

CRUSHED FRUIT – SHAKE NUTRITION AT A GLANCE

20 oz.	Acai for Me	Apple of My Eye	Berries A'more	Blueberry Blitz
Calories	340	310	300	310
Fat	2.5g	0g	0.5g	0g
Carbohydrates	78g	77g	75g	77g
Protein	2g	1g	2g	2g

20 oz.	Boysenberry Bonanza	Butternut Cold Squasher	Cherry Chiller	Forbidden Fruit
Calories	310	330	310	320
Fat	0g	0g	0g	0.5g
Carbohydrates	78g	78g	77g	77g
Protein	2g	2g	2g	2g

20 oz	Lemon-aid	Mango Tango	Orange Tangerine	Peach Pearadise
Calories	290	310	310	310
Fat	0g	0.5g	0g	0g
Carbohydrates	71g	77g	75g	76g
Protein	1g	2g	2g	2g

20 oz.	Piña Colada	Smooth Lime	Strawberry Classic	Tropical Oasis
Calories	320	290	300	300
Fat	1.5g	0g	0.5g	0.5g
Carbohydrates	75g	71g	74g	75g
Protein	2g	1g	1g	1g

CRUSHED FRUIT SHAKES

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

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 78g	26%
Dietary Fiber 4g	16%
Sugars 70g	
Protein 2g	
Vitamin A 2%	Vitamin C 20%
Calcium 6%	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	

Acai for Me | 20oz.

- 8 oz Dr. Smoothie Acai Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

Acai for Me | 12oz.

- 6 oz Dr. Smoothie Acai Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	12%
Sugars 53g	
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	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	

ACAI FOR ME

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 77g	26%
Dietary Fiber 3g	12%
Sugars 70g	
Protein 1g	
Vitamin A 2%	Vitamin C 45%
Calcium 4%	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	

Apple of My Eye | 20oz.

- 8 oz Dr. Smoothie Apple Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Apple of My Eye | 12oz.

- 6 oz Dr. Smoothie Apple Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	12%
Sugars 53g	
Protein 1g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	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	

APPLE OF MY EYE

CRUSHED FRUIT SHAKES

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

BERRIES A'MORE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 75g	25%
Dietary Fiber 4g	16%
Sugars 67g	
Protein 2g	
Vitamin A 2%	Vitamin C 45%
Calcium 4%	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	

Berries A'more | 20oz.

- 8 oz Dr. Smoothie Four Berry Blend Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

Berries A'more | 12oz.

- 6 oz Dr. Smoothie Four Berry Blend Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 57g	19%
Dietary Fiber 3g	12%
Sugars 51g	
Protein 1g	
Vitamin A 2%	Vitamin C 35%
Calcium 4%	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	

BLUEBERRY BLITZ

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 77g	26%
Dietary Fiber 3g	12%
Sugars 70g	
Protein 2g	
Vitamin A 2%	Vitamin C 25%
Calcium 4%	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	

Blueberry Blitz | 20oz.

- 8 oz Dr. Smoothie Blueberry Banana Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

Blueberry Blitz | 12oz.

- 6 oz Dr. Smoothie Blueberry Banana Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	12%
Sugars 53g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	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	

CRUSHED FRUIT SHAKES

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

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 78g	26%
Dietary Fiber 3g	12%
Sugars 71g	
Protein 2g	
Vitamin A 2%	Vitamin C 10%
Calcium 4%	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	

Boysenberry Bonanza | 20oz.

- 8 oz Dr. Smoothie Northwest Berry Purée/
Water Mix
- 4 Freeze-Dried Banana Pieces
(or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Blueberries
(pulse in the end)

Boysenberry Bonanza | 12oz.

- 6 oz Dr. Smoothie Northwest Berry Purée/
Water Mix
- 3 Freeze-Dried Banana Pieces
(or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Blueberries
(pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	12%
Sugars 54g	
Protein 1g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	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	

BOYSENBERRY BONANAZA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 78g	26%
Dietary Fiber 3g	12%
Sugars 65g	
Protein 2g	
Vitamin A 90%	Vitamin C 35%
Calcium 4%	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	

Butternut Cold Squasher | *Former Shake of the Month*

- 8 oz Dr. Smoothie Butternut Squash Mango Purée/Water Mix
- 4 Freeze-Dried Bananas Pieces
- ¼ scp Dried Beets
- 1 scp Get Resistance
- 12 oz Ice

BUTTERNUT COLD SQUASHER

CRUSHED FRUIT SHAKES

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

CHERRY CHILLER

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 77g	26%
Dietary Fiber 3g	12%
Sugars 69g	
Protein 2g	
Vitamin A 0%	• Vitamin C 45%
Calcium 4%	• 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	

Cherry Chiller | 20oz.

- 8 oz Dr. Smoothie Cranberry Cherry Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Cherry Chiller | 12oz.

- 6 oz Dr. Smoothie Cranberry Cherry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 58g	19%
Dietary Fiber 3g	12%
Sugars 52g	
Protein 1g	
Vitamin A 0%	• Vitamin C 45%
Calcium 4%	• 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	

FORBIDDEN FRUIT

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 77g	26%
Dietary Fiber 5g	20%
Sugars 68g	
Protein 2g	
Vitamin A 10%	• Vitamin C 270%
Calcium 4%	• 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	

Forbidden Fruit | 20oz.

- 8 oz Dr. Smoothie Forbidden Fruit Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Forbidden Fruit | 12oz.

- 6 oz Dr. Smoothie Forbidden Fruit Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 59g	20%
Dietary Fiber 4g	16%
Sugars 52g	
Protein 1g	
Vitamin A 8%	• Vitamin C 210%
Calcium 2%	• 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	

CRUSHED FRUIT SHAKES

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

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 71g	24%
Dietary Fiber 2g	8%
Sugars 66g	
Protein 1g	
Vitamin A 2%	Vitamin C 25%
Calcium 2%	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	

Lemon-aid | 20oz.

- 8 oz Dr. Smoothie Lemon-ade Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice

Lemon-aid | 12oz.

- 6 oz Dr. Smoothie Lemon-ade Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 54g	18%
Dietary Fiber 1g	4%
Sugars 50g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 0%
*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	

LEMNON-AID

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 77g	26%
Dietary Fiber 4g	16%
Sugars 69g	
Protein 2g	
Vitamin A 20%	Vitamin C 100%
Calcium 4%	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	

Mango Tango | 20oz.

- 8 oz Dr. Smoothie Mango Tropics Purée/Water Mix
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Mango Tango | 12oz.

- 6 oz Dr. Smoothie Mango Tropics Purée/Water Mix
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	12%
Sugars 52g	
Protein 1g	
Vitamin A 15%	Vitamin C 80%
Calcium 2%	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	

MANGO TANGO

CRUSHED FRUIT SHAKES

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

ORANGE TANGERINE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 75g	25%
Dietary Fiber 3g	12%
Sugars 68g	
Protein 2g	
Vitamin A 4%	Vitamin C 140%
Calcium 4%	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	

Orange Tangerine | 20oz.

- 8 oz Dr. Smoothie Orange Tangerine Purée/Water Mix
- 1/4 tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Orange Tangerine | 12oz.

- 6 oz Dr. Smoothie Orange Tangerine Purée/Water Mix
- 1/4 tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 57g	19%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 2g	
Vitamin A 2%	Vitamin C 110%
Calcium 4%	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	

PEACH PEARADISE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 76g	25%
Dietary Fiber 4g	16%
Sugars 67g	
Protein 2g	
Vitamin A 6%	Vitamin C 80%
Calcium 4%	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	

Peach Pearadise | 20oz.

- 8 oz Dr. Smoothie Peach-Pear-Apricot Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Peach Pearadise | 12oz.

- 6 oz Dr. Smoothie Peach-Pear-Apricot Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 58g	19%
Dietary Fiber 3g	12%
Sugars 51g	
Protein 2g	
Vitamin A 4%	Vitamin C 70%
Calcium 2%	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	

CRUSHED FRUIT SHAKES

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

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 75g	25%
Dietary Fiber 3g	12%
Sugars 68g	
Protein 2g	
Vitamin A 2%	Vitamin C 80%
Calcium 4%	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	

Piña Colada | 20oz.

- 8 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 tsp Coconut Flakes (pulse in the end)

Piña Colada | 12oz.

- 6 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 tsp Coconut Flakes (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	8%
Sugars 51g	
Protein 1g	
Vitamin A 2%	Vitamin C 60%
Calcium 2%	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	

PIÑA COLADA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 71g	24%
Dietary Fiber 2g	8%
Sugars 64g	
Protein 1g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 0%
*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	

Smooth Lime | 20oz.

- 8 oz Dr. Smoothie Lime Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice

Smooth Lime | 12oz.

- 6 oz Dr. Smoothie Lime Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 53g	18%
Dietary Fiber 2g	8%
Sugars 48g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 0%
*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	

SMOOTH LIME

CRUSHED FRUIT SHAKES

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

STRAWBERRY CLASSIC

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 74g	25%
Dietary Fiber 4g	16%
Sugars 66g	
Protein 1g	
Vitamin A 2%	• Vitamin C 120%
Calcium 4%	• 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	

Strawberry Classic | 20oz.

- 8 oz Dr. Smoothie Strawberry Purée/Water Mix
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Strawberry Classic | 12oz.

- 6 oz Dr. Smoothie Strawberry Purée/Water Mix
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 57g	19%
Dietary Fiber 3g	12%
Sugars 50g	
Protein 1g	
Vitamin A 2%	• Vitamin C 100%
Calcium 4%	• 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	

TROPICAL OASIS

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 75g	25%
Dietary Fiber 4g	16%
Sugars 67g	
Protein 1g	
Vitamin A 2%	• Vitamin C 120%
Calcium 4%	• 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	

Tropical Oasis | 20oz.

- 6 oz Dr. Smoothie Strawberry Purée/Water Mix
- 2 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 16 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Tropical Oasis | 12oz.

- 4 oz Dr. Smoothie Strawberry Purée/Water Mix
- 2 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 10 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 57g	19%
Dietary Fiber 3g	12%
Sugars 51g	
Protein 1g	
Vitamin A 2%	• Vitamin C 100%
Calcium 4%	• 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	