



POF

NUTRITIONAL INFORMATION



www.smoothiecompanylifestyle.com

STACKS

- Trim N' Tone:** Calories: 17
- Stay Full:** Calories: 400
- Recharge:** Calories: 15
- Mega Gainer:** Calories: 160

ADD-INS

- BCAAs:** Calories: 10
- Multivitamin:** Calories: 5
- Fiber:** Calories: 7
- Metabolism Boost:** Calories: 10
- Creatine:** Calories: 0
- Glutamine:** Calories: 14
- Energy:** Calories: 10
- Mocha:** Calories: 260
- Granola:** Calories: 220
- Chocolate:** Calories: 100
- Sugar Free Chocolate:** Calories: 40
- Peanut Butter:** Calories: 180
- Low-Fat Peanut Butter:** Calories: 40
- Antioxidants:** Calories: 15
- Veggie Boost:** Calories: 50

SIGNATURE BLENDS: 16oz./24oz.



Dirty Peanut

Calories: 433 / 750
Protein: 27g / 34g
Fat: 19.5g / 36g
Sugar: 33.5g / 66g



Mudslide Latte

Calories: 413 / 710
Protein: 21g / 22g
Fat: 8g / 13g
Sugar: 20.5g / 40g



Mocha Peanut Butter

Calories: 593 / 890
Protein: 28g / 29g
Fat: 23g / 28g
Sugar: 24.5g / 44g



Malibu Chocolate

Calories: 333 / 510
Protein: 22g / 23g
Fat: 5.5g / 7.5g
Sugar: 43.5g / 79g



Elvis' Return

Calories: 323 / 395
Protein: 20g / 20g
Fat: 4.5g / 5.5g
Sugar: 43.5g / 57g



Berried In Chocolate

Calories: 343 / 525
Protein: 20g / 20g
Fat: 4.5g / 6g
Sugar: 47.5g / 85g

BURNER BLENDS: 16oz./24oz.



Belly Buster

Calories: 275 / 310
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Orange Peeler

Calories: 290 / 330
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Berry Berry Good

Calories: 305 / 350
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Wonder Twins

Calories: 290 / 330
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 28g / 36g



Pom. Bliss

Calories: 290 / 330
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Tropical Bombshell

Calories: 285 / 325
Protein: 22g / 23g
Fat: 4.5g / 5g
Sugar: 25g / 32g



Slim Sally

Calories: 275 / 310
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g

VEGGIE BLENDS: 16oz./24oz.



Yo Yo Berry

Calories: 345 / 390
Protein: 21g / 21g
Fat: 3.5g / 3.5g
Sugar: 41g / 50g



Straw-nana

Calories: 315 / 350
Protein: 21g / 21g
Fat: 3.5g / 3.5g
Sugar: 35g / 42g



Pomlic-ious

Calories: 330 / 370
Protein: 21g / 21g
Fat: 3.5g / 3.5g
Sugar: 41g / 50g



Malibu Mango

Calories: 330 / 370
Protein: 21g / 21g
Fat: 3.5g / 3.5g
Sugar: 38g / 46g

RECOVERY BLENDS: 16oz./24oz.



Berry Boom

Calories: 275 / 310
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



The Kingpin

Calories: 305 / 350
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Twisted Strawberry

Calories: 275 / 310
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



In The Tropics

Calories: 285 / 325
Protein: 22g / 23g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Citrus Rush

Calories: 290 / 330
Protein: 20g / 20g
Fat: 3g / 3g
Sugar: 25g / 32g



Mocha Mania

Calories: 423 / 720
Protein: 21g / 22g
Fat: 8g / 13g
Sugar: 20.5g / 40g



Chocolate Peanut But.

Calories: 443 / 760
Protein: 27g / 34g
Fat: 19.5g / 36g
Sugar: 33.5g / 66g



Peanut But. Power

Calories: 568 / 785
Protein: 34g / 41g
Fat: 19.5g / 36g
Sugar: 18.5g / 29g



Island Passion

Calories: 275 / 310
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Pom Cherry Tsunami

Calories: 290 / 330
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Poolside Sunset

Calories: 290 / 330
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 28g / 36g



Yacht Club

Calories: 343 / 420
Protein: 22g / 23g
Fat: 5.5g / 7g
Sugar: 43.5g / 57g



The King Kong

Calories: 333 / 405
Protein: 20g / 20g
Fat: 4.5g / 5.5g
Sugar: 43.5g / 57g

JUST FRUIT BLENDS: 16oz./24oz.



Orange Push-Up

Calories: 280 / 320
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Strawberry Ban. Blast

Calories: 265 / 300
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Pomegranate Paradise

Calories: 280 / 320
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Mango Bliss

Calories: 280 / 320
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 28g / 36g



Pina Colada Madness

Calories: 280 / 320
Protein: 23g / 24g
Fat: 5g / 5.5g
Sugar: 25g / 32g



Passionfr. Orange Gua.

Calories: 265 / 300
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Triple Berry Sensation

Calories: 295 / 340
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g



Super Strawberry

Calories: 265 / 300
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Boardwalk Colada

Calories: 309 / 349
Protein: 26g / 27g
Fat: 4.5g / 5g
Sugar: 37g / 34g



Incredible Bulk

Calories: 447 / 764
Protein: 31g / 38g
Fat: 19.5g / 36g
Sugar: 33.5g / 66g



Sunrise Splash

Calories: 294 / 334
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 28g / 36g



Peanut But. Pump

Calories: 572 / 789
Protein: 38g / 45g
Fat: 34.5g / 50.5g
Sugar: 18.5g / 29g



Mocha Muscle

Calories: 423 / 724
Protein: 25g / 26g
Fat: 8g / 13g
Sugar: 20.5g / 40g



Pink Hurricane

Calories: 279 / 314
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Red Raptor

Calories: 279 / 314
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 25g / 32g



Berry Builder

Calories: 309 / 354
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 31g / 40g

MUSCLE BUILDERS: 16oz./24oz.