiteness]).

PINA COOLADA

allergens: gluten, tree nuts (coconut)

regular	710	32	24	0	0	40	103	13	62	33	9
large	810	38	29	0	0	45	115	16	72	43	10

ingredients: Coco Love (water, coconut cream, organic agave syrup, inulin fiber, coconut cream powder, stabilizer [organic guar gum, organic locust bean gum]), Blue Majic (coconut cream, water, coconut nectar, pineapple, mango, lemon juice, stabilizer [guar gum, gum acacia], spirulina extract), Pineapple, Granola (Rolled oats, rice crispy's [brown rice flour], sugar [cane], canola oil, tapioca syrup, molasses), Kiwi, Shredded Coconut (coconut, sugar, water, propylene glycol [sustains freshness], salt, sodium metabisulfite [preserves whiteness]).

FULL MOON

allergens: gluten, peanut, tree nuts (coconut)

regular	860	43	28	0	0	20	117	12	76	63	12
large	960	49	34	0	0	20	130	13	87	74	13

ingredients: Cacao Wow [water, coconut cream, organic agave syrup, cocoa powder, coconut cream powder, stabilizer (organic guar gum, organic locust bean gum)], Vanilla [rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extractives), vanilla bean specks], Banana, Strawberries, Granola (Rolled oats, rice crispy's [brown rice flour], sugar [cane], canola oil, tapioca syrup, molasses), Peanut Butter (organic peanuts), Cacao Nibs [organic cacao nib, cane sugar].

NUTTY BUTTY

allergens: gluten, peanut, tree nuts (almond, coconut)

regular	880	46	30	0	0	60	109	8	79	66	12
large	1010	54	37	0	0	70	124	8	94	81	13

ingredients: Vanilla [rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extractives), vanilla bean specks], Banana, Strawberries, Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), Oats [whole grain oats], Peanut Butter (organic peanuts), Almond Butter (almonds), Almonds, Organic Blue Agave, Ground Cinnamon.



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fiber (g)

sugar (g)

added sugar (g)

protein (g)

BOWLS

PERFECT DATE

allergens: gluten, peanut, tree nuts (coconut)

regular	810	37	23	0	0	5	119	16	75	52	12
large	918	43	28	0	0	10	132	18	85	62	12

ingredients: Coco Love (water, coconut cream, organic agave syrup, inulin fiber, coconut cream powder, stabilizer [organic guar gum, organic locust bean gum]), Cacao Wow [water, coconut cream, organic agave syrup, cocoa powder, coconut cream powder, stabilizer (organic guar gum, organic locust bean gum)], Banana, Granola (Rolled oats, rice crispy's [brown rice flour], sugar [cane], canola oil, tapioca syrup, molasses), Blueberries, Dates (deglet noor dates), Peanut Butter (organic peanuts).

APPLE UP

allergens: gluten, tree nuts (almond, coconut)

regular	920	27	15	0	0	40	166	20	103	93	10
large	1060	34	22	0	0	50	181	20	118	108	11

ingredients: Vanilla Base [rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extractives), vanilla bean specks], Cinnamon Apples (apples, agave nectar, cinnamon, lemon juice), Acai (water, acai puree, tapioca syrup, sugar, tapioca fiber, stabilizer [organic guar gum, organic locust bean gum], sunflower lecithin, citric acid), Granola (Rolled oats, rice crispy's [brown rice flour], sugar [cane], canola oil, tapioca syrup, molasses), Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), Oats [whole grain oats], Organic Blue Agave, Ground Cinnamon.

SMOOTHIES

NANABERRY

allergens: tree nuts (almond, coconut)

16oz	370	18	14	0	0	170	51	2	39	37	3
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ingredients: Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), Vanilla Base [rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extractives), vanilla bean specks], IQF Bananas [bananas, ascorbic and citric acid (to preserve color)], Strawberries.

PB CACAO DREAM

allergens: peanut, tree nuts (almond, coconut)

16oz	610	37	21	0	0	150	70	9	41	40	10
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ingredients: Cacao Wow [water, coconut cream, organic agave syrup, cocoa powder, coconut cream powder, stabilizer (organic guar gum, organic locust bean gum)], Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), IQF Bananas [bananas, ascorbic and citric acid (to preserve color)], Peanut Butter (organic peanuts), Cacao Nibs [organic cacao nib, cane sugar].



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fiber (g)

sugar (g)

added sugar (g)

protein (g)

SMOOTHIES

PITAYA PARADISE

allergens: tree nuts (coconut)

16oz

260

11

10

0

0

30

40

5

27

13

1

ingredients: Coconut Milk (organic coconut milk [filtered water, organic coconut cream], contains 2% or less of: vitamin and mineral blend [calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine (selenium), vitamin A acetate, vitamin D2, zinc oxide, vitamin B12], organic sunflower lecithin, gellan gum, organic locust bean gum, sea salt), Pitaya Base (dragon fruit, pineapple, mangoes, water, tapioca syrup, coconut cream powder, stabilizer [organic guar gum, gum acacia]), Coco Love Base (water, coconut cream, organic agave syrup, inulin fiber, coconut cream powder, stabilizer [organic guar gum, organic locust bean gum]), Pineapple, Strawberries.

BLUE TROPICAL

allergens: tree nuts (coconut)

16oz

320

20

19

0

0

55

37

1

28

0

2

ingredients: Blue Majic (coconut cream, water, coconut nectar, pineapple, mango, lemon juice, stabilizer [guar gum, gum acacia], spirulina extract), Coconut Milk (organic coconut milk [filtered water, organic coconut cream], contains 2% or less of: vitamin and mineral blend [calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine (selenium), vitamin A acetate, vitamin D2, zinc oxide, vitamin B12], organic sunflower lecithin, gellan gum, organic locust bean gum, sea salt), Pineapple.

GO GREENS

allergens: tree nuts (almond, coconut)

16oz

500

25

21

0

0

190

64

2

53

52

4

ingredients: Vanilla Base [rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extractives), vanilla bean specks], Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), IQF Bananas [bananas, ascorbic and citric acid (to preserve color)], Greens Powder (amazing grass green food blend [organic wheat grass, organic barley grass, organic alfalfa grass, organic spinach, organic spirulina, organic chlorella (cracked cell wall), organic broccoli], amazing grass antioxidant blend [organic rose hips, organic pineapple, organic carrot, acerola cherry extract, green tea leaf extract, organic acai berry, organic beet root, raspberry, organic maca root], EFA Fiber Blend [organic flax seed, apple pectin], Digestive Enzyme & Active Culture Pre/Probiotic Blend [F.O.S (fructooligosaccharide), amylase (aspergillus oryzae), protease (aspergillus oryzae), lipase (aspergillus niger), lactase (aspergillus oryzae), cellulase (trichoderma reesei), lactobacillus acidophilus]), peppermint leaf, silica).

UNBEETABLE

allergens: tree nuts (coconut)

16oz

320

20

19

0

0

55

36

1

27

0

3

ingredients: Blue Majic (coconut cream, water, coconut nectar, pineapple, mango, lemon juice, stabilizer [guar gum, gum acacia], spirulina extract), Coconut Milk (organic coconut milk [filtered water, organic coconut cream], contains 2% or less of: vitamin and mineral blend [calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine (selenium), vitamin A acetate, vitamin D2, zinc oxide, vitamin B12], organic sunflower lecithin, gellan gum, organic locust bean gum, sea salt), Pineapple, Beet Root Powder.



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carbs (g)

fiber (g)

sugar (g)

added sugar (g)

protein (g)

SMOOTHIES

THAT'S MY JAM

allergens: tree nuts (almond, coconut)

16oz

640

35

22

0

0

180

74

4

67

52

9

ingredients: Vanilla Base [rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extractives), vanilla bean specks], Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), Strawberries, Peanut Butter (organic peanuts), Dates (deglet noor dates), Maca (certified organic gelatinized maca powder [lepidium meyenii, walpers]).

SPIRULINA OUT OF CONTROL

allergens: tree nuts (almond, coconut)

16oz

500

25

21

0

0

190

64

1

52

52

4

ingredients: Vanilla Base [rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extractives), vanilla bean specks], Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), IQF Bananas [bananas, ascorbic and citric acid (to preserve color)], Spirulina.

WHATEVER BOWLS & SMOOTHIES

WHATEVER BOWL

regular bowl

360 - 970

9 - 38

3 - 24

0

0

0 - 5

67 - 163

10 - 21

67 - 115

9 - 84

5 - 12

large bowl

400 - 1070

9 - 44

3 - 30

0

0

0 - 5

77 - 179

11 - 22

44 - 126

10 - 95

5 - 12

kids bowl

220 - 710

8 - 25

2 - 13

0

0

0

35 - 121

6 - 16

19 - 82

6.5 - 53

4 - 10

WHATEVER SMOOTHIE

16oz smoothie

190 - 400

5 - 21

5 - 17

0

0

25 - 150

34 - 57

3 - 5

20 - 39

4 - 39

0 - 3



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carbs (g)

fiber (g)

sugar (g)

added sugar (g)

protein (g)

BASES

ACAI

2oz scoop	80	1	0	0	0	0	17	3	11	10	0	ingredients: water, acai puree, tapioca syrup, sugar, tapioca fiber, stabilizer (organic guar gum, organic locust bean gum), sunflower lecithin, citric acid
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PITAYA

allergens: tree nuts (coconut)

2oz scoop	45	0	0	0	0	0	10	1	6	1	0	ingredients: dragon fruit, pineapple, mangoes, water, tapioca syrup, coconut cream powder, stabilizer (organic guar gum, gum acacia)
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BLUE MAJIC

allergens: tree nuts (coconut)

2oz scoop	80	5	5	0	0	10	9	0	7	0	1	ingredients: coconut cream, water, coconut nectar, pineapple, mango, lemon juice, stabilizer (guar gum, gum acacia), spirulina extract
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COCO LOVE

allergens: tree nuts (coconut)

2oz scoop	100	6	5	0	0	0	13	3	10	10	0	ingredients: water, coconut cream, organic agave syrup, inulin fiber, coconut cream powder, stabilizer (organic guar gum, organic locust bean gum)
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CACAO WOW

allergens: tree nuts (coconut)

2oz scoop	100	6	6	0	0	0	13	1	11	11	1	ingredients: water, coconut cream, organic agave syrup, cocoa powder, coconut cream powder, stabilizer (organic guar gum, organic locust bean gum)
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VANILLA

allergens: tree nuts (coconut)

2oz scoop	163	8	7	0	0	9	17	0	17	17	0	ingredients: rice milk (water, brown rice powder), coconut cream, cane sugar, coconut oil, locust bean gum, guar gum, pure vanilla extract (water, cane alcohol, sugar, vanilla bean extratives), vanilla bean speks contains: tree nuts (coconut)
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fiber (g)

sugar (g)

added sugar (g)

protein (g)

BONUS BASES

GRANOLA

allergens: gluten

50g	220	8	1	0	0	0	33	4	10	0	6	ingredients: rolled oats, rice crispy's (brown rice flour), sugar (cane), canola oil, tapioca syrup, molasses) OR (whole grain oats, cane sugar, canola oil, crisp rice (brown rice), flax seeds, tapioca syrup, hemp seeds
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CHIA PUDDING

allergens: tree nuts (coconut)

40g	35	2.5	1	0	0	0	3	2	0	0	1	ingredients: Coconut Milk (organic coconut milk [filtered water, organic coconut cream], contains 2% or less of: vitamin and mineral blend [calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine (selenium), vitamin A acetate, vitamin D2, zinc oxide, vitamin B12], organic sunflower lecithin, gellan gum, organic locust bean gum, sea salt), Chia Seeds.
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EVEROATS

allergens: tree nuts (almond)

60g	110	2	0	0	0	20	20	2	5	5	3	ingredients: Almond Milk (almond milk [filtered water, almonds], cane sugar, contains 2% or less of: vitamin and mineral blend [calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2], sea salt, gellan gum, ascorbic acid [vitamin C to protect freshness], natural flavor), Oats [whole grain oats], Organic Blue Agave, Ground Cinnamon.
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FRESH FRUIT

STRAWBERRY

1 scoop	10	0	0	0	0	0	3	1	2	0	0
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BANANA

1 scoop	20	0	0	0	0	0	6	1	3	0	0
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KIWI

1 scoop	10	0	0	0	0	0	3	1	2	0	0
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CINNAMON APPLES

1 scoop	60	0	0	0	0	0	16	3	12	9	0	ingredients: Apples, agave nectar, cinnamon, lemon juice
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*Some products may not be available in all locations. Please check with your local everbowl location for availability.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

**Ingredients are based off of a large size bowl
updated: 11/5/24



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sugar (g)

added sugar (g)

protein (g)

FRESH FRUIT

BLUEBERRY

1 scoop	15	0	0	0	0	0	4	1	2	0	0
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PINEAPPLE

1 scoop	20	0	0	0	0	0	5	1	4	0	0
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SUPERFOODS

COCONUT

allergens: tree nuts (coconut)

1 scoop	45	2.5	2.5	0	0	15	5	1	3	3	0
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ingredients: coconut, sugar, water, propylene glycol (sustains freshness), salt, sodium metabisulfite (preserves whiteness)

DRIED MANGO

1 scoop	35	0	0	0	0	15	9	0	7	3	0
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ingredients: mango, sugar, citric acid, sulfur dioxide (as a preservative), FD&C yellow # 6

CHIA SEEDS

1 scoop	10	0.5	0	0	0	0	1	1	0	0	0
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ALMONDS

allergens: tree nuts (almond)

1 scoop	40	3.5	1	0	0	0	2	1	0	0	2
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CACAO NIBS

1 scoop	30	2	1.5	0	0	0	3	1	1	1	0
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DATES

1 scoop	50	0	0	0	0	0	12	1	11	0	0
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HEMP SEEDS

1 scoop	10	1	0	0	0	0	0	0	0	0	1
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sugar (g)

added sugar (g)

protein (g)

SUPERFOODS

BEE POLLEN

1 scoop	15	0	0	0	0	0	2	0	2	3	1
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DRIED PINEAPPLE

1 scoop	35	0	0	0	0	35	9	1	7	2	0
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ingredients: Pineapple, sugar, citric acid, sulfur dioxide (added for color retention and as a preservative)

GOJI BERRIES

1 scoop	15	0	0	0	0	20	3	1	2	0	1
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CINNAMON

1 scoop	0	0	0	0	0	0	0	0	0	0	0
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FLAX SEEDS

1 scoop	10	1	0	0	0	0	1	1	0	0	0
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PEANUT BUTTER

allergens: peanuts

1 drizzle	60	4.5	1	0	0	0	2	1	0	0	2
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ALMOND BUTTER

allergens: tree nuts (almond)

1 drizzle	60	5	0	0	0	0	2	1	0	0	2
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HONEY

1 drizzle	15	0	0	0	0	0	4	0	4	4	0
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AGAVE

1 drizzle	15	0	0	0	0	0	4	0	4	4	0
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sugar (g)

added sugar (g)

protein (g)

SUPER POWDER

TUMERIC

1 scoop	10	0	0	0	0	0	0	2	1	0	3	0
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BEET ROOT

1 scoop	10	0	0	0	0	0	0	2	1	1	2	0
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GREENS POWDER

1 scoop	10	0	0	0	0	0	10	2	1	0	0	1
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ingredients: amazing grass green food blend (organic wheat grass, organic barley grass, organic alfalfa grass, organic spinach, organic spirulina, organic chlorella [cracked cell wall], organic broccoli), amazing grass antioxidant blend (organic rose hips, organic pineapple, organic carrot, acerola cherry extract, green tea leaf extract, organic acai berry, organic beet root, raspberry, organic maca root), EFA Fiber Blend (organic flax seed, apple pectin), Digestive Enzyme & Active Culture Pre/Probiotic Blend (F.O.S [fructooligosaccharide] amylase [aspergillus oryzae], protease [aspergillus oryzae], lipase [aspergillus niger], lactase [aspergillus oryzae], cellulase [trichoderma reesei], lactobacillus acidophilus), peppermint leaf, silica

VITAMIN C

1 scoop	0	0	0	0	0	0	0	0	0	0	0	0
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COLLAGEN

1 scoop	20	0	0	0	0	0	5	0	0	0	0	5
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SPIRULINA

1 scoop	5	0	0	0	0	0	15	1	0	0	0	1
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MACA

1 scoop	20	0	0	0	0	0	0	4	1	2	0	1
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NUTRITIONAL INFORMATION

calories

total fat (g)

saturated fat (g)

trans fat (g)

cholesterol (g)

sodium (mg)

carbs (g)

fiber (g)

sugar (g)

added sugar (g)

protein (g)

SUPER POWDER

WHEATGRASS

allergens: wheat

1 scoop	10	0	0	0	0	0	0	2	1	0	0	1
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FROZEN FRUIT

BANANA

1 scoop	15	0	0	0	0	0	0	5	1	0	0	0
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STRAWBERRY

1 scoop	5	0	0	0	0	0	0	2	0	1	0	0
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PINEAPPLE

1 scoop	10	0	0	0	0	0	0	3	0	2	0	0
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MILKS

ALMOND MILK

allergens: tree nuts (almond)

8 fl oz	60	2.5	0	0	0	150	8	0	7	7	1
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ingredients: almond milk (filtered water, almonds), cane sugar, contains 2% or less of: vitamin and mineral blend (calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2), sea salt, gellan gum, ascorbic acid (vitamin C to protect freshness), natural flavor

COCONUT MILK

allergens: tree nuts (coconut)

8 fl oz	45	4	3.5	0	0	10	2	1	0	0	1
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ingredients: organic coconut milk (filtered water, organic coconut cream), contains 2% or less of: vitamin and mineral blend (calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine [selenium], vitamin A acetate, vitamin D2, zinc oxide, vitamin B12), organic sunflower lecithin, gellan gum, organic locust bean gum, sea salt