



| SMOOTHIES | Quantity | Protein (grams) | Carbs (grams) | Calories | Fat (grams) | Fiber (grams) | POINTS |
|------------------------------|-----------------|----------------------------|--------------------------|-----------------|------------------------|--------------------------|---------------|
| Acai Energy | 1 | 4 | 95 | 393 | 5 | 6 | 7.1 |
| Peanut Butter Banana | 1 | 20 | 71 | 475 | 15 | 5 | 9.8 |
| Strawberry Banana | 1 | 14 | 84 | 373 | 0 | 5 | 6.5 |
| Berry Blast | 1 | 14 | 83 | 371 | 0 | 6 | 6.2 |
| Protein Blast | 1 | 37 | 39 | 310 | 1 | 0 | 6.3 |
| SuperFood Power | 1 | 1 | 54 | 215 | 0 | 3 | 3.7 |
| Wheat Grass Energy | 1 | 2 | 80 | 318 | 0 | 7 | 5.0 |
| Protein Oatmeal Blend | 1 | 40 | 51 | 500 | 20 | 8 | 10.1 |