



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.

<u>Smoothies (24oz)</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Green Machine	273	3.2g	2.5g	0	65mg	152mg	5.3g	21.5g	28g	34g
Morning Sunrise	350	13.5g	5g	0	70mg	105mg	2g	24g	27g	29g
Fruity Loop	283	3.4g	2.6g	0	65mg	81mg	6g	20g	26g	42g
Peanut Butter Blaster	315	5g	1g	0	65mg	181mg	5g	18g	31g	39g
Peach Cobbler	312	3.7g	2.6g	0	65mg	88mg	3g	35g	26g	48g
Rocket Pop	178	3.3g	2.5g	0	65mg	80mg	4g	5g	25g	14.5g
Mango Madness	275	3g	2.5g	0	65mg	80mg	3g	31.5g	24.5g	19g
Chocolate Lovers	265	3.5g	1g	0	65mg	91mg	4g	17g	26g	34g
Orange Dream	218	3g	1g	0	65mg	245mg	3g	16.5g	24g	25g
Grape Escape	185	3g	2.5g	0	65	260mg	4g	7g	24g	17g
Power Punch	173	3g	2.5g	0	65mg	80mg	2g	3.5g	24g	12g
Caramel Apple	259	1g	2.5g	0	65mg	305mg	3g	21g	27g	30g
Pina Colada	203	1.2g	0	0	10mg	171mg	2.5g	14g	26g	23.5

	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
<u>Kefir (12oz)</u>	260	4g	2g	0	10mg	120mg	0	50g	8g	52g
<u>Kefir (8oz)</u>	174	2g	1g	0	7mg	80mg	0	34	5g	35g

<u>Salads</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
C/B Ranch	496	33.5g	11g	0	145mg	1312mg	4.4g	3g	39g	11g
Southwest	473	18g	6g	0	87mg	974mg	10g	7g	36g	45g
Merry Berry	380	28g	12g	0	80mg	887mg	7g	1g	22g	10g

<u>Rice Bowls</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs
C/B Ranch	804	33.5g	11g	0	145mg	1292mg	1g	3g	44g	83g
Teriyaki	653	10g	1g	0	60mg	1430mg	7g	14g	36g	105g
Southwest Chicken	781	18g	6g	0	87mg	954mg	7g	7g	40g	118g
Southwest Steak	791	20g	8g	0	82mg	1074mg	7g	7g	39g	116g
Mediterranean	496	17g	3	0	55mg	602mg	3.5g	5.5g	27g	60g
Pepper Steak	401	8.5g	2g	0	55mg	1350mg	2.5g	5g	25g	55g

<u>Wraps</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
C/B Ranch	776	42g	15g	0	145mg	1872mg	4.4g	3g	46g	57g
Hawaiian	540	15.5g	7g	0	75mg	1145mg	3.3g	4g	35g	68g
Southwest Chicken	717	26g	10g	0	87mg	1432mg	6g	5g	41g	87g
Southwest Steak	727	28g	12g	0	82mg	1552mg	6g	5g	40g	85g
Mediterranean	587	24.5g	6.5g	0	55mg	1173mg	5.7g	6g	31g	64g
Barbecue	591	17g	8g	0	67.5	1478mg	5.5g	5.5g	35g	79g

Wrap Nutritional Values Based On Regular Flour Tortillas

<u>Tortillas</u>	Calories	Fat	S Fat	T Fat	Chols	Sodium	Fiber	Sugar	Protein	Carbs
Flour tortilla	290	8g	4g	0	0	570mg	2g	0	8g	48g
Garlic Herb	310	7g	2.5g	0	0	700mg	2g	0	8g	52g
Spinach Herb	310	7g	2.5g	0	0	640mg	2g	0	8g	48g
Tomato Basil	290	7g	3.5g	0	0	530mg	2g	1g	8g	47g

<u>Beverages</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Organic Coffee 20oz	6	0	0	0	0	10mg	0	0	0	0
Organic Coffee 16oz	5	0	0	0	0	9mg	0	0	0	0
Bulletproof Coffee 20oz	248	17g	13.5g	0	25mg	23mg	4g	15g	1g	21g
Bulletproof Coffee 16oz	189	14g	11g	0	20mg	19mg	3g	12g	1g	15g
Protein Hot Cocoa	112	1g	0	0	32mg	36mg	0	1.5g	22g	2g
Hot Green Tea 12oz	0	0	0	0	0	0	0	0	0	0
Electric Avenue 16oz	8	0	0	0	0	5mg	0	0	0	1g
Purple Rain 16oz	7	0	0	0	0	180mg	0	0	0	1g
Yankee Rose 16oz	7	0	0	0	0	10mg	0	0	0	1g

	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
<u>Protein Bagel</u>	260	7g	1g	0	0	430mg	4g	5g	28g	25g

	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
<u>PB&J</u>	555	25g	3g	0	1.5mg	603mg	8.5g	7.5g	44.5g	44g

<u>Dressings</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Raspberry Vinaigrette	5	0	0	0	0	16.7mg	1g	1g	.5g	2g
Ranch	120	13g	2g	0	10mg	250mg	0	1g	0	2g
Creamy Salsa	34	2.6g	0	0	10	250mg	0	1g	0	2g
Hummus Sauce	126	12g	1g	0	0	235mg	1g	.5g	2g	4g
Teriyaki	51	2g	.5g	0	0	1102mg	.5g	5g	2.5g	8g
BBQ	20	0	0	0	0	400mg	0	0	0	4

Add Ins	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
Aloe Vera 1 oz.	3	0	0	0	0	3.3mg	0	0	0	.3g
Agave 1 Tbsp.	60	0	0	0	0	5mg	0	14g	0	15g
Almond milk 1 oz	8	.5g	0	0	0	19mg	0	1g	.13g	1g
Almonds Slivered 1 Tbsp.	57	5g	1g	0	0	2mg	1g	1g	2g	2g
Apple 1/6med	15	.1g	0	0	0	7.5mg	2g	5g	.3g	4g
Avocado 1/4	81	7g	1g	0	0	4mg	3g	.5g	1g	4g
BCAA 1 Tbsp.	0	0	0	0	0	0	0	0	0	0
Bacon 1 oz	120	9g	4g	0	50mg	640mg	0	0	10g	0
Banana 1/2	52	0	0	0	0	.6mg	2g	7g	1g	13g
Blueberries 1/8 Cup	8	.1g	0	0	0	0	1g	1.3g	0	2.25g
Dark Chocolate Chips 1 Tbsp.	50	4g	2g	0	0	15mg	3g	0	1g	8g
Chia Seeds 1Tbsp	50	3.5g	0	0	0	0	4g	0	2g	5g
Shred Coconut 1Tbsp.	33	3g	3g	0	0	1.6mg	1g	.25g	.25g	1.3g
Coconut Sugar 1 Tbsp	45	0	0	0	0	0	0	12g	0	12g
Collagen	25	0	0	0	0	15	0	0	6.6g	0
Lt Cream Cheese 2 1/4 Tbsp.	90	6.5g	4.5g	0	25mg	150mg	0	2.5g	2.5g	4g
Creatine	0	0	0	0	0	0	0	0	0	0
Fiber	25	0	0	0	0	0	6g	0	0	6g
Fiesta Cheese 1 oz	110	9g	5g	0	25mg	170mg	0	0	.3g	1g
Greens	25	0	0	0	0	24mg	2g	.5g	1.5g	4g
MCT Oil Powder	60	6g	6g	0	0	0	3g	0	1g	0
Mango Puree 2 oz	40	0	0	0	0	0	1g	8g	0	9g

Mango 1/2 Cup	40	.25g	0	0	0	0	1g	9.5g	0	10.5g
Multi Vitamin & Minerals	0	0	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 PB 3 Tbsp.	280	18g	3g	0	1.5mg	153mg	4.5g	1.5g	16.5g	12g
Organic Butter 1 Tbsp.	90	10g	3g	0	10mg	90mg	0	0	0	0
Organic Vanilla Plant Protein	110	2.5g	0	0	0	180mg	1g	0	22g	2g
Organic Chocolate Plant Protein	130	2.5g	0	0	0	220mg	3g	0	22g	5g
Probiotic	5	0	0	0	0	0	2g	0	0	3g
Spinach 2 Cups	14	0	0	0	0	48mg	1.3g	.3g	1.7g	2g
Strawberries 1/4 Cup	13	0	0	0	0	0	.7g	1.5g	.4g	3.4g
Vitamin C	0	0	0	0	0	0	0	0	0	0
Vitamin D	0	0	0	0	0	0	0	0	0	0
Walnuts 1 Tbsp.	57	5g	.4g	0	0	1.5mg	1g	.5g	2g	2g
Extra Protein Choc.	150	2.5g	1g	0	65mg	0	1g	3g	25g	7g
Extra Protein Vanilla	150	3g	2.5g	0	65mg	0	1g	2g	25g	7g