




Planet Smoothie® Nutritional Statement

			Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Weight												
Planet Favorites													
The Last Mango 16oz	491	g	210	10	1.0	0.0	0.0	5	20	50	4	40	2
The Last Mango 22oz	699	g	280	10	1.0	0.5	0.0	5	30	67	5	55	3
The Last Mango 32oz	972	g	420	15	2.0	1.0	0.0	10	45	101	7	81	5
The Last Mango 44oz	1398	g	560	20	2.5	1.0	0.0	10	60	134	10	110	7
Captain Kid 16oz	437	g	230	5	1.0	0.0	0.0	5	20	55	3	51	1
Captain Kid 22oz	634	g	340	10	1.0	0.5	0.0	5	30	80	5	74	1
Captain Kid 32oz	863	g	470	15	1.5	1.0	0.0	10	45	111	6	102	2
Captain Kid 44oz	1267	g	670	20	2.0	1.0	0.0	10	60	160	9	147	2
Twig & Berries 16oz	428	g	220	0	0.0	0.0	0.0	0	55	56	3	37	4
Twig & Berries 22oz	612	g	300	0	0.0	0.0	0.0	0	75	76	5	50	5
Twig & Berries 32oz	846	g	440	0	0.0	0.0	0.0	0	110	112	7	73	7
Twig & Berries 44oz	1223	g	610	0	0.0	0.0	0.0	0	150	152	10	99	10
Vinnie Del Rocco 16oz	420	g	220	10	1.0	0.0	0.0	5	20	51	4	44	1
Vinnie Del Rocco 22oz	649	g	340	15	1.5	0.5	0.0	5	30	80	7	69	2
Vinnie Del Rocco 32oz	828	g	430	15	2.0	1.0	0.0	10	45	101	8	88	2
Vinnie Del Rocco 44oz	1298	g	680	25	3.0	1.0	0.0	10	60	160	15	137	4
PBJ 16oz	422	g	430	150	16.0	2.0	0.0	0	170	65	6	39	13
PBJ 22oz	609	g	610	220	24.0	3.0	0.0	0	250	89	9	53	18
PBJ 32oz	834	g	860	290	32.0	4.0	0.0	0	340	129	13	78	25
PBJ 44oz	1218	g	1230	440	49.0	6.0	0.0	0	490	178	19	107	37
Shag-A-Delic 16oz	452	g	240	5	0.5	0.0	0.0	0	80	57	5	36	5
Shag-A-Delic 22oz	672	g	350	10	1.0	0.0	0.0	0	110	82	7	53	7
Shag-A-Delic 32oz	893	g	480	10	1.0	0.0	0.0	0	160	113	9	71	11
Shag-A-Delic 44oz	1343	g	700	15	2.0	0.0	0.0	0	220	164	14	105	15
Mountain Man Crunch 16oz	438	g	360	150	17.0	2.5	0.0	0	160	57	5	19	13
Mountain Man Crunch 22oz	638	g	510	230	25.0	3.5	0.0	0	230	79	8	26	18
Mountain Man Crunch 32oz	865	g	720	310	34.0	4.5	0.0	0	320	114	11	38	25
Mountain Man Crunch 44oz	1276	g	1030	460	51.0	7.0	0.0	0	460	158	15	52	36
Planet Lite™													
Lunar Lemonade 16oz	503	g	230	0	0.0	0.0	0.0	0	25	63	3	46	1
Lunar Lemonade 22oz	647	g	290	0	0.0	0.0	0.0	0	35	83	4	60	1
Lunar Lemonade 32oz	1006	g	450	0	0.0	0.0	0.0	0	50	127	6	92	2
Lunar Lemonade 44oz	1309	g	600	5	0.5	0.0	0.0	0	65	169	8	123	2
Berry Bada-Bing 16oz	453	g	230	0	0.0	0.0	0.0	0	55	58	5	34	5
Berry Bada-Bing 22oz	621	g	290	0	0.0	0.0	0.0	0	75	72	6	41	6
Berry Bada-Bing 32oz	895	g	460	0	0.0	0.0	0.0	0	110	115	11	67	10
Berry Bada-Bing 44oz	1243	g	570	0	0.0	0.0	0.0	0	150	144	13	81	13
Strawberry Colada 16oz	436	g	170	20	2.5	2.0	0.0	0	50	42	3	31	2
Strawberry Colada 22oz	515	g	240	30	3.0	3.0	0.0	0	65	60	4	46	2
Strawberry Colada 32oz	871	g	340	40	4.5	4.0	0.0	0	100	83	6	62	3
Strawberry Colada 44oz	1090	g	490	60	6.0	6.0	0.0	0	125	120	8	92	4
2 Piece Bikini 16oz	480	g	190	0	0.0	0.0	0.0	0	45	50	3	35	3
2 Piece Bikini 22oz	599	g	230	0	0.0	0.0	0.0	0	60	63	4	45	4
2 Piece Bikini 32oz	961	g	370	0	0.0	0.0	0.0	0	90	99	7	71	6
2 Piece Bikini 44oz	1197	g	470	0	0.0	0.0	0.0	5	120	125	8	91	7
Leapin' Lizard 16oz	493	g	140	0	0.0	0.0	0.0	0	10	42	3	31	1
Leapin' Lizard 22oz	644	g	190	0	0.0	0.0	0.0	0	10	57	4	43	1
Leapin' Lizard 32oz	896	g	280	0	0.0	0.0	0.0	0	15	84	6	63	1
Leapin' Lizard 44oz	1287	g	380	0	0.0	0.0	0.0	0	25	114	8	85	2
Mediterranean Monster 16oz	497	g	200	0	0.0	0.0	0.0	0	10	56	3	41	1
Mediterranean Monster 22oz	621	g	250	0	0.0	0.0	0.0	0	10	71	4	53	1
Mediterranean Monster 32oz	904	g	390	0	0.0	0.0	0.0	0	15	113	7	82	2
Mediterranean Monster 44oz	1243	g	490	0	0.0	0.0	0.0	0	25	143	8	106	2
Crazy Bee 16oz	512	g	220	0	0.0	0.0	0.0	0	10	63	5	51	1
Crazy Bee 22oz	730	g	290	0	0.0	0.0	0.0	0	10	85	7	68	1
Crazy Bee 32oz	927	g	430	0	0.0	0.0	0.0	0	15	127	10	103	2
Crazy Bee 44oz	1459	g	580	0	0.0	0.0	0.0	0	25	169	14	137	3
Superfood													
Nutty Brazilian 16oz	416	g	350	180	20.0	3.0	0.0	0	120	57	7	23	10
Nutty Brazilian 22oz	597	g	520	270	30.0	4.5	0.0	0	180	82	10	33	15
Nutty Brazilian 32oz	874	g	710	360	40.0	6.0	0.0	0	240	113	14	45	20
Nutty Brazilian 44oz	1293	g	1040	550	61.0	9.0	0.0	0	370	164	20	65	29
Chia the Greek 16oz	411	g	210	10	1.0	0.0	0.0	5	35	50	5	34	7
Chia the Greek 22oz	597	g	280	10	1.5	0.0	0.0	5	50	69	6	46	10
Chia the Greek 32oz	811	g	410	20	2.5	0.0	0.0	10	65	101	9	67	14
Chia the Greek 44oz	1193	g	560	25	2.5	0.0	0.0	10	100	138	12	92	20
Amazon Kick 16oz	488	g	220	30	3.5	1.0	0.0	0	20	61	6	37	1
Amazon Kick 22oz	702	g	310	40	4.5	1.0	0.0	0	25	86	8	53	2
Amazon Kick 32oz	964	g	430	60	7.0	1.5	0.0	0	40	122	11	74	3
Amazon Kick 44oz	1405	g	620	80	9.0	2.0	0.0	0	55	172	16	107	4
Pineapple Tropi-Kale Twist 16oz	550	g	190	5	1.0	0.0	0.0	0	100	53	1	40	3
Pineapple Tropi-Kale Twist 22oz	647	g	210	5	1.0	0.0	0.0	0	100	58	2	45	3
Pineapple Tropi-Kale Twist 32oz	1044	g	370	10	1.0	0.0	0.0	0	150	106	3	81	5

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	Weight												
Superfood (cont.)													
Açaí Original 16oz	418	g	240	40	4.0	1.0	0.0	0	20	58	6	41	2
Açaí Original 22oz	652	g	360	60	6.0	1.5	0.0	0	30	85	9	61	2
Açaí Original 32oz	880	g	480	80	8.0	2.0	0.0	0	40	116	12	82	3
Açaí Original 44oz	1287	g	710	110	13.0	3.0	0.0	0	65	169	17	121	5
Energy													
Matcha Libre 16oz	523	g	170	0	0.0	0.0	0.0	0	60	59	0	26	5
Matcha Libre 22oz	710	g	240	0	0.0	0.0	0.0	0	80	76	0	38	7
Matcha Libre 32oz	1047	g	340	0	0.0	0.0	0.0	0	120	117	0	51	11
Matcha Libre 44oz	1421	g	490	5	0.5	0.0	0.0	0	160	151	0	75	14
Road Runner 16oz	512	g	200	0	0.0	0.0	0.0	0	10	59	5	40	1
Road Runner 22oz	661	g	270	0	0.0	0.0	0.0	0	10	78	7	54	1
Road Runner 32oz	929	g	390	5	0.5	0.0	0.0	0	15	113	11	79	2
Road Runner 44oz	1318	g	530	10	1.0	0.0	0.0	0	25	151	15	107	2
Java the Nut 16oz	429	g	290	110	13.0	1.5	0.0	0	150	56	5	16	12
Java the Nut 22oz	604	g	390	150	17.0	2.0	0.0	0	200	74	6	21	16
Java the Nut 32oz	846	g	590	230	25.0	3.0	0.0	0	300	112	10	31	23
Java the Nut 44oz	1208	g	790	300	33.0	4.5	0.0	0	410	149	13	42	31
Mango Passion 16oz	493	g	280	0	0.0	0.0	0.0	0	5	80	3	63	2
Mango Passion 22oz	716	g	400	0	0.0	0.0	0.0	0	10	110	5	89	3
Mango Passion 32oz	971	g	550	0	0.0	0.0	0.0	0	15	154	7	126	4
Mango Passion 44oz	1427	g	780	0	0.0	0.0	0.0	0	20	216	10	178	6
Chocolate Elvis 16oz	432	g	300	110	13.0	1.5	0.0	0	150	60	5	16	11
Chocolate Elvis 22oz	607	g	400	150	17.0	2.0	0.0	0	200	78	6	21	15
Chocolate Elvis 32oz	848	g	590	230	25.0	3.0	0.0	0	300	114	10	31	23
Chocolate Elvis 44oz	1209	g	790	300	33.0	4.5	0.0	0	400	151	13	42	31
Grape Ape 16oz	492	g	340	0	0.0	0.0	0.0	0	40	85	2	65	0
Grape Ape 22oz	651	g	480	0	0.0	0.0	0.0	0	55	120	3	94	0
Grape Ape 32oz	979	g	660	0	0.0	0.0	0.0	0	80	164	5	131	0
Grape Ape 44oz	1296	g	950	0	0.0	0.0	0.0	0	115	234	6	187	0
Protein													
Big Bang 16oz	370	g	220	10	1.0	0.0	0.0	30	35	47	3	33	13
Big Bang 22oz	530	g	290	10	1.0	0.0	0.0	30	40	65	5	45	13
Big Bang 32oz	815	g	390	10	1.0	0.0	0.0	30	45	94	7	65	13
Big Bang 44oz	1044	g	520	15	1.5	0.0	0.0	30	50	128	10	88	14
Chocolate Chimp 16oz	369	g	200	15	1.5	0.5	0.0	30	40	49	4	21	14
Chocolate Chimp 22oz	506	g	230	15	2.0	0.0	0.0	30	45	62	5	27	14
Chocolate Chimp 32oz	713	g	340	20	2.5	0.0	0.0	30	50	97	8	41	16
Chocolate Chimp 44oz	996	g	410	25	2.5	0.0	0.0	30	55	123	9	53	17
Lean Green Extreme 16oz	493	g	250	15	1.5	0.0	0.0	0	290	55	4	35	16
Lean Green Extreme 22oz	738	g	350	15	1.5	0.0	0.0	0	300	89	5	55	17
Lean Green Extreme 32oz	942	g	480	15	1.5	0.0	0.0	0	340	131	7	82	19
Lean Green Extreme 44oz	1237	g	620	15	2.0	0.0	0.0	0	350	177	10	111	20
Peanut Butter Power Up 16oz	483	g	540	190	21.0	3.0	0.0	0	160	84	12	16	21
Peanut Butter Power Up 22oz	696	g	670	270	29.0	4.0	0.0	0	230	107	14	21	26
Peanut Butter Power Up 32oz	933	g	860	340	38.0	5.0	0.0	0	320	142	17	30	32
Peanut Butter Power Up 44oz	1336	g	1130	480	54.0	7.0	0.0	0	460	180	21	40	43
Mr Mongo 16oz	405	g	300	10	1.0	0.0	0.0	30	100	59	3	39	17
Mr Mongo 22oz	576	g	390	10	1.5	0.0	0.0	30	125	80	5	53	18
Mr Mongo 32oz	785	g	540	10	1.0	0.0	0.0	30	170	116	7	77	21
Mr Mongo 44oz	1137	g	720	15	1.5	0.0	0.0	30	220	158	10	105	25
Orange Push Up 16oz	452	g	330	15	2.0	0.0	0.0	35	75	66	1	53	16
Orange Push Up 22oz	552	g	440	20	2.0	0.5	0.0	35	90	92	1	75	17
Orange Push Up 32oz	878	g	610	25	2.5	1.0	0.0	40	120	130	1	106	20
Orange Push Up 44oz	1078	g	820	30	3.0	1.0	0.0	40	150	183	2	149	23
Protein Your Way													
Planet Pro® Whey 22oz	25	g	100	15	1.5	1.0	0.0	50	50	2	0	2	20
Planet Pro® Whey 32oz	40	g	160	25	2.5	0.0	0.0	80	80	3	0	3	32
Planet Pro® Whey 44oz	50	g	200	30	3.5	0.0	0.0	100	100	3	0	3	40
Planet Pro® Veg 22oz	17	g	70	10	1.0	0.0	0.0	0	240	1	0	0	13
Planet Pro® Veg 32oz	34	g	140	20	2.0	0.0	0.0	0	480	2	0	0	26
Planet Pro® Veg 44oz	51	g	210	25	3.0	0.0	0.0	0	720	3	0	0	39
Strawberries & Bananas 22oz	187	g	190	0	0.0	0.0	0.0	0	0	49	4	41	1
Strawberries & Bananas 32oz	257	g	270	0	0.0	0.0	0.0	0	0	68	6	58	1
Strawberries & Bananas 44oz	374	g	380	0	0.0	0.0	0.0	0	0	98	8	82	1
Cocoa & Bananas 22oz	147	g	140	10	1.0	0.0	0.0	0	0	35	5	17	3
Cocoa & Bananas 32oz	195	g	180	10	1.5	0.0	0.0	0	0	46	7	23	4
Cocoa & Bananas 44oz	197	g	180	15	1.5	0.0	0.0	0	5	47	7	23	4
Peanut Butter & Bananas 22oz	174	g	320	150	16.0	2.0	0.0	0	100	39	7	18	10
Peanut Butter & Bananas 32oz	237	g	450	220	25.0	3.0	0.0	0	150	54	9	25	14
Peanut Butter & Bananas 44oz	300	g	590	300	33.0	4.5	0.0	0	200	68	12	31	19
Açaí & Strawberries 22oz	155	g	160	20	2.0	0.5	0.0	0	10	36	3	33	1
Açaí & Strawberries 32oz	240	g	250	35	4.0	1.0	0.0	0	15	53	5	48	1
Açaí & Strawberries 44oz	360	g	380	50	6.0	1.5	0.0	0	25	80	8	72	2

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	Weight												
Blasts**													
Fat Burner	5	g	20	0	0.0	0.0	0.0	0	0	5	0	0	0
Immunity	5	g	20	0	0.0	0.0	0.0	0	0	5	0	1	0
Multivitamin	5	g	15	0	0.0	0.0	0.0	0	0	3	0	0	0
Energy	5	g	15	0	0.0	0.0	0.0	0	0	5	0	0	0
Fiber	5	g	10	0	0.0	0.0	0.0	0	0	4	3	0	0
Whey Protein	15	g	60	10	1.0	0.0	0.0	30	30	1	0	1	12
Pea Protein	17	g	70	10	1.0	0.0	0.0	0	240	1	0	0	13
Whole Food Add-Ins													
Peanut Butter (2 Tbsp)	32	g	190	140	16.0	2.0	0.0	0	100	7	3	1	8
Whole Grain Oats (1/4 Cup)	24	g	90	15	1.5	0.0	0.0	0	0	16	2	1	4
Granola (2 Tbsp)	15	g	70	20	2.5	0.5	0.0	0	10	10	2	2	2
Matcha Green Tea (2 tsp)	6	g	20	5	0.0	0.0	0.0	0	0	2	0	0	2
Almond Milk (1/4 Cup)	57	g	10	5	0.5	0.0	0.0	0	45	0	0	0	0
Leafy Greens (1 oz)	28	g	10	0	0.0	0.0	0.0	0	30	2	1	0	1
Greek Yogurt (1/4 Cup)	57	g	35	0	0.0	0.0	0.0	5	25	3	0	2	6
Chia Seeds (2 tsp)	7	g	35	20	2.0	0.0	0.0	0	0	3	2	0	1
Additional Add-Ins													
Strawberries (2oz)	70	g	80	0	0.0	0.0	0.0	0	0	19	2	18	0
Bananas (3" piece)	47	g	40	0	0.0	0.0	0.0	0	0	11	1	6	1
Raspberries (2oz)	69	g	80	0	0.0	0.0	0.0	0	0	21	3	16	1
Blueberries (2oz)	66	g	35	0	0.0	0.0	0.0	0	0	8	2	6	0
Peaches (2oz)	70	g	25	0	0.0	0.0	0.0	0	0	7	1	5	1
Apple (3 slices)	45	g	25	0	0.0	0.0	0.0	0	0	6	1	5	0
Mango (2oz)	92	g	60	0	0.0	0.0	0.0	0	0	16	2	14	1
Pineapple (2oz)	62	g	35	0	0.0	0.0	0.0	0	0	10	0	9	0
Coconut (4 Tbsp)	21	g	100	50	6.0	6.0	0.0	0	60	11	2	8	1
Passion Fruit (2oz)	71	g	90	0	0.0	0.0	0.0	0	0	22	0	21	1
Frozen Yogurt (2oz)	39	g	45	0	0.0	0.0	0.0	0	35	11	0	3	2
Orange Sherbet (2oz)	43	g	60	5	0.5	0.0	0.0	5	10	12	0	11	1
Lemonade (1oz)	36	g	80	0	0.0	0.0	0.0	0	10	20	0	19	0
Orange Juice (1oz)	36	g	60	0	0.0	0.0	0.0	0	0	14	0	12	1
Grape Juice (1oz)	37	g	110	0	0.0	0.0	0.0	0	15	26	0	20	0
Honey (1 tsp)	7	g	20	0	0.0	0.0	0.0	0	0	6	0	6	0
Coffee (1 tsp)	1	g	5	0	0.0	0.0	0.0	0	0	1	0	0	0
Cocoa (1 tsp)	2	g	5	0	0.0	0.0	0.0	0	0	1	0	0	0
PB2® (2 Tbsp)	12	g	45	15	1.5	0.0	0.0	0	95	5	2	1	5
Nonfat Milk (1 Tbsp)	5	g	15	0	0.0	0.0	0.0	0	25	2	0	2	2
LeanLeaf® Sweetener (1oz)	34	g	0	0	0.0	0.0	0.0	0	0	0	0	0	0
Açaí (1/2 packet)	50	g	50	20	2.0	0.5	0.0	0	10	8	1	7	1
Vanilla (1 tsp)	5	g	10	0	0.0	0.0	0.0	0	0	0	0	0	0
Optional Products													
Strawberries, No Sugar Added (2oz)	84	g	30	0	0.0	0.0	0.0	0	0	8	2	4	0
Wheatgrass (1 oz)	30	g	10	0	0.0	0.0	0.0	0	0	1	0	1	1
Wheatgrass (2 oz)	59	g	15	0	0.0	0.0	0.0	0	10	2	0	1	1
Ginger (1 oz)	28	g	25	0	0.0	0.0	0.0	0	0	5	1	1	1
Power Shot (3 oz)	88	g	35	0	0.0	0.0	0.0	0	10	8	1	2	1
Nutty Brazilian Bowl	409	g	540	240	27.0	4.5	0.0	0	140	87	11	41	13
Amazon Kick Bowl	513	g	460	100	11.0	2.5	0.0	0	40	107	11	63	5
Rio Bowl	414	g	340	90	11.0	2.5	0.0	0	35	79	10	42	4
Daybreak Crunch Bowl	513	g	560	60	6.0	1.5	0.0	0	25	120	14	73	11
Two to Mango Bowl	645	g	480	60	7.0	3.5	0.0	0	40	118	15	80	6

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Planet Smoothie® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

**These supplements have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cure, any disease but rather serve as a dietary supplement intended only for nutritional support to a well balanced diet of food. Please consult your physician before starting any supplement program, especially if you are pregnant, nursing or taking medication. These products are not recommended for children.

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Planet Smoothie® Product Allergen Information



Planet Smoothie® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NUTS	FISH	SHELLFISH
Planet Favorites								
The Last Mango			X					
Captain Kid			X					
Twig & Berries			X					
Vinnie Del Rocco			X					
PBJ			X	X				
Shag-A-Delic			X					
Mountain Man Crunch			X	X	X	X		
Planet Lite™								
Lunar Lemonade								
Berry Bada-Bing			X					
Strawberry Colada			X			X		
2 Piece Bikini			X					
Leapin' Lizard								
Mediterranean Monster								
Crazy Bee								
Superfood								
Nutty Brazilian	X			X				
Chia the Greek			X					
Amazon Kick	X							
Pineapple Tropi-Kale Twist						X		
Açaí Original	X							
Energy								
Matcha Libre			X					
Road Runner								
Java the Nut			X	X				
Mango Passion								
Chocolate Elvis			X	X				
Grape Ape								
Protein								
Big Bang			X					
Chocolate Chimp			X					
Lean Green Extreme								
Peanut Butter Power Up			X	X				
Mr Mongo			X					
Orange Push Up			X					
Protein Your Way								
Planet Pro® Whey			X					
Planet Pro® Veg								
Strawberries & Bananas								
Cocoa & Bananas								
Peanut Butter & Bananas				X				
Açaí & Strawberries	X							

Planet Smoothie® Product Allergen Information

Item	Allergens							
	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NUTS	FISH	SHELLFISH
Blasts								
Fat Burner								
Immunity								
Multivitamin								
Energy								
Fiber								
Whey Protein			X					
Pea Protein								
Whole Food Add-Ins								
Peanut Butter (2 Tbsp)				X				
Whole Grain Oats (1/4 Cup)								
Granola (2 Tbsp)			X		X	X		
Matcha Green Tea (2 tsp)								
Almond Milk (1/4 Cup)						X		
Leafy Greens (1 oz)								
Greek Yogurt (1/4 Cup)			X					
Chia Seeds (2 tsp)								
Additional Add-Ins								
Strawberries (2oz)								
Bananas (3" piece)								
Raspberries (2oz)								
Blueberries (2oz)								
Peaches (2oz)								
Apple (3 slices)								
Mango (2oz)								
Pineapple (2oz)								
Coconut (4 Tbsp)						X		
Passion Fruit (2oz)								
Frozen Yogurt (2oz)			X					
Orange Sherbet (2oz)			X					
Lemonade (1oz)								
Orange Juice (1oz)								
Grape Juice (1oz)								
Honey (1 tsp)								
Coffee (1 tsp)								
Cocoa (1 tsp)								
PB2® (2 Tbsp)				X				
Nonfat Milk (1 Tbsp)			X					
LeanLeaf® Sweetener (1oz)								
Kiwi (2oz)								
Açaí (1/2 packet)	X							
Vanilla (1 tsp)								
Optional Products								
Strawberries, No Sugar Added (2oz)								
Wheatgrass (1 oz)					X			
Wheatgrass (2 oz)					X			
Ginger (1 oz)								
Power Shot (3 oz)					X			

Planet Smoothie® Product Allergen Information

Item	Allergens							
	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NUTS	FISH	SHELLFISH
Nutty Brazilian Bowl	X		X	X	X	X		
Amazon Kick Bowl	X		X		X	X		
Rio Bowl	X							
Daybreak Crunch Bowl			X		X	X		
Two to Mango Bowl			X		X	X		



Your health is of utmost concern to us. Please be aware that Planet Smoothie® products may contain traces of allergens (peanuts, tree nuts, soybeans, wheat, milk or eggs) or food sensitivities from a manufacturing facility and preparation on site.

Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

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