



### Nutrition Guide

The nutrition information listed here is based on standard recipes and is shown as a single serving portion. Slight variations may occur due to seasonal changes. Addition of proteins and/or other food items will alter values. Fitness Nutrition Center and its employees do not assume the responsibility for any sensitivity to any food product in our store. Dressings not included in values of salads, bowls, and wraps.

Thank you.

<u>Smoothies(20oz.)</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Green Machine	205	1.5g	1	0	47mg	196mg	2.7g	14.5g	28g	22g
Morning Sunrise	230	13.5g	5g	0	51mg	165mg	2g	23g	27g	30g
Fruity Loop	290	1.6g	1g	0	47mg	150mg	6g	13g	27g	45g
Peanut Butter Blaster	290	3g	1g	0	47mg	390mg	5g	25g	33g	41g
Peach Cobbler	280	2.5g	1g	0	47mg	151mg	3g	4g	26g	20g
Rocket Pop	200	1.5g	1g	0	47mg	150mg	1g	2g	25g+	7g
Mango Madness	300	1.5g	1g	0	47mg	151mg	2.5g	13g	25g	19g
Chocolate Lovers	270	2.5g	1g	0	46mg	150mg	4g	21g	25g	39g
Orange Dream	210	1.5g	1g	0	47mg	150mg	3g	17g	26g	22g
Grape Escape	205	2.5g	1g	0	0	245mg	6g	12g	26g	11.5g
Shamrock	200	1.5g	1g	0	55mg	91mg	2.7g	9.1g	25.4g	20g

	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
<b>Kefir</b>	260	4g	2g	0	10mg	120mg	0	50g	8g	52g

<b><u>Salads</u></b>	<b>Calories</b>	<b>Fat</b>	<b>S.Fat</b>	<b>T.Fat</b>	<b>Chol.</b>	<b>Sodium</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Carbs.</b>
Garden	230	13g	7g	0	35mg	360mg	6g	9g	13g	22g
C/B Ranch	240	9.2g	1g	0	85mg	600mg	2.2g	3.5g	35g	11g
Southwest	355	2.7g	1g	0	75mg	540mg	11.2g	3.5g	35g	49g
Merry Berry	275	27g	7g	0	40mg	680mg	9g	8g	18.5g	28g

\*\*Does not include Dressing

<b><u>B. Rice Bowls</u></b>	<b>Calories</b>	<b>Fat</b>	<b>S.Fat</b>	<b>T.Fat</b>	<b>Chol.</b>	<b>Sodium</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Carbs</b>
C/B Ranch	650	10.5g	1g	0	85mg	600mg	3g	.5g	27g	43g
Southwest	655	14.5	6	0	100mg	386mg	12g	3.5g	45.5g	86g
Teriyaki	515	10g	1g	0	75mg	394mg	13g	10g	42g	69g
Veggie	285	2.5g	0	0	0	149mg	9g	11g	11g	59g

<b><u>Wraps</u></b>	<b>Calories</b>	<b>Fat</b>	<b>S.Fat</b>	<b>T.Fat</b>	<b>Chol.</b>	<b>Sodium</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Carbs.</b>
C/B Ranch	545	16.2g	4g	0	90mg	1355mg	4.2g	5.5g	36.5g	63g
Southwest	685	11.5g	4g	0	75mg	1100mg	13g	4.5g	44.5g	95g
Hawaiian	560	15g	7.5g	0	90mg	1150mg	5.2g	11g	38g	80g
Veggie	500	11.5g	3g	0	0	925mg	12g	8g	27g	76g

<b><u>Breakfast</u></b>	<b>Calories</b>	<b>Fat</b>	<b>S.Fat</b>	<b>T.Fat</b>	<b>Chol.</b>	<b>Sodium</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Carbs.</b>
Protein Waffle	180	12g	3g	0	0	130mg	8g	12g	12g	20g
Protein Waffle CC	250	18g	1g	0	0	118mg	12g	10g	18g	24g
Steel Cut Oatmeal	170	3.5g	.5g	0	0	0	5g	1g	8g	32g
Protein Bagel	260	7	1	0	0	430mg	4	5	28g	25g

\*\*Does not include toppings

<u>Beverages(16oz)</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Organic Coffee	0	0	0	0	0	0	0	0	0	0
Organic Iced Coffee	0	0	0	0	0	0	0	0	0	0
Organic Green Tea	0	0	0	0	0	0	0	0	0	0
Tropical Tea	180	0	0	0	0	48g	0	46g	0	46g

<u>Pizza</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Cheese	240	14g	8g	0	75mg	830mg	0	0	25g	4g
Pepperoni	270	16g	9g	0	75mg	950mg	0	2g	25g	4g
Supreme	270	16g	8g	0	75mg	910 mg	0	2g	25g	4g
Breakfast Bacon	290	16g	8g	0	195mg	850mg	0	0	25g	4g
Breakfast Sausage	280	17g	8g	0	190mg	850mg	0	0	25g	4g
Breakfast Pepperoni	260	16g	8g	0	190mg	850mg	0	0	25g	4g

	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
<u>PB&amp;J</u>	450	19g	2g	0	2mg	530mg	7g	7g	40g	30g

<u>Dressings</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Fat Free Honey Dijon	0	0	0	0	0	0	0	0	0	0
Raspberry Vinaigrette	16	0	0	0	0	250mg	2g	1g	.5g	3.5g
Ranch 2Tbs.	140	14g	2.5g	0	10mg	260mg	0	1g	1g	2g
Fat Free Ranch	0	0	0	0	0	0		0	0	0
Creamy Salsa	10	0	0	0	0	160mg	1g	1g	0	2g

Green Goodness	40	4.5g	.2g	0	0	135mg	.2g	0	.5g	.5g
Teriyaki	85	7g	1g	0	0	160mg	.75g	4g	1.5g	5g
BBQ	0	0	0	0	0	210mg	0	0	0	0

<u>Add Ins</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Agave 1 Tbsp.	60	0	0	0	0	5mg	0	14g	0	16g
Almond milk ¼	15	.5g	0	0	0	40mg	.2g	.2g	.25g	2g
Almonds ¼ c slivered	150	13g	1g	0	0	.25mg	3g	1g	6g	6g
Aloe 2 oz.	6	0	0	0	0	3.3mg	0	0	0	.3g
Apple 1/4med	25	.1g	.1g	0	0	.5mg	1g	5g	.1g	6g
Avocado ½	160	15g	2g	0	0	7mg	7g	.5g	2g	9g
BCAA 1 Tbsp.	0	0	0	0	0	0	0	0	0	0
Bacon	60	4.5g	2g	0	25mg	320mg	0	0	5g	0
Banana	110	0	0	0	0	0	3g	19g	1g	30g
Blueberries ¼ c	25	.1g	0	0	0	.25mg	1g	3.7g	.25g	5.25g
Dark Chocolate chips 1 Tbsp.	80	5g	3g	0	0	0	1g	7g	1g	9g
Chia Seeds 1 Tbsp	60	3.5g	0	0	0	0	5g	0	2g	5g
Coconut Oil	70	8g	7g	0	0	10mg	2g	0	1g	2g
Coconut Shredded	33	3g	3g	0	0	1.6mg	.5g	.25g	.25g	1.3g
Coconut Sugar 1 Tbsp	15	0	0	0	0	0	0	4g	0	4g
Lt Cream Chs	45	4.5g	3g	0	15mg	130mg	0	1g	2g	2g
Dried ¼ Cranberries	100	0	0	0	0	0	10g	14g	0	31g
Creatine	0	0	0	0	0	0	0	0	0	0
Fiber	25	0	0	0	0	0	6g	0	0	6g

Fiesta Cheese	55	4g	2.5g	0	13mg	70mg	0	0	3g	.5g
Greens	25	0	0	0	0	24mg	2g	.5g	1.5g	4g
MCT Oil	60	7g	7g	0	0	10mg	1g	0	1g	1g
Mango ½ c	50	.3g	0	0	0	1mg	1.3g	11g	1g	12g
Mango Puree	40	0	0	0	0	0	1g	8g	0	9g
Multi Vitamin		0	0	0	0	0	0	0	0	
Natural Energy	10	0	0	0	0	0	3g	0	0	3g
Nuts N More Salted Caramel 2 Tbsp.	188	12g	2g	0	2mg	102 mg	3g	1g	12g	8g
Organic Plant Protein	110	2.5g	0	0	0	180mg	1g	0	22g	2g
Spinach	23	0	0	0	0	79mg	22g	.5g	3g	4g
Strawberries 4med	25	0	0	0	0	0	.6g	2.4g	.4g	3.6g
Vitamin C	0	0	0	0	0	0	0	0	0	0
Walnuts	110	11g	1g	0	0	0	1g	.5g	2.5g	2g
Weight Gainer	505	2g	1g	0	45mg	200mg	2g	12g	20g	101g

<u>Tortillas</u>	<u>Calories</u>	<u>Fat</u>	<u>S Fat</u>	<u>T Fat</u>	<u>Chols</u>	<u>Sodium</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Protein</u>	<u>Carbs</u>
Flour tortilla	310	7g	3g	0	0	740mg	2g	0	8g	52g
Garlic Herb	310	7g	3g	0	0	950mg	2g	0	8g	52g
Spinach Herb	310	7g	3g	0	0	740mg	2g	0	9g	51g
Tomato Basil	310	7g	3g	0	0	720mg	2g	0	8g	52g