

regular shakes (based off non-fat milk/whey protein)

classicshakes

chocolate frosty	calories	protein(g)	fat(g)	sat fat(g)	trans fat(g)	carbs(g)	sugar(g)	fiber(g)
1/2 agave	213	30	1	0.5	0	22	19	0
with agave	261	30	1	0.5	0	34	31	0
vanilla thrilla								
1/2 agave	203	30	1	0.5	0	21	20	0
with agave	251	30	1	0.5	0	33	32	0
cookies n' cream								
1/2 agave	223	30	1	1	0	23	21	0
with agave	271	30	1	1	0	35	33	0

specialtyshakes

pb squared								
no agave	258	31	7	1	0	18	10	2
1/2 agave	300	31	7	1	0	28	20	2
with agave	342	31	7	1	0	39	31	2
grammy's goods								
no agave	275	35	8	2	0	14	10	1
1/2 agave	323	35	8	2	0	27	22	1
with agave	371	35	8	2	0	39	34	1
banana split								
no agave	185	27	1	0	0	18	11	1
1/2 agave	227	27	1	0	0	28	21	1
with agave	269	27	1	0	0	39	32	1
strawberry fields								
no agave	150	27	1	0	0	11	9	0
1/2 agave	192	27	1	0	0	21	19	0
with agave	234	27	1	0	0	32	30	0

greens&veggies

organic supershake								
no agave	258	32	7	1	0	18	11	2
1/2 agave	300	32	7	1	0	29	21	2
with agave	342	32	7	1	0	40	32	2
green tea matcha								
1/2 agave	172	19	0	0	0	24	22	0
with agave	220	19	0	0	0	36	34	0
carrot cake								
no agave	153	22	1	0	0	14	10	1
1/2 agave	195	22	1	0	0	25	20	1
with agave	237	22	1	0	0	36	31	1
greens to go								
no agave	152	13	0	0	0	25	17	3
1/2 agave	194	13	0	0	0	36	27	3
with agave	236	13	0	0	0	47	38	3

exoticshakes

a perfect 10								
no agave	276	32	7	1	0	23	15	4
1/2 agave	318	32	7	1	0	34	25	4
with agave	360	32	7	1	0	45	36	4
chocolate covered strawberry								
no agave	229	28	2	0	0	27	17	2
1/2 agave	271	28	2	0	0	38	27	2
with agave	313	28	2	0	0	49	38	2
breakfast to go								
no agave	199	22	2	0	0	26	18	1
1/2 agave	241	22	2	0	0	37	29	1
with agave	283	22	2	0	0	48	39	1
mea aloha								
no agave	214	13	1	0	0	40	27	3
1/2 agave	256	13	1	0	0	51	38	3
with agave	298	13	1	0	0	62	48	3
acai energy								
no agave	262	30	4	1	0	30	19	3
1/2 agave	304	30	4	1	0	41	29	3
with agave	346	30	4	1	0	52	40	3
fruitopia								
no agave	203	13	1	0	0	37	24	2
1/2 agave	245	13	1	0	0	48	34	2
with agave	287	13	1	0	0	59	45	2
pink cadillac								
no agave	197	22	1	0	0	26	19	3
1/2 agave	239	22	1	0	0	37	30	3
with agave	281	22	1	0	0	48	40	3

shakeyourcoffee

shake your coffee								
1/2 agave	163	24	1	0.5	0	16	14	0
with agave	211	24	1	0.5	0	28	26	0

scoopedbowls

rawcai base								
no agave	221	2	5	0	0	48	21	7
with agave	269	2	5	0	0	60	33	8
raw-pb base								
no agave	305	6	12	1	0	47	20	7
with agave	353	6	12	1	0	60	32	7
the buzz bowl base								
no agave	242	2	3	0	0	55	33	6
with agave	290	2	3	0	0	68	45	6

blendedbowls

original acai bowl base								
no agave	240	13	3	0	0	44	27	4
1/2 agave	282	13	3	0	0	55	37	4
with agave	324	13	3	0	0	66	48	4
pb&a base								
no agave	346	20	9	1	0	47	24	6
1/2 agave	391	20	9	1	0	59	36	6
with agave	436	20	9	1	0	70	47	6
dragon bowl base								
no agave	197	22	1	0	0	26	19	3
1/2 agave	239	22	1	0	0	37	30	3
with agave	281	22	1	0	0	48	40	3
bowl base toppings to make it your way								
granola	85	2	3	0.5	0	12	3.5	1.5
banana	42	0.5	0	0	0	10	5	1
coconut	47	0.5	4	4	0	2	0.5	1.5
dark chocolate	79	0.5	5	4	0	9	8	1
chia seeds	29	1	2	0	0	2.5	0	2
almonds	64	2	5	0	0	2	0	1
bee pollen	1	0	0	0	0	0.25	0	0

allnaturalsandwiches

peanut butter sandwich								
	342	14	15	2	0	39	9	8
almond butter sandwich								
	352	13	19	2	0	38	8	10

whollyoatmeal

berries n' cream								
no agave	187	9	3	1	0	32	4	4
with agave	230	9	3	1	0	44	16	4
pb&b								
no agave	281	10	10	2	0	36	3	6
with agave	324	10	10	2	0	49	15	6
chocolate chip banana bread								
no agave	260	7	8	5	0	41	10	5
with agave	303	7	8	5	0	54	22	5
toasted coconut cream								
no agave	292	12	12	5	0	34	4	7
with agave	335	12	12	5	0	47	16	7

smartoats

vanilla protein, blueberry, chia, and peanut butter combination								
no agave	376	22	13	2	0	39	5	8
1/2 agave	397	22	13	2	0	48	11	8
with agave	419	22	13	2	0	52	17	8

substitutions

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low-fat milk	+20	-1	+1	0	0	+2	+1	0
soy milk	+5	-2	+1.5	0	0	-2	-2	+1
almond milk	-15	-5	+1	0	0	-2	-2	0
soy protein	+40	+1	0	0	0	+6	+8	0
almond butter	+5	-1	+2	0	0	-1	-1	0
organic plant protein	+30	0	+2	0	0	+4	0	+2

fuel your lifestyle

*large shake serving = 1.5x regular shake serving **recipes based off non-fat milk and whey protein

no artificial or processed sugar added