



### 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.
Banana Cream	255	4G	1G	0	30MG	240MG	3.1G	15G	27G	30G
Blue Moon	135	1g	0.5g	0	30mg	190mg	1g	1g	26g	3g
Blueberry Cobbler	207	0.5g	0g	0	30mg	115mg	1g	12g	26g	21g
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	210	2g	0.6g	0	65mg	115mg	3g	12g	26g	21g
Peary Good	240	1	0.5g	0	30mg	115mg	2g	13g	25g	32g
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	14g	25g	19g
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
Chocolate Covered Cherry	165	1.5g	0.5g	0	30mg	123mg	2g	8g	26g	10g
Very Cherry	155	1g	0	0	30mg	123mg	1g	8g	25g	9g

	Calories	Fat	S.Fat	T.Fat	Chol.	Sodium	Fiber	Sugar	Protein	Carbs.
<b>Beverages</b>										
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
Gut Restore Tea 13.7g	45	0	0	0	0	10mg	0	0	9g	2g
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

<b>Add Ins</b>	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
Turbinado 1 Tbsp	15	0	0	0	0	0	0	4g	0	4g
Collagen	25	0	0	0	0	15	0	0	6.6g	0
Keto Protein Chocolate	210	16g	13g	0	60mg	125mg	2g	2g	10g	7g

Keto Protein Vanilla	200	16g	13g	0	65mg	130mg	2g	2g	10g	6g
Organic Butter 1 Tbsp	90	10g	3g	0	10mg	90mg	0	0	0	0
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