

NUTRITIONAL INFORMATION Quick Sheet

***Does not include protein**

Triple Action Protein

(1 Serving comes with every smoothie)

Protein Flavors	Calories	Carbs	Fat
Vanilla	110	2	2.5
Chocolate	115	3	3

Fruit Flavors	1 oz. (Fruit Boosts)	16 oz.*		24 oz.*	
	Calories	Calories	Sugar(g)	Calories	Sugar(g)
Strawberry Banana	35	105	21	140	28
Strawberry	35	105	21	140	28
Triple Berry	45	135	27	180	36
Pina Colada	40	120	24	160	32
Mango Peach	40	120	24	160	32
Strawberry Mango Peach	37	111	23	148	30
Banana	35	105	21	140	28
Raspberry / POG	35	105	21	140	28
Strawberry Colada	37	111	23	148	30
Pom Cherry	40	120	24	160	32
Orange Creme	40	120	24	160	32
Mocha	-	260	40	520	80
Chocolate Peanut Butter	-	280	25	560	50



Boosts & Add-Ins

(Calculated according to one serving of a boost or add-in)

Boost & Add-In	Calories	Carbs(g)	Sugar(g)	Fat(g)	Protein(g)
Veggie Boost	50	13	10	0	1
Chocolate Sauce	100	23	22	.5	0
Sugar Free Chocolate	40	10	0	1	1
Traditional Peanut Butter	180	8	3	15	7
Low Fat Peanut Butter	40	4	1	1	5
Non-Dairy Smoothie Creme	75	15	13	2	0
Mocha	260	42	40	9	2
Yogurt	40	8	1	.5	0
Energy	0	0	0	0	0
Metabolism Boost	0	0	0	0	0
Multivitamin	0	0	0	0	0
Granola	180	8	3	15	7
Creatine	0	0	0	0	0
Glutamine	14	0	0	0	0
Antioxidant Blend	0	0	0	0	0
Fiber(3g)	5	3	0	0	0

