

MENU ITEMS PROVIDE THESE NUTRITIONAL BENEFITS

REAL FRUIT

REAL FROZEN FRUIT IS USED IN ALL OF OUR SMOOTHIES.

100% CRUSHED FRUIT JUICE

NO ARTIFICIAL FLAVORS, NO ARTIFICIAL COLORS, NO PRESERVATIVES.

PROTEIN

UP TO 40 GRAMS OF PROTEIN FOR MEAL REPLACEMENTS OR MUSCLE GROWTH.

FLAX SEED

RICH WITH FIBER, LIGNANS, AND OMEGA-3 ESSENTIAL FATTY ACIDS.

ALMONDS

HIGH IN NUTRIENTS LIKE FIBER, PROTEIN, AND HEALTHY FATS. CAN HELP LOWER BLOOD PRESSURE AND LOWER CHOLESTEROL LEVELS.

KALE AND SPINACH

NUTRIENT-RICH SUPER FOODS HIGH IN FIBER, IRON, AND VITAMIN A AND C. ALSO HELPS LOWER CHOLESTEROL LEVELS.



Caloric Counts

