

Kid's Smoothies

For kids 10 and under, our KID'S smoothies are for you!

Strawberry Shortcake™

strawberries, yogurt

Cal. 160, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 2g, Carbs 41g, Dietary Fiber 5g, Sugars 30g, Chol. 0mg, Sodium 25mg, Calcium 8%, Potassium 4%, Vit.C 60%

Purple Primate™

strawberries, grape juice

Cal. 160, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 0g, Carbs 40g, Dietary Fiber 2g, Sugars 36g, Chol. 0mg, Sodium 0mg, Calcium 0%, Potassium 4%, Vit.C 90%

Peanut Butter Dream™

peanut butter, cocoa, bananas, yogurt, nonfat milk

Cal. 270, Total Fat 17g, Sat Fat 3.5g, Trans Fat 0g, Protein 11g, Carbs 27g, Dietary Fiber 7g, Sugars 8g, Chol. 0mg, Sodium 190mg, Calcium 8%, Potassium 6%, Vit.C 4%

Captain Kid™

strawberries, orange sherbet

Cal. 180, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 1g, Carbs 46g, Dietary Fiber 2g, Sugars 39g, Chol. 0mg, Sodium 15mg, Calcium 30%, Potassium 130%, Vit.C 40%

Bonzai Berry™

strawberries, blueberries, raspberries, yogurt

Cal. 210, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 55g, Dietary Fiber 7g, Sugars 33g, Chol. 0mg, Sodium 30mg, Calcium 8%, Potassium 5%, Vit.C 70%

Plain Jane™

strawberries

Cal. 170, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein <1g, Carbs 42g, Dietary Fiber 3g, Sugars 37g, Chol. 0mg, Sodium 0mg, Calcium 2%, Potassium 5%, Vit.C 90%

Twig Jr.™

strawberries, bananas, yogurt

Cal. 200, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 53g, Dietary Fiber 7g, Sugars 37g, Chol. 0mg, Sodium 25mg, Calcium 8%, Potassium 9%, Vit.C 70%

Blasts™

From increasing energy to boosting your immunity, our BLASTS are for you! Add a blast to any smoothie!

Energy Blast™

Garcinia Cambogia, Guarana, cha de bugre, Ginger Root, White Willow Bark

Fat Burner Blast™

Garcinia Cambogia, Guarana, banaba, Cayenne Pepper, Dandelion Root

Fiber Blast™

Oat Bran, Flaxseed, Wheat Bran, Psyllium Husk

Immunity Blast™

Vitamin C & E, Zinc, Elderberry Extract, Echinacea

Multivitamin Blast™

Vitamin A, C, D, E, K, B-1, B-2, B-3, B-6 & B-12, Biotin, Calcium, Magnesium

Protein Blast™

Whey Protein Concentrate, Protease, Amylase, Lactase

Workout Blast™

Creatine, L-Glutamine, L-Arginine, Taurine

For Franchise Information,
visit planetsmoothie.com or
call 877.534.7216

Planet Smoothie®

planetsmoothie.com



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What's Your Smoothie?

Protein Smoothies™

For those seeking a lifestyle that includes high-intensity workouts, our PROTEIN smoothies are for you!



Big Bang™

strawberries, bananas, vanilla, **protein blast or workout blast**

Cal. 370, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 13g, Carbs 80g, Dietary Fiber 6g, Sugars 67g, Chol. 0mg, Sodium 0mg, Calcium 4%, Potassium 13%, Vit.C 140% (protein blast)

Cal. 340, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 1g, Carbs 87g, Dietary Fiber 6g, Sugars 67g, Chol. 0mg, Sodium 0mg, Calcium 4%, Potassium 13%, Vit.C 140% (workout blast)

Chocolate Chimp™

cocoa, bananas, vanilla, honey, **protein blast or workout blast**

Cal. 220, Total Fat 1.5g, Sat Fat 0g, Trans Fat 0g, Protein 15g, Carbs 38g, Dietary Fiber 5g, Sugars 18g, Chol. 0mg, Sodium 0mg, Calcium 0%, Potassium 11%, Vit.C 20% (protein blast)

Cal. 190, Total Fat 1.5g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 45g, Dietary Fiber 5g, Sugars 18g, Chol. 0mg, Sodium 0mg, Calcium 0%, Potassium 11%, Vit.C 20% (workout blast)

Mr. Mongo™

strawberries or cocoa, yogurt, bananas, nonfat milk, vanilla, **protein blast or workout blast**

Strawberry: Cal. 370, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 18g, Carbs 82g, Dietary Fiber 10g, Sugars 54g, Chol. 0mg, Sodium 80mg, Calcium 20%, Potassium 10%, Vit.C 100% (protein blast)

Strawberry: Cal. 350, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 6g, Carbs 89g, Dietary Fiber 10g, Sugars 54g, Chol. 0mg, Sodium 80mg, Calcium 20%, Potassium 10%, Vit.C 100% (workout blast)

Cocoa: Cal. 300, Total Fat 1.5g, Sat Fat 0g, Trans Fat 0g, Protein 20g, Carbs 59g, Dietary Fiber 11g, Sugars 23g, Chol. 0mg, Sodium 80mg, Calcium 15%, Potassium 11%, Vit.C 20% (protein blast)

Cocoa: Cal. 270, Total Fat 1.5g, Sat Fat 0g, Trans Fat 0g, Protein 8g, Carbs 66g, Dietary Fiber 11g, Sugars 23g, Chol. 0mg, Sodium 80mg, Calcium 15%, Potassium 11%, Vit.C 20% (workout blast)

Planet Pro™

choice of two fruits blended with a full meal replacement packet

Pineapple: Cal. 330, Total Fat 2g, Sat Fat 0g, Trans Fat 1g, Protein 48g, Carbs 29g, Dietary Fiber 3g, Sugars 22g, Chol. 0mg, Sodium 260mg, Calcium 500%, Potassium 510%, Vit.C 40%

Strawberry: Cal. 460, Total Fat 2g, Sat Fat 0g, Trans Fat 1g, Protein 49g, Carbs 65g, Dietary Fiber 7g, Sugars 58g, Chol. 0mg, Sodium 260mg, Calcium 500%, Potassium 540%, Vit.C 110%

Straw/Banana Cal. 390, Total Fat 2g, Sat Fat 0g, Trans Fat 1g, Protein 49g, Carbs 47g, Dietary Fiber 6g, Sugars 34g, Chol. <5mg, Sodium 260mg, Calcium 520%, Potassium 680%, Vit.C 70%

Weight Loss Smoothies™

For those seeking a lifestyle that fosters a healthy appetite and increased metabolism, our WEIGHT LOSS smoothies are for you!



2 Piece Bikini™

strawberries or cocoa, bananas, nonfat milk, vanilla, **fat burner blast**

Strawberry: Cal. 290, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 4g, Carbs 72g, Dietary Fiber 5g, Sugars 51g, Chol. 0mg, Sodium 50mg, Calcium 10%, Potassium 10%, Vit.C 100%

Cocoa: Cal. 220, Total Fat 1.5g, Sat Fat 0g, Trans Fat 0g, Protein 6g, Carbs 52g, Dietary Fiber 5g, Sugars 23g, Chol. 0mg, Sodium 50mg, Calcium 10%, Potassium 11%, Vit.C 20%

Mediterranean Monster™

strawberries, bananas, a splash of orange juice, **fat burner blast**

Cal. 260, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 1g, Carbs 68g, Dietary Fiber 5g, Sugars 47g, Chol. 0mg, Sodium 0mg, Calcium 2%, Potassium 12%, Vit.C 120%

Leapin' Lizard™

peaches, strawberries, **fat burner blast**

Cal. 250, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 1g, Carbs 64g, Dietary Fiber 3g, Sugars 40g, Chol. 0mg, Sodium 0mg, Calcium 2%, Potassium 10%, Vit.C 230%

Lunar Lemonade™

lemonade, choice of strawberries or raspberries, bananas, **fat burner blast**

Strawberry: Cal. 250, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 1g, Carbs 63g, Dietary Fiber 4g, Sugars 39g, Chol. 0mg, Sodium 0mg, Calcium 0%, Potassium 13%, Vit.C 110%

Raspberry: Cal. 250, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 2g, Carbs 63g, Dietary Fiber 5g, Sugars 21g, Chol. 0mg, Sodium 0mg, Calcium 2%, Potassium 13%, Vit.C 70%

Billy Bob Banana™

bananas, nonfat milk, yogurt, vanilla, **fat burner blast**

Cal. 260, Total Fat 0.5g, Sat Fat 0g, Trans Fat 0g, Protein 4g, Carbs 66g, Dietary Fiber 5g, Sugars 32g, Chol. 0mg, Sodium 30mg, Calcium 6%, Potassium 21%, Vit.C 35%

Rasmanian Devil™

raspberries, bananas, nonfat milk, vanilla, **fat burner blast**

Cal. 270, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 70g, Dietary Fiber 5g, Sugars 14g, Chol. 0mg, Sodium 25mg, Calcium 8%, Potassium 11%, Vit.C 20%

HOW TO ORDER

#1 Choose a Smoothie

#2 Choose a Size

Small Medium Large

#3 Extra Blast?
Extra Fruit?

#4 That's Your Smoothie!

Wellness Smoothies™

For those seeking a lifestyle that supports a healthy immune system and mental well-being, our WELLNESS smoothies are for you!



Acai™

organic acai, apple, strawberries, bananas

Cal. 370, Total Fat 7g, Sat Fat 1.5g, Trans Fat 0g, Protein 3g, Carbs 76g, Dietary Fiber 7g, Sugars 59g, Chol. 0mg, Sodium 15mg, Calcium 8%, Potassium 11%, Vit.C 90%

Acai Bowl™

organic acai, apple, bananas, granola (product may contain nuts)

Cal. 370, Total Fat 10g, Sat Fat 2g, Trans Fat 0g, Protein 4g, Carbs 66g, Dietary Fiber 6g, Sugars 43g, Chol. 0mg, Sodium 50mg, Calcium 10%, Potassium 10%, Vit.C 30%

Thelma & Louise™

strawberries, pineapples, **fiber blast**

Cal. 260, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein <1g, Carbs 65g, Dietary Fiber 6g, Sugars 47g, Chol. 0mg, Sodium 0mg, Calcium 2%, Potassium 8%, Vit.C 100%

Werewolf™

strawberries, bananas, nonfat milk, vanilla, **multivitamin blast**

Cal. 270, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 69g, Dietary Fiber 5g, Sugars 49g, Chol. 0mg, Sodium 25mg, Calcium 30%, Potassium 10%, Vit.C 120%

Yo' Adriane™

peaches, strawberries, yogurt, **fiber blast**

Cal. 320, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 5g, Carbs 83g, Dietary Fiber 10g, Sugars 45g, Chol. 0mg, Sodium 55mg, Calcium 15%, Potassium 10%, Vit.C 230%

Screamsicle™

pineapples, peaches, orange juice, yogurt, orange sherbet, **multivitamin blast**

Cal. 290, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 73g, Dietary Fiber 4g, Sugars 39g, Chol. 0mg, Sodium 40mg, Calcium 35%, Potassium 11%, Vit.C 230%

Hangover Over™

strawberries, bananas, yogurt, **immunity blast**

Cal. 310, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 5g, Carbs 63g, Dietary Fiber 10g, Sugars 48g, Chol. 0mg, Sodium 55mg, Calcium 15%, Potassium 10%, Vit.C 260%

Zeus Juice™

strawberries, bananas, **immunity blast**

Cal. 250, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 1g, Carbs 64g, Dietary Fiber 5g, Sugars 44g, Chol. 0mg, Sodium 0mg, Calcium 2%, Potassium 10%, Vit.C 260%

Energy Smoothies™

For those seeking a lifestyle with natural, sustained energy, our ENERGY smoothies are for you!



Spazz™

strawberries, bananas, nonfat milk, vanilla, **energy blast**

Cal. 270, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 69g, Dietary Fiber 5g, Sugars 49g, Chol. 0mg, Sodium 25mg, Calcium 6%, Potassium 10%, Vit.C 100%

Chocolate Elvis™

cocoa, peanut butter, bananas, yogurt, nonfat milk, **energy blast**

Cal. 430, Total Fat 17g, Sat Fat 3.5g, Trans Fat 0g, Protein 14g, Carbs 68g, Dietary Fiber 13g, Sugars 21g, Chol. 0mg, Sodium 200mg, Calcium 15%, Potassium 16%, Vit.C 20%

Grape Ape™

grape juice, strawberries, **energy blast**

Cal. 210, Total Fat 0g, Sat Fat 0g, Protein 0g, Carbs 54g, Dietary Fiber 2g, Sugars 40g, Chol. 0mg, Sodium 0mg, Calcium 2%, Potassium 4%, Vit.C 110%

Road Runner™

blueberries, raspberries, strawberries, orange juice, **energy blast**

Cal. 300, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 1g, Carbs 75g, Dietary Fiber 6g, Sugars 37g, Chol. 0mg, Sodium 10mg, Calcium 4%, Potassium 8%, Vit.C 80%

Berry Bada-Bing™

peaches, raspberries, bananas, yogurt, **energy blast**

Cal. 350, Total Fat 0.5g, Sat Fat 0g, Trans Fat 0g, Protein 6g, Carbs 92g, Dietary Fiber 9g, Sugars 28g, Chol. 0mg, Sodium 55mg, Calcium 15%, Potassium 17%, Vit.C 230%

Frozen Goat™

coffee, bananas, cocoa, nonfat milk, yogurt, **energy blast**

Cal. 220, Total Fat 0.5g, Sat Fat 0g, Trans Fat 0g, Protein 7g, Carbs 55g, Dietary Fiber 8g, Sugars 16g, Chol. 0mg, Sodium 80mg, Calcium 15%, Potassium 9%, Vit.C 10%

Cool Blended Smoothies™

For those seeking a lifestyle powered by the nutritional benefits of fruit, our COOL BLENDED smoothies are for you!



Twig & Berries™

strawberries, bananas, yogurt

Cal. 280, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 5g, Carbs 74g, Dietary Fiber 10g, Sugars 48g, Chol. 0mg, Sodium 55mg, Calcium 15%, Potassium 10%, Vit.C 90%

PBJ™

peanut butter, strawberries, bananas, yogurt, nonfat milk, vanilla

Cal. 700, Total Fat 32g, Sat Fat 7g, Trans Fat 0g, Protein 20g, Carbs 98g, Dietary Fiber 14g, Sugars 62g, Chol. 0mg, Sodium 370mg, Calcium 20%, Potassium 22%, Vit.C 100%

The Last Mango™

mangos, peaches, bananas, orange sherbet

Cal. 340, Total Fat 1g, Sat Fat 0g, Trans Fat 0g, Protein 3g, Carbs 85g, Dietary Fiber 4g, Sugars 59g, Chol. 0mg, Sodium 0mg, Calcium 50%, Potassium 600%, Vit.C 140%

Vinnie del Rocco™

raspberries, blueberries, strawberries, orange sherbet

Cal. 370, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 2g, Carbs 92g, Dietary Fiber 6g, Sugars 58g, Chol. 0mg, Sodium 0mg, Calcium 60%, Potassium 260%, Vit.C 50%

Shag-a-delic™

strawberries, blueberries, bananas, nonfat milk, yogurt, vanilla

Cal. 300, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Protein 6g, Carbs 77g, Dietary Fiber 10g, Sugars 49g, Chol. 0mg, Sodium 85mg, Calcium 20%, Potassium 9%, Vit.C 90%

All nutritional are based on 22oz smoothie unless otherwise indicated. All % values are % Daily Values based on a 2000 calorie diet for adults 18 and older. Because each smoothie is made by hand, exact nutritional value may vary slightly.

