



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.

| Smoothies (24oz) | 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 |
| GoodieGumdrop | 355 | 2g | 0 | 0 | 30mg | 115mg | 2g | 16g | 25g | 18g |
| 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 |
| 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 |
| Powerhouse | 177 | 0g | 0g | 0 | 30mg | 50mg | 1g | 8g | 26g | 12g |
| 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 |
| Shamrock | 200 | 1g | 0 | 0 | 30mg | 115mg | 3g | 9g | 25g | 20g |
| Strawberry Bananza | 240 | 2g | 0.1g | 0 | 30mg | 115mg | 0 | 3g | 25g | 32g |

| | Calories | Fat | S.Fat | T.Fat | Chol. | Sodium | Fiber | Sugar | Protein | Carbs. |
|-----------------------|----------|-----|-------|-------|-------|--------|-------|-------|---------|--------|
| Beverages | | | | | | | | | | |
| Bone Broth Chicken | 90 | 2 | 0.5 | 0 | 5mg | 100mg | 0 | 0 | 15g | 1g |
| Bone Broth Tomato | 110 | 2 | 0.5 | 2 | 5mg | 105mg | 1g | 2g | 15g | 3g |
| 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 |
| Dr. Feelgood 16oz | 5 | 0 | 0 | 0 | 0 | 7mg | 0 | 0 | 0 | 0 |
| Dr. Feelgood 24oz | 8 | 0 | 0 | 0 | 0 | 9mg | 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 |
| 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 |
| 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 |
| Creatine | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Fiber | 25 | 0 | 0 | 0 | 0 | 0 | 6g | 0 | 0 | 6g |
| Glutamine | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 |