

NUTRITION AT A GLANCE

ALL BOWLS & REFRESHERS CAN BE MODIFIED TO REDUCE CALORIES, SUGAR, AND TO FIT YOUR DIETARY NEEDS.

CRUSHED FRUIT BOWLS

| Per Bowl | Super Antioxidant Bowl | The Ultimate Power Bowl | The Amazing Açaí Bowl | Tropical Veggie Bliss Bowl |
|---------------|------------------------|-------------------------|-----------------------|----------------------------|
| Calories | 560 | 560 | 610 | 460 |
| Fat | 16g | 15g | 19g | 7g |
| Carbohydrates | 76g | 82g | 84g | 70g |
| Sugar | 52g | 47g | 52g | 49g |
| Protein | 33g | 33g | 33g | 30g |

REFRESHERS

| 20 oz. | Strawberry Acai | Watermelon Cucumber Mint | Wildberry Hibiscus | Blood Orange Coconut Ginger | Dragon Fruit Lychee |
|---------------|-----------------|--------------------------|--------------------|-----------------------------|---------------------|
| Calories | 100 | 117 | 67 | 100 | 83 |
| Fat | 0g | 0g | 0g | 0g | 0g |
| Carbohydrates | 25g | 28g | 18g | 27g | 20g |
| Sugar | 25g | 27g | 17g | 25g | 20g |
| Protein | 0g | 0g | 0g | 0g | 0g |