

## ORGANIC SHAKES – SHAKE NUTRITION AT A GLANCE

20 oz.	Organic Berry, Berry Creamy	Organic Berry, Berry Good	Organic Chocolate Cool Mint
Calories	440	310	330
Fat	1.5g	1g	1.5g
Carbohydrates	88g	56g	64g
Protein	22g	20g	16g

20 oz.	Organic Commitments	Organic Cookies N' Cream	Organic Iced Mocha
Calories	320	450	510
Fat	1.5g	10g	2g
Carbohydrates	54g	56g	89g
Protein	23g	37g	32g

20 oz	Organic Jam On It!	Organic Javanilla	Organic Kale-ebRATION	Organic Kale Me Now
Calories	380	530	340	320
Fat	1g	4.5g	1.5g	1.5g
Carbohydrates	74g	90g	57g	54g
Protein	20g	30g	27g	23g

20 oz.	Organic Mango Crusher	Organic PB Cup Lite	Organic Shades of Autumn
Calories	290	390	310
Fat	1.5g	7g	2.5g
Carbohydrates	51g	53g	49g
Protein	20g	33g	22g

20 oz.	Organic Strawberry Fields
Calories	360
Fat	1g
Carbohydrates	69g
Protein	20g



# ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR.**

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

BERRY, BERRY CREAMY

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 440</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 88g</b>	<b>29%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 68g	
<b>Protein 22g</b>	
Vitamin A 2%	• Vitamin C 25%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Organic Berry, Berry Creamy | **Former Shake of the Month.**

- 6 oz Dr. Smoothie Organic Raz-Berry Purée/Water Mix
- 1 scp Organic Madagascar Bourbon Vanilla Cream
- 1 scp Get Berries (Organic certification pending)
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 56g</b>	<b>19%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 46g	
<b>Protein 20g</b>	
Vitamin A 2%	• Vitamin C 20%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Organic Berry, Berry Good | 20oz.

- 6 oz Dr. Smoothie Organic Raz-Berry Purée/Water Mix
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

## Organic Berry, Berry Good | 12oz.

- 4 oz Dr. Smoothie Organic Raz-Berry Purée/Water Mix
- ½ scp Organic Vanilla Whey Protein
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 30g	
<b>Protein 10g</b>	
Vitamin A 0%	• Vitamin C 15%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

BERRY, BERRY GOOD

# ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR.**

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

## CHOCOLATE COOL MINT

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 460</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 71g</b>	<b>24%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 58g	
<b>Protein 29g</b>	
Vitamin A 8%	Vitamin C 4%
Calcium 35%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Organic Chocolate Cool Mint | 20oz.

- 6 oz Organic Non-Fat Milk
- 1 scp Café Essentials Organic Chocolate
- 2 Organic Sandwich Cookies
- 1 scp Organic Vanilla Whey Protein
- drops Organic Mint Extract (to taste)
- 12 oz Ice

### Organic Chocolate Cool Mint | 12oz.

- 4 oz Organic Non-Fat Milk
- ½ scp Café Essentials Organic Chocolate
- 1 Organic Sandwich Cookies
- ½ scp Organic Vanilla Whey Protein
- drops Organic Mint Extract (to taste)
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 240</b>	Calories from Fat 40
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 30g	
<b>Protein 16g</b>	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## ORGANIC COMMITMENTS

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 320</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 44g	
<b>Protein 23g</b>	
Vitamin A 70%	Vitamin C 230%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Organic Commitments | 20oz.

- 6 oz Dr. Smoothie Organic Pineapple Purée/Water Mix
- 2 scps Organic Kale
- 1 scp Organic Vanilla Whey Protein
- ¼ tsp Organic Lemon Extract
- 12 oz Ice

### Organic Commitments | 12oz.

- 4 oz Dr. Smoothie Organic Pineapple Purée/Water Mix
- 1 scps Organic Kale
- ½ scp Organic Vanilla Whey Protein
- ¼ tsp Organic Lemon Extract
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 29g	
<b>Protein 12g</b>	
Vitamin A 35%	Vitamin C 140%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

**Fruit Purees contain NO ADDED SUGAR.**  
**Carbs (Sugars) are 100% necessary for an effective post-workout recovery.**

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 450</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 56g</b>	<b>19%</b>
Dietary Fiber 2g	8%
Sugars 42g	
<b>Protein 37g</b>	
Vitamin A 10%	Vitamin C 2%
Calcium 40%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

## Organic Cookies N' Cream | 20oz.

- 6 oz Organic Soy Milk
- ½ scp Organic Madagascar Bourbon Vanilla Cream
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice
- 2 Organic Sandwich Cookies (pulse in the end)

## Organic Cookies N' Cream | 12oz.

- 4 oz Organic Soy Milk
- ¼ scp Organic Madagascar Bourbon Vanilla Cream
- ½ scp Organic Vanilla Whey Protein
- 7 oz Ice
- 1 Organic Sandwich Cookies (pulse in the end)

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 1g	4%
Sugars 21g	
<b>Protein 14g</b>	
Vitamin A 6%	Vitamin C 0%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

COOKIES N' CREAM

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 510</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 89g</b>	<b>30%</b>
Dietary Fiber 1g	4%
Sugars 86g	
<b>Protein 32g</b>	
Vitamin A 10%	Vitamin C 6%
Calcium 50%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

## Organic Iced Mocha | **Former Shake of the Month.**

- 6 oz Organic Nonfat Milk
- 1 scp Organic Cafe Moka
- 1 scp Organic Moka Latte
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

ICED MOCHA

# ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

JAM ON IT!

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 380</b>	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 74g</b>	<b>25%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 58g	
<b>Protein 20g</b>	
Vitamin A 2%	• Vitamin C 70%
Calcium 10%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Organic Jam On It! | Former Shake of the Month.

- 6 oz      Dr. Smoothie Organic Strawberry Purée/Water Mix
- 1 scp     Get Berries (Organic certification pending)
- 1 scp     Organic Vanilla Whey Protein
- 12 oz     Ice

JAVANILLA

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 530</b>	Calories from Fat 40
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 90g</b>	<b>30%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 85g	
<b>Protein 30g</b>	
Vitamin A 10%	• Vitamin C 6%
Calcium 50%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Organic Javanilla | 20oz.

- 6 oz      Organic Soy Milk
- 1 scp     Organic Café Moka
- 1 scp     Organic Madagascar Vanilla Latte
- 1 scp     Organic Vanilla Whey Protein
- 12 oz     Ice

## Organic Javanilla | 12oz.

- 4 oz      Organic Soy Milk
- ½ scp     Organic Café Moka
- ½ scp     Organic Madagascar Vanilla Latte
- ½ scp     Organic Vanilla Whey Protein
- 7 oz      Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 46g</b>	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 43g	
<b>Protein 16g</b>	
Vitamin A 6%	• Vitamin C 4%
Calcium 30%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

**Fruit Purees contain NO ADDED SUGAR.**

**Carbs (Sugars) are 100% necessary for an effective post-workout recovery.**

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 57g</b>	<b>19%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 44g	
<b>Protein 27g</b>	
Vitamin A 70%	Vitamin C 240%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

## Organic Kale-ebration | **Former Shake of the Month.**

- 6 oz Dr. Smoothie Organic Pineapple Purée/Water Mix
- 2 scps Organic Freeze-Dried Kale
- ¼ tsp Organic Lemon Extract
- 1 scp Get Greens (*Organic certification pending*)
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

KALE-EBRATION

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 44g	
<b>Protein 23g</b>	
Vitamin A 70%	Vitamin C 230%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

## Organic Kale Me Now | 20oz.

- 6 oz Dr. Smoothie Organic Pineapple Purée/Water Mix
- 2 scps Organic Freeze-Dried Kale
- ¼ tsp Organic Lemon Extract
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

## Organic Kale Me Now | 12oz.

- 4 oz Dr. Smoothie Organic Pineapple Purée/Water Mix
- 1 scps Organic Freeze-Dried Kale
- ¼ tsp Organic Lemon Extract
- ½ scp Organic Vanilla Whey Protein
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 29g	
<b>Protein 12g</b>	
Vitamin A 35%	Vitamin C 140%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

KALE ME NOW

# ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

**Fruit Purees contain NO ADDED SUGAR.**

**Carbs (Sugars) are 100% necessary for an effective post-workout recovery.**

## MANGO CRUSHER

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
Dietary Fiber 3g	12%
Sugars 46g	
<b>Protein 20g</b>	
Vitamin A 45%	Vitamin C 30%
Calcium 10%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Organic Mango Crusher | 20oz.

- 6 oz Dr. Smoothie Organic Mango Purée/  
Water Mix
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

### Organic Mango Crusher | 12oz.

- 4 oz Dr. Smoothie Organic Mango Purée/  
Water Mix
- ½ scp Organic Vanilla Whey Protein
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
Dietary Fiber 2g	8%
Sugars 30g	
<b>Protein 10g</b>	
Vitamin A 30%	Vitamin C 20%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PB CUP LITE

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 390</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 53g</b>	<b>18%</b>
Dietary Fiber 4g	16%
Sugars 43g	
<b>Protein 33g</b>	
Vitamin A 8%	Vitamin C 4%
Calcium 40%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Organic PB Cup Lite | **Former Shake of the Month.**

- 6 oz Organic Vanilla Soy Milk
- 1 scp Cafe Essentials Organic Chocolate
- 1 scp PB Lite
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice



# ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

**Fruit Purees contain NO ADDED SUGAR.**

**Carbs (Sugars) are 100% necessary for an effective post-workout recovery.**

## SHADES OF AUTUMN

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 33g	
<b>Protein 22g</b>	
Vitamin A 120%	Vitamin C 10%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Organic Shades of Autumn | **Former Shake of the Month.**

- 4 oz Dr. Smoothie Organic Carrot Apple Purée/Water Mix
- 2 oz Organic Soy Milk
- 1 scp Freeze-Dried Sweet Potato
- ¼ tsp Lemon Extract (optional)
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 360</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 58g	
<b>Protein 20g</b>	
Vitamin A 2%	Vitamin C 70%
Calcium 10%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Organic Strawberry Fields | 20oz.

- 6 oz Dr. Smoothie Organic Strawberry Purée/Water Mix
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

### Organic Strawberry Fields | 12oz.

- 4 oz Dr. Smoothie Organic Strawberry Purée/Water Mix
- ½ scp Organic Vanilla Whey Protein
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (355 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 29g	
<b>Protein 10g</b>	
Vitamin A 0%	Vitamin C 35%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## STRAWBERRY FIELDS