

Acai Berry	Cals	Protein (g)	Carbs (g)	Fib
Acai Berry	570.5	14.2	66	17.7
Acai	96	1.6	4	4
Erin's Granola 2/3 cup	282	8.7	39	7
1 Banana	40	0.8	10.4	1.6
Strawberries	12	0	3.2	0.8
Blueberries	12	0	3.2	0.8
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
Cacao nibs (1/2 TBSP)	63	1.3	3.6	2.6
Peanut Butter (1/2 TBSP)	48	1.8	1.8	0.4
On Island Time	Cals	Protein (g)	Carbs (g)	Fib
On Island Time	495.5	11.5	63	15.1
Acai	96	1.6	4	4
Erin's Granola 2/3 cup	282	8.7	39	7
Mango	20	0	4.8	0.8
Pineapple	16	0	4	0.8
Kiwi	32	0.8	8	1.6
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
Honey (1/2 TBSP)	32	0.4	2.4	0.4
It's Raining Berries	Cals	Protein (g)	Carbs (g)	Fib
It's Raining Berries	557.5	13.4	67.9	15.3
Acai	96	1.6	4	4
Erin's Granola 2/3 cup	282	8.7	39	7

Banana	40	0.8	10.4	1.6
Strawberries	12	0	3.2	0.8
Blueberries	12	0	3.2	0.8
Nutella (1/2 TBSP)	50	0.5	5.5	0.2
Peanut Butter (1/2 TBSP)	48	1.8	1.8	0.4
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
Dragon Berry	Cals	Protein (g)	Carbs (g)	Fib
Dragon Berry	524	13.4	80.7	14.8
Pitaya	80	1.6	17.6	4
Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	1.6
Strawberries	12	0	3.2	0.8
Blueberries	12	0	3.2	0.8
Nutella (1/2 TBSP)	50	0.5	5.5	0.2
Peanut Butter (1/2 TBSP)	48	1.8	1.8	0.4
Tropical Storm	Cals	Protein (g)	Carbs (g)	Fib
Tropical Storm	473.5	11.3	75.7	14.5
Pitaya	80	1.6	17.6	4
Granola 2/3 cup	282	8.7	39	7
Mango	20	0	4.8	0.8
Pineapple	16	0	4	0.8
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
Chia Seeds (1/2 TBSP)	28	1	1.5	1.4

Agave Nectar (1/2 TBSP)	30	0	8	0
Coconut Berry	Cals	Protein (g)	Carbs (g)	Fib
Coconut Berry	672	8	136.8	11.2
Coconut Sorbet	240	0	52.8	4.8
Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	1.6
Strawberries	12	0	3.2	0.8
Blueberries	12	0	3.2	0.8
Honey (1/2 TBSP)	32	0.4	2.4	0.4
Coco Loco	Cals	Protein (g)	Carbs (g)	Fib
Coco Loco	704.5	11.3	115.3	11.1
Coconut Sorbet	240	0	52.8	0
Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	0.8
Strawberries	12	0	3.2	0
Cacao nibs (1/2 TBSP)	63	1.3	3.6	2.6
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
Nutella (1/2 TBSP)	50	0.5	5.5	0.2
Feeling Nutty	Cals	Protein (g)	Carbs (g)	Fib
Feeling Nutty	595.5	14.8	65.4	16.6
Peanut butter (1/2 TBSP)	48	1.8	1.8	0.4

Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	1.6
Strawberries	12	0	3.2	0
chocolate nibs (1/2 TBSP)	63	1.3	3.6	2.6
coconut flakes (1/2 TBSP)	17.5	0	0.8	0.5
almonds (1/2 TBSP)	5	0.2	0.2	0.1
honey (1/2 TBSP)	32	0.4	2.4	0.4
Acai Base	96	1.6	4	4
Love My Açaí	Cals	Protein (g)	Carbs (g)	Fib
Love My Açaí	572.5	12.9	66.5	16.7
Nutella (1/2 TBSP)	50	0.5	5.5	0.2
Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	1.6
Chocolate Nibs (1/2 TBSP)	63	1.3	3.6	2.6
Strawberries	12	0	3.2	0
Blueberries	12	0	3.2	0.8
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
Acai Base	96	1.6	4	4
Matcha berry	Cals	Protein (g)	Carbs (g)	Fib
Matcha berry	636.5	13.5	92.8	10.8
Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	1.6

Strawberries	12	0	3.2	0
Blueberries	12	0	3.2	0.8
Chia Seeds (1/2 TBSP)	28	1	1.5	1.4
matcha base	262.5	3	35.5	0
Matcha Paradise	Cals	Protein (g)	Carbs (g)	Fib
Matcha Paradise	610	11.7	87.3	9.1
matcha base	262.5	3	35.5	0
Granola 2/3 cup	282	8.7	39	7
pineapple	16	0	4	0.8
mango	20	0	4.8	0.8
strawberries	12	0	3.2	0
coconut flakes (1/2 TBSP)	17.5	0	0.8	0.5

Berry Bomb						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
Strawberries 1/2 cup	24	0.5	5.8	1.5	3.7	0.2
Banana 1/2 cup	66	0.8	17	2	9	0.2
1oz Acai sorbet	30	0	7.25	0.75	4.75	0.25
4.5oz Coconut water unsweetened	24	0	6.1	0	5.3	0
TOTAL	144	1.3	36.15	4.25	22.75	0.65

Chocolate PB protein						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1 cup banana	133	1.6	34	3.9	18	0.5
1 scoop chocolate protein powder	75	10.5	7.5	1	0	2
4.5 oz almond milk unsweet	23	0.8	0.8	0.8	0	1.9
2 oz PB	108	4	4.5	1.1	1.7	9.1
TOTAL	339	16.9	46.8	6.8	19.7	13.5

Sweet Honey						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/2 cup strawberries	24	0.5	5.8	1.5	3.7	0.2
1/2 cup bananas	66	0.8	17	2	9	0.2
1 oz honey	86	0.1	23.4	0.1	23.3	0
4.5 oz oat milk unsweet	56	1.1	5.1	0.6	1.1	3.9
TOTAL	232	2.5	51.3	4.2	37.1	4.3

Berry Nutty						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/2 cup strawberries	24	0.5	5.8	1.5	3.7	0.2
1/2 cup banana	66	0.8	17	2	9	0.2
1 oz agave	120	0	32	0	32	0
1oz PB	54	2	2.3	0.6	0.9	4.5
4.5 oz almond milk unsweet	23	0.8	0.8	0.8	0	1.9
TOTAL	287	4.1	57.9	4.9	45.6	6.8

Vanilla Protein						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1 cup bananas	133	1.6	34	3.9	18	0.5
1 scoop vanilla protein powder	75	10.5	7.5	1	0	2
4.5 oz almond milk unsweet	23	0.8	0.8	0.8	0	1.9
TOTAL	231	12.9	42.3	5.7	18	4.4

Blueberry Fields						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/3 cup strawberries	18	0.4	4.2	1.1	2.7	0.2
1 scoop chocolate protein powder	75	10.5	7.5	1	0	2
1/4 cup blueberries	21	0.3	5.4	0.9	3.7	0.1
1/3 cup bananas	44	0.5	11.2	1.3	5.9	0.2

2 oz almond butter	348	11.9	10.7	5.8	2.5	31.5
4.5 oz oat milk unsweet	56	1.1	5.1	0.6	1.1	3.9
TOTAL	562	24.7	44.1	10.7	15.9	37.9

Riptide

Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
sprinkle of turmeric powder (1 tsp)	9	0.3	2	0.7	0.1	0.1
1/3 cup mango	16	0.2	4.1	0.4	3.7	0.1
1/3 cup pineapple	27	0.3	7.1	0.8	5.4	0
1oz coconut sorbet	38.5	0	7.25	0.5	4.5	1.25
4.5 oz coconut water	24	0	6.1	0	5.3	0
TOTAL	114.5	0.8	26.55	2.4	18.9	1.45

Green Dream

Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/4 cup pineapple	21	0.2	5.4	0.6	4.1	0
1/3 cup mango	16	0.2	4.1	0.4	3.7	0.1
1 oz agave	120	0	32	0	32	0
4.5 oz coconut water unsweetened	24	0	6.1	0	5.3	0
sprinkle of chia seeds (1 tsp)	19	0.6	1	1	0.1	1.5
TOTAL	200	1	48.6	2	45.2	1.6

Spirulina Storm

Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/3 cup strawberries	18	0.4	4.2	1.1	2.7	0.2
4.5 oz apple juice	62	0	15.8	0	15.8	0
1/4 cup blueberries	21	0.3	5.4	0.9	3.7	0.1
1/3 cup bananas	44	0.5	11.2	1.3	5.9	0.2
1/2 tsp spirulina	5	0	1.125	0	0.8	0.1
TOTAL	150	1.2	37.7	3.3	28.9	0.6

Banana Pie

Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1 cup bananas	133	1.6	34	3.9	18	0.5
4.5 oz oat milk unsweet	56	1.1	5.1	0.6	1.1	3.9
1/3 cup granola	185	7.9	19.8	0	7.9	9.2
0.25 oz caramel sauce	27.5	0.25	5.8	0	5	0.4
3 pumps pumpkin syrup	67.5	0	15	0	15	0
1 pump brown sugar	22.5	0	5.25	0	5.25	0
Cinnamon 1 tsp	6	0.1	2.1	1.4	0.1	0
TOTAL	497.5	11	87.1	5.9	52.4	14

Passion Berry

Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/4 cup pineapple	21	0.2	5.4	0.6	4.1	0
4.5 oz apple juice	62	0	15.8	0	15.8	0
1/3 cup strawberries	18	0.4	4.2	1.1	2.7	0.2
1/3 cup bananas	44	0.5	11.2	1.3	5.9	0.2

2 pumps of passion fruit syrup	50	0	12.5	0	12.5	0
TOTAL	195	1.1	49.1	3	41	0.4

Kiss My Berry						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/3 cup blueberries	28	0.4	7	1.2	4.9	0.2
4.5 oz apple juice	62	0	15.8	0	15.8	0
1/2 cup strawberries	24	0.5	5.8	1.5	3.7	0.2
1 oz pitaya sorbet	25	0.5	5.5	1.3	3.5	0
2 pumps immunity	50	0	12	0	0	0
TOTAL	189	1.4	46.1	4	27.9	0.4

Dragon Blast						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/4 cup pineapple	21	0.2	5.4	0.6	4.1	0
1/3 cup strawberries	18	0.4	4.2	1.1	2.7	0.2
1/3 cup banana	44	0.5	11.2	1.3	5.9	0.2
1 oz pitaya	25	0.5	5.5	1.3	3.5	0
4.5 oz coconut water unsweetened	24	0	6.1	0	5.3	0
TOTAL	132	1.6	32.4	4.3	21.5	0.4

Pink Coconut						
Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/3 cup Strawberries	18	0.4	4.2	1.1	2.7	0.2

4.5 oz oat milk	56	1.1	5.1	0.6	1.1	3.9
1/3 cup banana	44	0.5	11.2	1.3	5.9	0.2
1/4 cup pineapple	21	0.2	5.4	0.6	4.1	0
2 pumps guava syrup	50	0	12.5	0	12	0
1 scoop vanilla protein	75	10.5	7.5	1	0	2
TOTAL	264	12.7	45.9	4.6	25.8	6.3

Protein Machine

Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1 cup bananas	133	1.6	34	3.9	18	0.5
3 oz greek yogurt	50	9	3.5	0.5	2.5	0
2 oz PB	108	4	4.5	1.1	1.7	9.1
2 oz agave	240	0	64	0	64	0
1/2 tsp drip coffee grounds	0	0	0	0	0	0
1 tsp cocoa powder	4	0.3	1	0.6	0	0.2
4.5 oz almond milk unsweet	23	0.8	0.8	0.8	0	1.9
TOTAL	558	15.7	107.8	6.9	86.2	11.7

Spirulina Detox

Ingredients	Cals	Protein (g)	Carbs (g)	Fib	Total Sugar	Fat (g)
1/2 cup banana	66	0.8	17	2	9	0.2
1/3 cup pineapple	27	0.3	7.1	0.8	5.4	0
1/2 tsp spirulina	5	0	1.1	0	1	0.1
4.5 oz coconut milk	25	0	0.6	0.6	0	2.5

1 scoop vanilla protein	75	10.5	7.5	1	0	2
TOTAL	198	11.6	33.3	4.4	15	4.8

Spirulina Berry				
Ingredients	Cals	Protein (g)	Carbs (g)	Fib
Peanut Butter (1/2 TBSP)	48	1.8	1.8	0.4
Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	1.6
15 ml chocolate nibs	63	1.3	3.6	2.6
1/8 cup strawberries	6	0.1	1.5	0.4
6 oz spirulina base	240	0	54	1.5
blueberries	10.5	0.15	2.7	0.45
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
TOTAL	707	12.9	113.8	14.5
Spirulina Lagoon				
Ingredients	Cals	Protein (g)	Carbs (g)	Fib
Granola 2/3 cup	282	8.7	39	7
1/3 cup pineapple	27	0.3	7.1	0.8
1/3 cup mango	16	0.2	4.1	0.4
1 kiwi	44	0.8	10.5	2.2
6 oz spirulina base	240	0	54	1.5
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
Honey (1/2 TBSP)	32	0.4	2.4	0.4
TOTAL	658.5	10.4	117.9	10.8
Spirulina Magic				
Ingredients	Cals	Protein (g)	Carbs (g)	Fib

Peanut Butter (1/2 TBSP)	48	1.8	1.8	0.4
6 oz spirulina base	240	0	54	1.5
Granola 2/3 cup	282	8.7	39	7
Banana	40	0.8	10.4	1.6
strawberries	6	0.1	1.5	0.4
Honey (1/2 TBSP)	32	0.4	2.4	0.4
almonds (1/2 TBSP)	5	0.2	0.2	0.1
Coconut Flakes (1/2 TBSP)	17.5	0	0.8	0.5
15 ml chocolate nibs	63	1.3	3.6	2.6
TOTAL	733.5	13.3	113.7	14.5