

	Serving Size	Total fat (g)	Carbs (g)	Protein (g)	Calories
Bases					
Acai	12 oz	6	18	3	138
	16 oz	9	27	4	205
Pitaya	12 oz	6	19	5	150
	16 oz	9	29	7	225
Banana	12 oz	2	30	3	150
	16 oz	4	45	4	232
Coconut	12 oz	2	38	0	170
	16 oz	3	55	0	247
Bowls					
The Benny	12 oz	8	63	5	344
	16 oz	10	76	7	422
Coco Cabana	12 oz	29	68	6	557
	16 oz	31	81	8	635
Amazon Power	12 oz	20	54	13	448
	16 oz	22	67	16	530
Gold Coast	12 oz	18	75	8	494
	16 oz	20	88	10	572
Surfs Up	12 oz	20	51	9	420
	16 oz	22	64	11	498
Paradise Bowl	12 oz	4	75	3	348
	16 oz	6	88	5	426
Beach Bum	12 oz	18	50	11	406
	16 oz	20	63	13	484
Sunny Beach	12 oz	25	50	15	485
	16 oz	27	62	17	559
Smoothies					
Banana Bread	20 oz	7	94	10	479
Blueberry Muffin	20 oz	8	72	8	392
A Little Nutty	20 oz	18	65	13	474
Pure Energy	20 oz	19	52	12	427

Cherry Breeze	20 oz	18	50	11	406
PBJ	20 oz	22	53	14	466
Pink Flamingo	20 oz	11	49	9	331
Strawberry Sunrise	20 oz	18	60	8	434
Clean & Green	20 oz	7	51	5	287
Jave Junkie	20 oz	7	53	6	299
Mexican Chocolate	20 oz	20	63	14	488
Tropikale	20 oz	5	39	4	217
Good Mood	20 oz	8	57	5	320
Toast	<i>Serving Size</i>	<i>Total fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
Guac My World	1 toast	9	43	8	285
Nutella Daze	1 toast	14	73	9	454
This Is My Jam	1 toast	15	55	20	435
Bee Sweet	1 toast	19	75	15	531
Superberry	1 toast	20	58	13	464
Toppings	<i>Serving Size</i>	<i>Total fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
Strawberries	1 serving	0	2	0	8
Blueberries	1 serving	0	7	0	28
Blackberries	1 serving	0	2	0	8
Banana	1 serving	0	14	0	56
Mango	1 serving	0	5	0	20
Kiwi	1 serving	0	6	0	24
Pineapple	1 serving	0	4	0	16
Apple	1 serving	0	6	0	24
GF Classic Granola	S	4	24	3	144
	M	6	37	5	222
Buckwheat Groats	S	1	21	3	105
	M	1	32	5	157
GF Blueberry flax Granola	S	5	23	4	153
	M	7	35	6	227
Nutella	1 serving	11	22	2	195
Vegan Nutella	1 serving	12	10	4	164
Cashew Butter	1 serving	12	8	6	164
Penut Butter	1 serving	13	7	8	177
Coconut Yogurt	1 serving	0	2	0	8
Almond Butter	1 serving	16	4	8	192
Honey	1 serving	0	12	0	48
Agave	1 serving	0	6	0	24
Walnuts	1 serving	3	1	1	35

Almonds	1 serving	5	2	2	61
Hemp Seeds	1 serving	5	1	3	61
Chia Seeds	1 serving	4	6	2	68
Cacao Nibs	1 serving	4	3	0	48
Cacao Powder	1 serving	1	4	1	29
Coconut	1 serving	14	6	1	154
Matcha	1 serving	0	2	0	8
Pumpkin seeds	1 serving	5	1	3	61
Chia Jam	1 serving	1	3	0	21
Protein					
	<i>Serving Size</i>	<i>Total fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
Vegan- Vanilla	10 g	2	7	10	86
Vegan- Vanilla	20 g	4	14	21	176
Vegan- Vanilla	30 g	6	21	31	262
Vegan- Unsweetened	10 g	2	4	10	74
Vegan- Unsweetened	20 g	4	8	21	152
Vegan- Unsweetened	30 g	6	12	31	226
Smoothie Milks					
	<i>Serving Size</i>	<i>Total fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
Coconut	12 oz	4	2	2	52
Almond	12 oz	7	3	0	75
Oat	12 oz	2	30	3	150