

NUTRITIONAL INFORMATION



www.smoothiecompanylifestyle.com

STACKS

- Trim N' Tone:** Calories: 17
- Stay Full:** Calories: 400
- Recharge:** Calories: 15
- Mega Gainer:** Calories: 160

ADD-INS

- BCAAs:** Calories: 10
- Multivitamin:** Calories: 5
- Fiber:** Calories: 7
- Metabolism Boost:** Calories: 10
- Creatine:** Calories: 0
- Glutamine:** Calories: 14
- Energy:** Calories: 10
- Mocha:** Calories: 260
- Granola:** Calories: 220
- Chocolate:** Calories: 100
- Sugar Free Chocolate:** Calories: 40
- Peanut Butter:** Calories: 180
- Low-Fat Peanut Butter:** Calories: 40
- Antioxidants:** Calories: 15
- Veggie Boost:** Calories: 50



Triple Berry

Calories: 135 / 180
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 27g / 36g



Strawberry

Calories: 105 / 140
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 21g / 28g



Strawberry Banana

Calories: 105 / 140
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 21g / 28g



Mango Peach

Calories: 110 / 160
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 24g / 32g



Strawberry Mango Peach

Calories: 110 / 150
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 22g / 30g



Pina Colada

Calories: 120 / 160
Protein: 3g / 4g
Fat: 1.5g / 2g
Sugar: 21g / 28g



Strawberry Colada

Calories: 110 / 150
Protein: 1g / 2g
Fat: .5g / 1g
Sugar: 21g / 28g



Orange Creme

Calories: 120 / 160
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 27g / 36g



Raspberry

Calories: 105 / 140
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 21g / 28g



Pomegranate Cherry

Calories: 120 / 160
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 27g / 36g



Passionfr. Orange Gua.

Calories: 120 / 160
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 27g / 36g



Banana

Calories: 105 / 140
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 21g / 28g



Mocha

Calories: 298 / 595
Protein: 1g / 2g
Fat: 5g / 10g
Sugar: 20g / 39g



Chocolate Peanut Butter

Calories: 355 / 635
Protein: 7g / 14g
Fat: 8g / 13g
Sugar: 39g / 65g

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ADD-INS

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- Fiber:** Calories: 7
- Metabolism Boost:** Calories: 10
- Creatine:** Calories: 0
- Glutamine:** Calories: 14
- Energy:** Calories: 10
- Mocha:** Calories: 260
- Granola:** Calories: 220
- Chocolate:** Calories: 100
- Sugar Free Chocolate:** Calories: 40
- Peanut Butter:** Calories: 180
- Low-Fat Peanut Butter:** Calories: 40
- Antioxidants:** Calories: 15
- Veggie Boost:** Calories: 50



Triple Berry

Calories: 270 / 360
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 60g / 80g



Strawberry

Calories: 300 / 400
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 69g / 93g



Strawberry Banana

Calories: 260 / 360
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 59g / 83g



Mango Peach

Calories: 300 / 400
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 75g / 100g



Strawberry Mango Peach

Calories: 300 / 400
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 71g / 96g



Pina Colada

Calories: 270 / 360
Protein: 3g / 4g
Fat: 1.5g / 2g
Sugar: 60g / 80g



Strawberry Colada

Calories: 290 / 380
Protein: 1g / 2g
Fat: .5g / 1g
Sugar: 66g / 86g



Orange Creme

Calories: 300 / 400
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 69g / 93g



Raspberry

Calories: 300 / 400
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 69g / 93g



Pomegranate Cherry

Calories: 180 / 240
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 48g / 64g



Passionfr. Orange Gua.

Calories: 240 / 320
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 63g / 84g



Banana

Calories: 180 / 240
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 32g / 46g



Mocha

Calories: 298 / 595
Protein: 1g / 2g
Fat: 5g / 10g
Sugar: 20g / 39g



Chocolate Peanut Butter

Calories: 355 / 635
Protein: 7g / 14g
Fat: 8g / 13g
Sugar: 39g / 65g