



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	180	2g	0.5g	0	65mg	187mg	5.3g	21.5g	28g	31g
Morning Sunrise	200	12g	3g	0	70mg	130mg	2g	24g	27g	26g
Fruity Loop	260	0	0.1g	0	65mg	115mg	6g	20g	26g	39g
Peanut Butter Blaster	260	4g	0.1g	0	65mg	180mg	5g	18g	31g	36g
Peach Cobbler	250	2g	0.6g	0	65mg	115mg	3g	35g	26g	45g
Rocket Pop	220	2g	0.5g	0	65mg	115mg	4g	5g	25g	11.5g
Mango Madness	165	1g	0	0	30mg	130mg	1g	10g	25g	13g
Chocolate Lovers	240	2g	0.5g	0	65mg	131mg	4g	17g	26g	31g
Orange Dream	190	2g	0.5g	0	65mg	275mg	3g	16.5g	25g	22g
Grape Escape	175	2g	0.5g	0	65	275mg	4g	7g	25g	14g
Power Punch	145	2g	0.5g	0	65mg	115mg	2g	3.5g	25g	9g
Caramel Apple	220	1g	0.5g	0	65mg	310mg	3g	21g	27g	27g
Pina Colada	160	1g	0.5g	0	10mg	170mg	2.5g	14g	26g	20.5
Root Beer Float	190	4g	0	0	30mg	150mg	0	2g	26g	21g
Strawberry Bananza	240	2g	0.1g	0	30mg	115mg	0	3g	25g	32g

<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
Mediterranean	301	14g	1.2g	0	60mg	485mg	3.5g	4.5g	17g	17g

<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 Chicken	653	10g	1g	0	60mg	1430mg	7g	14g	36g	105g
Teriyaki Steak	663	12g	2.5g	0	55mg	1550mg	7g	14g	35g	103g
Southwest Chicken	781	18g	6g	0	87mg	954mg	7g	7g	40g	118g
Southwest Steak	791	20g	7.5g	0	82mg	1074mg	7g	7g	39g	116g
Mediterranean Chicken	486	15g	1.5g	0	60mg	482mg	3.5g	5.5g	28g	113g
Mediterranean Steak	496	17g	3g	0	55mg	602mg	3.5g	5.5g	27g	111g
Barbecue Chicken	629	9g	4g	0	67.5mg	908mg	1.5g	5.5g	33g	107g
Barbecue Steak	639	11g	5.5g	0	62.5mg	1028mg	1.5g	5.5g	32g	105g
Hawaiian Chicken	578	7.5g	3g	0	75mg	575mg	1.25g	3.75g	34g	95g
Hawaiian Steak	588	9.5g	4.5g	0	70mg	695mg	1.25g	3.75g	33g	93g

	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
<u>Protein Bagel</u>	210	3g	0.5g	0	0	380mg	14g	1g	30g	28g

<u>Dressings</u>	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
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

<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
Electric Avenue 24oz	11	0	0	0	0	7mg	0	0	0	2g
Purple Rain 16oz	7	0	0	0	0	180mg	0	0	0	1g
Purple Rain 24oz	10	0	0	0	0	240mg	0	0	0	2g
Yankee Rose 16oz	7	0	0	0	0	10mg	0	0	0	1g
Yankee Rose 24oz	10	0	0	0	0	14mg	0	0	0	2g

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	3.75	.5g	0	0	0	15.5mg	0	0	.13g	1g
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
Chia Seeds 1Tbsp	50	3.5g	0	0	0	0	4g	0	2g	5g
Coconut Sugar 1Tbsp	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
Peanut Butter 3 Tbsp	280	18g	3g	0	1.5mg	153mg	5g	2g	17.5g	12g
Organic Butter 1 Tbsp	90	10g	3g	0	10mg	90mg	0	0	0	0
Berry Preserves 1Tbsp	15	0	0	0	0	20mg	0	0	0	8g
Creatine	0	0	0	0	0	0	0	0	0	0
Fiber	25	0	0	0	0	0	6g	0	0	6g
Greens	25	0	0	0	0	24mg	2g	.5g	1.5g	4g
Spinach 2 Cups	14	0	0	0	0	48mg	1.3g	.3g	1.7g	2g
MCT Oil Powder	60	6g	6g	0	0	0	3g	0	1g	0
Natural Energy	10	0	0	0	0	0	3g	0	0	3g
Multi Vitamin & Mineral	0	0	0	0	0	0	0	0	0	0
Vitamin C	0	0	0	0	0	0	0	0	0	0
Vitamin D	0	0	0	0	0	0	0	0	0	0
Probiotic	5	0	0	0	0	0	2g	0	0	3g
Plant Protein Chocolate	120	2.5g	0	0	0	260mg	2g	0	20g	4g
Plant Protein Vanilla	110	2g	0	0	0	230mg	2g	0	20g	3g
Extra Protein Choc.	120	1g	0	0	30mg	130mg	1g	1g	25g	3g
Extra Protein Vanilla	120	1g	0	0	30mg	115mg	0	1g	25g	2g

