Planet Smoothie

Nutrition, Ingredients & Allergens

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Sources: REF03/04 v.091426 | REF05 v.091526 | REF06 v.091526, v.100226

Important Information & Disclosures

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.

Your health is of the utmost concern to us. Please be aware that Planet Smoothie® products may contain traces of allergens (soy, egg, milk, peanut, wheat, tree nuts, sesame, fish, shellfish) or foods causing common 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.

The Allergen 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.

The Ingredient 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.

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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Source references: PSM-REF03 v.091426; PSM-REF04 v.091426; PSM-REF05 v.091526; PSM-REF06 Limited Time Offer v.091526 / v.100226.

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Bubble Trouble Boba

Planet Smoothie®

Category: Planet Favorites

20 oz	
Weight	651 g
Calories	270
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	76 g
Dietary Fiber	3 g
Sugars	53 g
Added Sugars	21 g
Protein	1 g

32 oz	
Weight	969 g
Calories	340
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	98 g
Dietary Fiber	4 g
Sugars	69 g
Added Sugars	28 g
Protein	1 g

44 oz	
Weight	1245 g
Calories	440
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	128 g
Dietary Fiber	6 g
Sugars	95 g
Added Sugars	42 g
Protein	2 g

Allergens

None.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), MANGO, MANGO FLAVORED POPPING BOBA (Water, Corn Syrup, Sugar, Modified Corn Starch, Calcium Lactate, Citric Acid, Sodium Alginate, Natural Flavor, Potassium Sorbate [preservative], Yellow 5, Calcium Chloride, Yellow 6 [FD&C, Yellow #6, Sodium Benzoate, Phosphoric Acid]), ORANGE JUICE, LEMON JUICE (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [preservative], Sodium Benzoate [preservative], Lemon Oil), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Captain Kid

Planet Smoothie®

Category: Planet Favorites

20 oz	
Weight	619 g
Calories	330
Total Fat	1 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	30 mg
Total Carbohydrate	81 g
Dietary Fiber	3 g
Sugars	71 g
Added Sugars	62 g
Protein	0 g

32 oz	
Weight	863 g
Calories	460
Total Fat	1.5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	40 mg
Total Carbohydrate	112 g
Dietary Fiber	4 g
Sugars	98 g
Added Sugars	85 g
Protein	0 g

44 oz	
Weight	1268 g
Calories	660
Total Fat	2.5 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	10 mg
Sodium	60 mg
Total Carbohydrate	162 g
Dietary Fiber	6 g
Sugars	141 g
Added Sugars	123 g
Protein	0 g

Allergens

Contains: Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), ORANGE SHERBET [Water, Sugar, Whey, High Fructose Corn Syrup, Corn Syrup, Cream (Milk), Orange Puree (Concentrated Orange Juice, Water, Natural Flavors, Orange Pulp, Gum Tragacanth, Yellow 6, Citric Acid), Citric Acid, Dextrose, Guar Gum, Hydroxypropyl Methylcellulose, Carob Bean Gum, Yellow 6].

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Lunar Lemonade

Category: Planet Favorites

20 oz	
Weight	593 g
Calories	160
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	53 g
Dietary Fiber	3 g
Sugars	33 g
Added Sugars	14 g
Protein	1 g

32 oz	
Weight	807 g
Calories	240
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	77 g
Dietary Fiber	5 g
Sugars	49 g
Added Sugars	21 g
Protein	2 g

44 oz	
Weight	1185 g
Calories	320
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	106 g
Dietary Fiber	7 g
Sugars	67 g
Added Sugars	28 g
Protein	2 g

Allergens

None.

Ingredients

WATER, BANANA, STABILIZED STRAWBERRIES (Strawberries, Sugar), LEMON JUICE (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [preservative], Sodium Benzoate [preservative], Lemon Oil), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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PBJ

Planet Smoothie®

Category: Planet Favorites

20 oz	
Weight	602 g
Calories	600
Total Fat	24 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	240 mg
Total Carbohydrate	87 g
Dietary Fiber	13 g
Sugars	51 g
Added Sugars	28 g
Protein	17 g

32 oz	
Weight	824 g
Calories	840
Total Fat	32 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	340 mg
Total Carbohydrate	127 g
Dietary Fiber	18 g
Sugars	75 g
Added Sugars	42 g
Protein	24 g

44 oz	
Weight	1205 g
Calories	1190
Total Fat	49 g
Saturated Fat	6 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	480 mg
Total Carbohydrate	175 g
Dietary Fiber	25 g
Sugars	103 g
Added Sugars	56 g
Protein	35 g

Allergens

Contains: Milk. Peanut.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], BANANA, PEANUT BUTTER (Peanuts, Salt), ARTIFICIAL VANILLA FLAVOR, NONFAT DRY MILK (Powdered Milk with Vitamins A & D).

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Strawberry Colada

Category: Planet Favorites

20 oz	
Weight	566 g
Calories	260
Total Fat	4 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	65 mg
Total Carbohydrate	65 g
Dietary Fiber	4 g
Sugars	45 g
Added Sugars	25 g
Protein	2 g

32 oz	
Weight	954 g
Calories	370
Total Fat	6 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrate	89 g
Dietary Fiber	6 g
Sugars	62 g
Added Sugars	34 g
Protein	3 g

44 oz	
Weight	1131 g
Calories	530
Total Fat	8 g
Saturated Fat	7 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	130 mg
Total Carbohydrate	131 g
Dietary Fiber	8 g
Sugars	91 g
Added Sugars	50 g
Protein	4 g

Allergens

Contains: Milk. Tree Nuts.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), PINEAPPLE IN JUICE, SWEETENED COCONUT FLAKES [Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative)], TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), ARTIFICIAL VANILLA FLAVOR, NONFAT DRY MILK (Powdered Milk with Vitamins A & D).

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The Last Mango

Category: Planet Favorites

20 oz	
Weight	733 g
Calories	260
Total Fat	2 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	30 mg
Total Carbohydrate	73 g
Dietary Fiber	4 g
Sugars	53 g
Added Sugars	20 g
Protein	2 g

32 oz	
Weight	1022 g
Calories	400
Total Fat	2.5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	45 mg
Total Carbohydrate	110 g
Dietary Fiber	6 g
Sugars	78 g
Added Sugars	29 g
Protein	3 g

44 oz	
Weight	1466 g
Calories	530
Total Fat	3.5 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	10 mg
Sodium	60 mg
Total Carbohydrate	146 g
Dietary Fiber	8 g
Sugars	106 g
Added Sugars	39 g
Protein	5 g

Allergens

Contains: Milk.

Ingredients

WATER, MANGO, PEACHES, ORANGE SHERBET [Water, Sugar, Whey, High Fructose Corn Syrup, Corn Syrup, Cream (Milk), Orange Puree (Concentrated Orange Juice, Water, Natural Flavors, Orange Pulp, Gum Tragacanth, Yellow 6, Citric Acid), Citric Acid, Dextrose, Guar Gum, Hydroxypropyl Methylcellulose, Carob Bean Gum, Yellow 6], BANANA, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Twig & Berries

Category: Planet Favorites

20 oz	
Weight	605 g
Calories	290
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrate	74 g
Dietary Fiber	8 g
Sugars	48 g
Added Sugars	28 g
Protein	4 g

32 oz	
Weight	835 g
Calories	420
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Total Carbohydrate	109 g
Dietary Fiber	12 g
Sugars	70 g
Added Sugars	42 g
Protein	6 g

44 oz	
Weight	1210 g
Calories	580
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	140 mg
Total Carbohydrate	149 g
Dietary Fiber	17 g
Sugars	95 g
Added Sugars	56 g
Protein	8 g

Allergens

Contains: Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], BANANA.

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Vinnie Del Rocco

Planet Smoothie®

Category: Planet Favorites

20 oz	
Weight	633 g
Calories	310
Total Fat	2 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	30 mg
Total Carbohydrate	76 g
Dietary Fiber	6 g
Sugars	64 g
Added Sugars	51 g
Protein	1 g

32 oz	
Weight	812 g
Calories	400
Total Fat	2.5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	40 mg
Total Carbohydrate	97 g
Dietary Fiber	6 g
Sugars	82 g
Added Sugars	68 g
Protein	1 g

44 oz	
Weight	1265 g
Calories	630
Total Fat	4 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	10 mg
Sodium	60 mg
Total Carbohydrate	152 g
Dietary Fiber	12 g
Sugars	127 g
Added Sugars	102 g
Protein	1 g

Allergens

Contains: Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), ORANGE SHERBET [Water, Sugar, Whey, High Fructose Corn Syrup, Corn Syrup, Cream (Milk), Orange Puree (Concentrated Orange Juice, Water, Natural Flavors, Orange Pulp, Gum Tragacanth, Yellow 6, Citric Acid), Citric Acid, Dextrose, Guar Gum, Hydroxypropyl Methylcellulose, Carob Bean Gum, Yellow 6], BLUEBERRIES, RASPBERRY PUREE [Raspberries, Sugar].

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Chocolate Elvis

Planet Smoothie®

Category: Energy

20 oz	
Weight	600 g
Calories	380
Total Fat	16 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrate	74 g
Dietary Fiber	11 g
Sugars	21 g
Added Sugars	0 g
Protein	14 g

32 oz	
Weight	838 g
Calories	570
Total Fat	25 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrate	109 g
Dietary Fiber	17 g
Sugars	31 g
Added Sugars	0 g
Protein	20 g

44 oz	
Weight	1196 g
Calories	750
Total Fat	33 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	390 mg
Total Carbohydrate	143 g
Dietary Fiber	22 g
Sugars	41 g
Added Sugars	0 g
Protein	27 g

Allergens

Contains: Milk. Peanut.

Ingredients

WATER, BANANA, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), ENERGY BLAST [Maltodextrin, Pantothenic Acid (Calcium D-Pantothenate), Guarana Extract (22% Caffeine), Cha de Bugre (fruit) Powder, L-Tyrosine, White Willow Bark (15% salicin), Ginger Root Powder, L- carnitine L-Tartrate], NONFAT DRY MILK (Powdered Milk with Vitamins A & D), COCOA PROCESSED WITH ALKALI.

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Java the Nut

Planet Smoothie®

Category: Energy

20 oz	
Weight	597 g
Calories	380
Total Fat	16 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrate	71 g
Dietary Fiber	11 g
Sugars	21 g
Added Sugars	0 g
Protein	14 g

32 oz	
Weight	836 g
Calories	570
Total Fat	25 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrate	106 g
Dietary Fiber	17 g
Sugars	31 g
Added Sugars	0 g
Protein	21 g

44 oz	
Weight	1195 g
Calories	750
Total Fat	33 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	390 mg
Total Carbohydrate	141 g
Dietary Fiber	22 g
Sugars	41 g
Added Sugars	0 g
Protein	28 g

Allergens

Contains: Milk. Peanut.

Ingredients

WATER, BANANA, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), NONFAT DRY MILK (Powdered Milk with Vitamins A & D), COCOA PROCESSED WITH ALKALI, INSTANT COFFEE [100% Pure Coffee].

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Mango Passion

Category: Energy

20 oz	
Weight	716 g
Calories	380
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	97 g
Dietary Fiber	3 g
Sugars	66 g
Added Sugars	44 g
Protein	2 g

32 oz	
Weight	971 g
Calories	520
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	135 g
Dietary Fiber	5 g
Sugars	92 g
Added Sugars	62 g
Protein	3 g

44 oz	
Weight	1427 g
Calories	740
Total Fat	2.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	50 mg
Total Carbohydrate	190 g
Dietary Fiber	7 g
Sugars	132 g
Added Sugars	87 g
Protein	5 g

Allergens

None.

Ingredients

WATER, PASSION FRUIT BLEND (Passion Fruit, Water, Cane Sugar, contains less than 1% of: Guar Gum, Xanthan Gum, Natural Flavor), MANGO, STABILIZED STRAWBERRIES (Strawberries, Sugar), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), ENERGY BLAST [Maltodextrin, Pantothenic Acid (Calcium D-Pantothenate), Guarana Extract (22% Caffeine), Cha de Bugre (fruit) Powder, L-Tyrosine, White Willow Bark (15% salicin), Ginger Root Powder, L-carnitine L- Tartrate].

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Road Runner

Category: Energy

20 oz	
Weight	657 g
Calories	260
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	73 g
Dietary Fiber	7 g
Sugars	49 g
Added Sugars	35 g
Protein	1 g

32 oz	
Weight	921 g
Calories	370
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	104 g
Dietary Fiber	10 g
Sugars	72 g
Added Sugars	49 g
Protein	2 g

44 oz	
Weight	1309 g
Calories	500
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	141 g
Dietary Fiber	14 g
Sugars	99 g
Added Sugars	70 g
Protein	2 g

Allergens

None.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), RASPBERRY PUREE (Raspberries, Sugar), BLUEBERRIES, ORANGE JUICE, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), ENERGY BLAST [Maltodextrin, Pantothenic Acid (Calcium D-Pantothenate), Guarana Extract (22% Caffeine), Cha de Bugre (fruit) Powder, L-Tyrosine, White Willow Bark (15% salicin), Ginger Root Powder, L-carnitine L- Tartrate].

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Shag-A-Delic

Category: Energy

20 oz	
Weight	670 g
Calories	350
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Total Carbohydrate	85 g
Dietary Fiber	11 g
Sugars	51 g
Added Sugars	21 g
Protein	6 g

32 oz	
Weight	888 g
Calories	470
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	116 g
Dietary Fiber	15 g
Sugars	69 g
Added Sugars	28 g
Protein	9 g

44 oz	
Weight	1335 g
Calories	680
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	166 g
Dietary Fiber	21 g
Sugars	102 g
Added Sugars	42 g
Protein	13 g

Allergens

Contains: Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), BLUEBERRIES, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], BANANA, NONFAT DRY MILK (Powdered Milk with Vitamins A & D), ENERGY BLAST [Maltodextrin, Pantothenic Acid (Calcium D-Pantothenate), Guarana Extract (22% Caffeine), Cha de Bugre (fruit) Powder, L-Tyrosine, White Willow Bark (15% salicin), Ginger Root Powder, L-carnitine L- Tartrate], ARTIFICIAL VANILLA FLAVOR.

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Amazon Kick

Planet Smoothie®

Category: Superfood

20 oz	
Weight	653 g
Calories	280
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrate	84 g
Dietary Fiber	6 g
Sugars	48 g
Added Sugars	21 g
Protein	1 g

32 oz	
Weight	916 g
Calories	420
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	55 mg
Total Carbohydrate	126 g
Dietary Fiber	8 g
Sugars	72 g
Added Sugars	28 g
Protein	1 g

44 oz	
Weight	1307 g
Calories	560
Total Fat	3.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	65 mg
Total Carbohydrate	167 g
Dietary Fiber	11 g
Sugars	97 g
Added Sugars	42 g
Protein	2 g

Allergens

None.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), BANANA, BLUEBERRIES, SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Dragon Fruit Lemon Splash

Planet Smoothie®

Category: Superfood

20 oz	
Weight	607 g
Calories	200
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	66 g
Dietary Fiber	2 g
Sugars	44 g
Added Sugars	21 g
Protein	1 g

32 oz	
Weight	858 g
Calories	310
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	101 g
Dietary Fiber	3 g
Sugars	66 g
Added Sugars	28 g
Protein	1 g

44 oz	
Weight	1214 g
Calories	400
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	20 mg
Total Carbohydrate	133 g
Dietary Fiber	4 g
Sugars	89 g
Added Sugars	42 g
Protein	2 g

Allergens

None.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), PINEAPPLE IN JUICE, SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), LEMON JUICE (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [preservative], Sodium Benzoate [preservative], Lemon Oil), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Fiji Island Breeze

Planet Smoothie®

Category: Superfood

20 oz	
Weight	740 g
Calories	220
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	115 mg
Total Carbohydrate	60 g
Dietary Fiber	3 g
Sugars	38 g
Added Sugars	9 g
Protein	3 g

32 oz	
Weight	1137 g
Calories	330
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	89 g
Dietary Fiber	5 g
Sugars	56 g
Added Sugars	12 g
Protein	6 g

44 oz	
Weight	1480 g
Calories	440
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	230 mg
Total Carbohydrate	121 g
Dietary Fiber	6 g
Sugars	76 g
Added Sugars	17 g
Protein	7 g

Allergens

Contains: Tree Nuts.

Ingredients

WATER, MANGO, PINEAPPLE IN JUICE, COCONUT WATER [Coconut Water, Sugar, Vitamin C (Ascorbic Acid)], LEAFY GREENS (Spinach, Kale), PASSION FRUIT BLEND (Passion Fruit, Water, Cane Sugar, contains less than 1% of: Guar Gum, Xanthan Gum, Natural Flavor), BANANA, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Mountain Man Crunch

Planet Smoothie®

Category: Superfood

20 oz	
Weight	605 g
Calories	520
Total Fat	26 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	260 mg
Total Carbohydrate	78 g
Dietary Fiber	12 g
Sugars	27 g
Added Sugars	6 g
Protein	17 g

32 oz	
Weight	924 g
Calories	730
Total Fat	35 g
Saturated Fat	4.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	360 mg
Total Carbohydrate	115 g
Dietary Fiber	17 g
Sugars	41 g
Added Sugars	10 g
Protein	24 g

44 oz	
Weight	1226 g
Calories	1040
Total Fat	53 g
Saturated Fat	6 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	520 mg
Total Carbohydrate	159 g
Dietary Fiber	24 g
Sugars	55 g
Added Sugars	13 g
Protein	35 g

Allergens

Contains: Milk. Peanut. Wheat. Tree Nuts.

Ingredients

WATER, BANANA, OAT MILK [Oatmilk (Filtered Water, Whole Grain Oat Flour, Oat Concentrate), contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid (to protect freshness), Natural Flavor], NONFAT NSA VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], HONEY.

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PB Dragon Fruit Riptide

Planet Smoothie®

Category: Superfood

20 oz	
Weight	624 g
Calories	530
Total Fat	20 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	140 mg
Total Carbohydrate	96 g
Dietary Fiber	13 g
Sugars	34 g
Added Sugars	14 g
Protein	15 g

32 oz	
Weight	964 g
Calories	770
Total Fat	28 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	220 mg
Total Carbohydrate	146 g
Dietary Fiber	18 g
Sugars	57 g
Added Sugars	21 g
Protein	21 g

44 oz	
Weight	1290 g
Calories	930
Total Fat	36 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrate	172 g
Dietary Fiber	21 g
Sugars	67 g
Added Sugars	28 g
Protein	26 g

Allergens

Contains: Milk. Peanut.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), BANANA, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], PEANUT BUTTER (Peanuts, Salt), Oats, rolled, instant, dry, whole grain, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), CHIA SEEDS.

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Rio Berry Bliss

Category: Superfood

20 oz	
Weight	598 g
Calories	290
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	78 g
Dietary Fiber	5 g
Sugars	57 g
Added Sugars	32 g
Protein	1 g

32 oz	
Weight	860 g
Calories	450
Total Fat	2.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	60 mg
Total Carbohydrate	120 g
Dietary Fiber	8 g
Sugars	86 g
Added Sugars	44 g
Protein	1 g

44 oz	
Weight	1196 g
Calories	580
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrate	156 g
Dietary Fiber	10 g
Sugars	114 g
Added Sugars	63 g
Protein	1 g

Allergens

Contains: Tree Nuts.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), PINEAPPLE IN JUICE, RASPBERRY PUREE [Raspberries, Sugar], SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), COCONUT WATER [Coconut Water, Sugar, Vitamin C (Ascorbic Acid)], TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Big Bang

Planet Smoothie®

Category: Protein

20 oz	
Weight	530 g
Calories	290
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	40 mg
Total Carbohydrate	63 g
Dietary Fiber	4 g
Sugars	43 g
Added Sugars	28 g
Protein	13 g

32 oz	
Weight	815 g
Calories	390
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	45 mg
Total Carbohydrate	92 g
Dietary Fiber	5 g
Sugars	62 g
Added Sugars	42 g
Protein	13 g

44 oz	
Weight	1044 g
Calories	520
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	50 mg
Total Carbohydrate	126 g
Dietary Fiber	8 g
Sugars	84 g
Added Sugars	56 g
Protein	14 g

Allergens

Contains: Soy. Milk.

Ingredients

WATER, STRAWBERRIES (Strawberries, Sugar), BANANA, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), WHEY PROTEIN CONCENTRATE, ARTIFICIAL VANILLA FLAVOR.

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Chocolate Chimp

Planet Smoothie®

Category: Protein

20 oz	
Weight	506 g
Calories	230
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	40 mg
Total Carbohydrate	60 g
Dietary Fiber	5 g
Sugars	27 g
Added Sugars	9 g
Protein	14 g

32 oz	
Weight	713 g
Calories	340
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	45 mg
Total Carbohydrate	94 g
Dietary Fiber	8 g
Sugars	41 g
Added Sugars	11 g
Protein	15 g

44 oz	
Weight	996 g
Calories	410
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	55 mg
Total Carbohydrate	119 g
Dietary Fiber	10 g
Sugars	53 g
Added Sugars	17 g
Protein	15 g

Allergens

Contains: Soy. Milk.

Ingredients

WATER, BANANA, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), WHEY PROTEIN CONCENTRATE, HONEY, ARTIFICIAL VANILLA FLAVOR, COCOA PROCESSED WITH ALKALI.

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Get Up & Glow

Planet Smoothie®

Category: Protein

20 oz	
Weight	611 g
Calories	420
Total Fat	17 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	180 mg
Total Carbohydrate	73 g
Dietary Fiber	12 g
Sugars	20 g
Added Sugars	1 g
Protein	22 g

32 oz	
Weight	952 g
Calories	620
Total Fat	26 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	270 mg
Total Carbohydrate	109 g
Dietary Fiber	17 g
Sugars	30 g
Added Sugars	2 g
Protein	28 g

44 oz	
Weight	1211 g
Calories	810
Total Fat	35 g
Saturated Fat	4.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	360 mg
Total Carbohydrate	146 g
Dietary Fiber	23 g
Sugars	39 g
Added Sugars	2 g
Protein	35 g

Allergens

Contains: Milk. Peanut. Wheat. Tree Nuts.

Ingredients

WATER, BANANA, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), HYDROLYZED BOVINE COLLAGEN, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], COCOA PROCESSED WITH ALKALI, INSTANT COFFEE [100% Pure Coffee].

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Lean Green Extreme

Category: Protein

20 oz	
Weight	733 g
Calories	270
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	300 mg
Total Carbohydrate	59 g
Dietary Fiber	4 g
Sugars	39 g
Added Sugars	0 g
Protein	15 g

32 oz	
Weight	937 g
Calories	360
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	350 mg
Total Carbohydrate	88 g
Dietary Fiber	6 g
Sugars	55 g
Added Sugars	0 g
Protein	17 g

44 oz	
Weight	1232 g
Calories	460
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	360 mg
Total Carbohydrate	122 g
Dietary Fiber	9 g
Sugars	75 g
Added Sugars	0 g
Protein	18 g

Allergens

None.

Ingredients

WATER, MANGO, ORANGE JUICE, BANANA, PINEAPPLE IN JUICE, LEAFY GREENS (Spinach, Kale), LEMON JUICE (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [preservative], Sodium Benzoate [preservative], Lemon Oil), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), PLANT BASED PROTEIN (Pea Protein, Natural Flavor).

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Mr Mongo

Planet Smoothie®

Category: Protein

20 oz	
Weight	569 g
Calories	370
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	120 mg
Total Carbohydrate	78 g
Dietary Fiber	8 g
Sugars	51 g
Added Sugars	28 g
Protein	17 g

32 oz	
Weight	775 g
Calories	520
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	170 mg
Total Carbohydrate	113 g
Dietary Fiber	12 g
Sugars	74 g
Added Sugars	42 g
Protein	20 g

44 oz	
Weight	1124 g
Calories	690
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	210 mg
Total Carbohydrate	155 g
Dietary Fiber	17 g
Sugars	101 g
Added Sugars	56 g
Protein	23 g

Allergens

Contains: Soy. Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], BANANA, WHEY PROTEIN CONCENTRATE, ARTIFICIAL VANILLA FLAVOR, NONFAT DRY MILK (Powdered Milk with Vitamins A & D).

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Peanut Butter Power Up

Planet Smoothie®

Category: Protein

20 oz	
Weight	665 g
Calories	570
Total Fat	28 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	220 mg
Total Carbohydrate	89 g
Dietary Fiber	16 g
Sugars	19 g
Added Sugars	0 g
Protein	20 g

32 oz	
Weight	898 g
Calories	750
Total Fat	37 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	310 mg
Total Carbohydrate	121 g
Dietary Fiber	21 g
Sugars	28 g
Added Sugars	0 g
Protein	26 g

44 oz	
Weight	1298 g
Calories	1020
Total Fat	53 g
Saturated Fat	6 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	450 mg
Total Carbohydrate	157 g
Dietary Fiber	27 g
Sugars	38 g
Added Sugars	0 g
Protein	36 g

Allergens

Contains: Milk. Peanut.

Ingredients

WATER, BANANA, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], PEANUT BUTTER (Peanuts, Salt), INSTANT WHOLE GRAIN OATS, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), CHIA SEEDS.

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All Shook Up

Category: Meal Replacement

20 oz	
Weight	603 g
Calories	470
Total Fat	16 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	180 mg
Total Carbohydrate	57 g
Dietary Fiber	9 g
Sugars	18 g
Added Sugars	0 g
Protein	43 g

32 oz	
Weight	829 g
Calories	640
Total Fat	25 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	250 mg
Total Carbohydrate	85 g
Dietary Fiber	13 g
Sugars	25 g
Added Sugars	0 g
Protein	56 g

44 oz	
Weight	1110 g
Calories	780
Total Fat	33 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	300 mg
Total Carbohydrate	112 g
Dietary Fiber	17 g
Sugars	31 g
Added Sugars	0 g
Protein	61 g

Allergens

Contains: Soy. Milk. Peanut.

Ingredients

WATER, BANANA, MEAL REPLACEMENT BLAST (Whey Protein Isolate, Soluble Corn Fiber), PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), COCOA PROCESSED WITH ALKALI.

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Cookie Crusher

Planet Smoothie®

Category: Meal Replacement

20 oz	
Weight	562 g
Calories	490
Total Fat	10 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	320 mg
Total Carbohydrate	81 g
Dietary Fiber	9 g
Sugars	29 g
Added Sugars	22 g
Protein	39 g

32 oz	
Weight	773 g
Calories	690
Total Fat	15 g
Saturated Fat	4.5 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	470 mg
Total Carbohydrate	121 g
Dietary Fiber	12 g
Sugars	43 g
Added Sugars	33 g
Protein	50 g

44 oz	
Weight	1094 g
Calories	860
Total Fat	20 g
Saturated Fat	6 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	600 mg
Total Carbohydrate	160 g
Dietary Fiber	16 g
Sugars	57 g
Added Sugars	44 g
Protein	53 g

Allergens

Contains: Soy. Milk. Wheat.

Ingredients

WATER, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], OREO COOKIES [Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa processed with Alkali, High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor], MEAL REPLACEMENT BLAST (Whey Protein Isolate, Soluble Corn Fiber), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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PB Blues

Category: Meal Replacement

20 oz	
Weight	604 g
Calories	430
Total Fat	17 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	180 mg
Total Carbohydrate	45 g
Dietary Fiber	8 g
Sugars	15 g
Added Sugars	0 g
Protein	43 g

32 oz	
Weight	828 g
Calories	610
Total Fat	25 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	250 mg
Total Carbohydrate	68 g
Dietary Fiber	12 g
Sugars	24 g
Added Sugars	0 g
Protein	56 g

44 oz	
Weight	1153 g
Calories	780
Total Fat	34 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	300 mg
Total Carbohydrate	98 g
Dietary Fiber	17 g
Sugars	36 g
Added Sugars	0 g
Protein	60 g

Allergens

Contains: Soy. Milk. Peanut.

Ingredients

WATER, BLUEBERRIES, BANANA, MEAL REPLACEMENT BLAST (Whey Protein Isolate, Soluble Corn Fiber), PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Peanut Butter Punch

Category: Meal Replacement

20 oz	
Weight	599 g
Calories	460
Total Fat	16 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	180 mg
Total Carbohydrate	55 g
Dietary Fiber	8 g
Sugars	18 g
Added Sugars	0 g
Protein	43 g

32 oz	
Weight	824 g
Calories	630
Total Fat	25 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	250 mg
Total Carbohydrate	82 g
Dietary Fiber	11 g
Sugars	25 g
Added Sugars	0 g
Protein	56 g

44 oz	
Weight	1103 g
Calories	770
Total Fat	33 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	300 mg
Total Carbohydrate	108 g
Dietary Fiber	14 g
Sugars	31 g
Added Sugars	0 g
Protein	61 g

Allergens

Contains: Soy. Milk. Peanut.

Ingredients

WATER, BANANA, MEAL REPLACEMENT BLAST (Whey Protein Isolate, Soluble Corn Fiber), PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Strawberry Super Squeeze

Planet Smoothie®

Category: Meal Replacement

20 oz	
Weight	524 g
Calories	340
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	75 mg
Total Carbohydrate	60 g
Dietary Fiber	5 g
Sugars	39 g
Added Sugars	28 g
Protein	34 g

32 oz	
Weight	740 g
Calories	490
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	95 mg
Total Carbohydrate	95 g
Dietary Fiber	7 g
Sugars	61 g
Added Sugars	42 g
Protein	43 g

44 oz	
Weight	928 g
Calories	560
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	100 mg
Total Carbohydrate	117 g
Dietary Fiber	8 g
Sugars	78 g
Added Sugars	56 g
Protein	43 g

Allergens

Contains: Soy. Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), BANANA, MEAL REPLACEMENT BLAST(Whey Protein Isolate, Soluble Corn Fiber), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Berry Strawberry

Category: Kids Smoothies

12 oz

Weight	360 g
Calories	150
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	42 g
Dietary Fiber	2 g
Sugars	33 g
Added Sugars	28 g
Protein	0 g

Allergens

None.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Captain Kid

Planet Smoothie®

Category: Kids Smoothies

12 oz

Weight	366 g
Calories	170
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	41 g
Dietary Fiber	2 g
Sugars	35 g
Added Sugars	31 g
Protein	0 g

Allergens

Contains: Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), ORANGE SHERBET [Water, Sugar, Whey, High Fructose Corn Syrup, Corn Syrup, Cream (Milk), Orange Puree (Concentrated Orange Juice, Water, Natural Flavors, Orange Pulp, Gum Tragacanth, Yellow 6, Citric Acid), Citric Acid, Dextrose, Guar Gum, Hydroxypropyl Methylcellulose, Carob Bean Gum, Yellow 6].

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Cosmic Cocoa

Planet Smoothie®

Category: Kids Smoothies

12 oz

Weight	339 g
Calories	180
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrate	35 g
Dietary Fiber	6 g
Sugars	10 g
Added Sugars	0 g
Protein	7 g

Allergens

Contains: Milk. Peanut.

Ingredients

WATER, BANANA, NONFAT NSA VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), NONFAT DRY MILK (Powdered Milk with Vitamins A & D), COCOA PROCESSED WITH ALKALI.

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Little Lunar

Category: Kids Smoothies

12 oz

Weight	402 g
Calories	120
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	36 g
Dietary Fiber	2 g
Sugars	26 g
Added Sugars	14 g
Protein	1 g

Allergens

None.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), BANANA, LEMON JUICE (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [preservative], Sodium Benzoate [preservative], Lemon Oil), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

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Twiggy

Planet Smoothie®

Category: Kids Smoothies

12 oz

Weight	361 g
Calories	190
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	49 g
Dietary Fiber	5 g
Sugars	34 g
Added Sugars	21 g
Protein	2 g

Allergens

Contains: Milk.

Ingredients

WATER, STABILIZED STRAWBERRIES (Strawberries, Sugar), BANANA, NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures].

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Chocolate Mountain Man Crunch

Planet Smoothie®

Category: Limited Time Offer - Smoothies

20 oz	
Weight	635 g
Calories	520
Total Fat	28 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	260 mg
Total Carbohydrate	76 g
Dietary Fiber	13 g
Sugars	22 g
Added Sugars	3 g
Protein	18 g

32 oz	
Weight	862 g
Calories	740
Total Fat	38 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	370 mg
Total Carbohydrate	110 g
Dietary Fiber	19 g
Sugars	33 g
Added Sugars	5 g
Protein	25 g

44 oz	
Weight	1272 g
Calories	1050
Total Fat	56 g
Saturated Fat	7 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	530 mg
Total Carbohydrate	152 g
Dietary Fiber	27 g
Sugars	45 g
Added Sugars	6 g
Protein	36 g

Allergens

Contains: Milk. Peanut.

Ingredients

WATER, BANANA, NONFAT NSA VANILLA FLAVORED FROZEN YOGURT (Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract [color], Cultures), PEANUT BUTTER (Peanuts, Salt), CHOCOLATE GRANOLA (Organic Certified Gluten Free Oats, Organic Brown Sugar, Organic High Oleic Sunflower Oil, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Cocoa Liquor, Organic Cocoa Butter], Organic Cocoa Powder [processed with alkali], Organic Crisp Brown Rice, Organic Oat Flour, Sea Salt, Vitamin E), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), COCOA (processed with alkali).

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Protein Powerhouse

Planet Smoothie®

Category: Limited Time Offer - Smoothies

20 oz	
Weight	618 g
Calories	470
Total Fat	20 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	220 mg
Total Carbohydrate	76 g
Dietary Fiber	12 g
Sugars	20 g
Added Sugars	3 g
Protein	25 g

32 oz	
Weight	863 g
Calories	700
Total Fat	30 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	330 mg
Total Carbohydrate	116 g
Dietary Fiber	18 g
Sugars	31 g
Added Sugars	4 g
Protein	33 g

44 oz	
Weight	1229 g
Calories	920
Total Fat	41 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	450 mg
Total Carbohydrate	156 g
Dietary Fiber	24 g
Sugars	42 g
Added Sugars	6 g
Protein	40 g

Allergens

Contains: Soy. Milk. Peanut.

Ingredients

WATER, BANANA, NONFAT NSA VANILLA FLAVORED FROZEN YOGURT (Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract [color], Cultures), OAT MILK (Oatmilk [Filtered Water, Whole Grain Oat Flour, Oat Concentrate], contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend [Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12], Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid [to protect freshness], Natural Flavor), PEANUT BUTTER (Peanuts, Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), WHEY PROTEIN (Whey Protein Concentrate), CHOCOLATE GRANOLA (Organic Certified Gluten Free Oats, Organic Brown Sugar, Organic High Oleic Sunflower Oil, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Cocoa Liquor, Organic Cocoa Butter], Organic Cocoa Powder [processed with alkali], Organic Crisp Brown Rice, Organic Oat Flour, Sea Salt, Vitamin E), COCOA (processed with alkali), INSTANT COFFEE (100% Pure Coffee).

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Pumpkin Goals

Planet Smoothie®

Category: Limited Time Offer - Smoothies

20 oz	
Weight	643 g
Calories	410
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	320 mg
Total Carbohydrate	85 g
Dietary Fiber	9 g
Sugars	39 g
Added Sugars	30 g
Protein	19 g

32 oz	
Weight	951 g
Calories	590
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	540 mg
Total Carbohydrate	135 g
Dietary Fiber	14 g
Sugars	71 g
Added Sugars	54 g
Protein	21 g

44 oz	
Weight	1270 g
Calories	760
Total Fat	11 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	640 mg
Total Carbohydrate	169 g
Dietary Fiber	18 g
Sugars	79 g
Added Sugars	59 g
Protein	26 g

Allergens

Contains: Soy. Milk. Wheat. Tree Nuts.

Ingredients

WATER, PUMPKIN PIE FILLING (Pumpkin, Water, Sugar, Salt, Spices, Dextrose, Natural Flavors), OAT MILK (Oatmilk [Filtered Water, Whole Grain Oat Flour, Oat Concentrate], contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend [Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12], Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid [to protect freshness], Natural Flavor), NONFAT NSA VANILLA FLAVORED FROZEN YOGURT (Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract [color], Cultures), GRANOLA (Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice [Brown Rice, Barley Malt, Salt], Coconut [shredded, unsweetened], Natural Spices, Vanilla Extract, Sea Salt), WHEY PROTEIN (Whey Protein Concentrate), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), CINNAMON.

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Sweet as Pumpkin Pie

Planet Smoothie®

Category: Limited Time Offer - Smoothies

20 oz	
Weight	628 g
Calories	350
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	320 mg
Total Carbohydrate	84 g
Dietary Fiber	9 g
Sugars	39 g
Added Sugars	29 g
Protein	7 g

32 oz	
Weight	936 g
Calories	530
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	540 mg
Total Carbohydrate	134 g
Dietary Fiber	14 g
Sugars	71 g
Added Sugars	53 g
Protein	9 g

44 oz	
Weight	1255 g
Calories	700
Total Fat	10 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	640 mg
Total Carbohydrate	168 g
Dietary Fiber	18 g
Sugars	79 g
Added Sugars	58 g
Protein	14 g

Allergens

Contains: Milk. Wheat. Tree Nuts.

Ingredients

WATER, PUMPKIN PIE FILLING (Pumpkin, Water, Sugar, Salt, Spices, Dextrose, Natural Flavors), OAT MILK (Oatmilk [Filtered Water, Whole Grain Oat Flour, Oat Concentrate], contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend [Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12], Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid [to protect freshness], Natural Flavor), NONFAT NSA VANILLA FLAVORED FROZEN YOGURT (Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract [color], Cultures), GRANOLA (Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice [Brown Rice, Barley Malt, Salt], Coconut [shredded, unsweetened], Natural Spices, Vanilla Extract, Sea Salt), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), CINNAMON.

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Berry Brazillian

Planet Smoothie®

Category: Bowls

Allergens

Contains: Wheat. Tree Nuts.

Acai

Weight	455 g
Calories	610
Total Fat	8 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	135 mg
Total Carbohydrate	133 g
Dietary Fiber	7 g
Sugars	86 g
Added Sugars	20 g
Protein	2 g

Dragon Fruit

Weight	455 g
Calories	490
Total Fat	2 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	115 g
Dietary Fiber	7 g
Sugars	71 g
Added Sugars	20 g
Protein	5 g

Half & Half

Weight	455 g
Calories	550
Total Fat	5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	75 mg
Total Carbohydrate	124 g
Dietary Fiber	7 g
Sugars	79 g
Added Sugars	20 g
Protein	4 g

Ingredients

Acai:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), STRAWBERRIES, BANANA, HONEY, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES.

Dragon Fruit:

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, HONEY, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES.

Half & Half:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, HONEY, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES.

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Dark & Dreamy

Planet Smoothie®

Category: Bowls

Allergens

Contains: Soy. Milk. Wheat. Tree Nuts.

Acai

Weight	488 g
Calories	850
Total Fat	26 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	155 g
Dietary Fiber	12 g
Sugars	103 g
Added Sugars	37 g
Protein	6 g

Dragon Fruit

Weight	488 g
Calories	730
Total Fat	20 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	137 g
Dietary Fiber	12 g
Sugars	88 g
Added Sugars	37 g
Protein	9 g

Half & Half

Weight	488 g
Calories	790
Total Fat	23 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	85 mg
Total Carbohydrate	146 g
Dietary Fiber	12 g
Sugars	96 g
Added Sugars	37 g
Protein	8 g

Ingredients

Acai:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SEMI-SWEET CHOCOLATE (Sugar, Chocolate, Cocoa Butter, Milkfat, Soy Lecithin, Natural Flavors, Milk), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], SWEETENED COCONUT FLAKES [Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative)].

Dragon Fruit:

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), SEMI-SWEET CHOCOLATE (Sugar, Chocolate, Cocoa Butter, Milkfat, Soy Lecithin, Natural Flavors, Milk), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], SWEETENED COCONUT FLAKES [Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative)].

Half & Half:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), SEMI-SWEET CHOCOLATE (Sugar, Chocolate, Cocoa Butter, Milkfat, Soy Lecithin, Natural Flavors, Milk), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], SWEETENED COCONUT FLAKES [Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative)].

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Funky Monkey

Planet Smoothie

Category: Bowls

Allergens

Contains: Milk. Peanut. Wheat. Tree Nuts.

Acai

Weight	429 g
Calories	730
Total Fat	24 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	250 mg
Total Carbohydrate	114 g
Dietary Fiber	9 g
Sugars	64 g
Added Sugars	2 g
Protein	17 g

Dragon Fruit

Weight	429 g
Calories	610
Total Fat	18 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	130 mg
Total Carbohydrate	96 g
Dietary Fiber	9 g
Sugars	49 g
Added Sugars	2 g
Protein	20 g

Half & Half

Weight	429 g
Calories	670
Total Fat	21 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	190 mg
Total Carbohydrate	105 g
Dietary Fiber	9 g
Sugars	57 g
Added Sugars	2 g
Protein	18 g

Ingredients

Acai:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, Less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), STRAWBERRIES, PEANUT BUTTER (Peanuts, Salt), GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES, WHEY PROTEIN CRISP (Whey Protein Concentrate, Tapioca Starch).

Dragon Fruit:

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, PEANUT BUTTER (Peanuts, Salt), GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES, WHEY PROTEIN CRISP (Whey Protein Concentrate, Tapioca Starch).

Half & Half:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, PEANUT BUTTER (Peanuts, Salt), GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES, WHEY PROTEIN CRISP (Whey Protein Concentrate, Tapioca Starch).

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Heavenly with Nutella®

Planet Smoothie

Category: Bowls

Allergens

Contains: Soy. Milk. Wheat. Tree Nuts.

Acai

Weight	478 g
Calories	750
Total Fat	18 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	142 g
Dietary Fiber	8 g
Sugars	87 g
Added Sugars	19 g
Protein	6 g

Dragon Fruit

Weight	478 g
Calories	630
Total Fat	12 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	124 g
Dietary Fiber	8 g
Sugars	72 g
Added Sugars	19 g
Protein	9 g

Half & Half

Weight	478 g
Calories	690
Total Fat	15 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	95 mg
Total Carbohydrate	133 g
Dietary Fiber	8 g
Sugars	80 g
Added Sugars	19 g
Protein	7 g

Ingredients

Acai:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, Less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.

Dragon Fruit:

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.

Half & Half:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.

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Mango Boba

Planet Smoothie®

Category: Bowls

Allergens

Contains: Wheat. Tree Nuts.

Acai

Weight	480 g
Calories	630
Total Fat	8 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	130 mg
Total Carbohydrate	138 g
Dietary Fiber	7 g
Sugars	82 g
Added Sugars	17 g
Protein	2 g

Dragon Fruit

Weight	480 g
Calories	510
Total Fat	2 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	120 g
Dietary Fiber	7 g
Sugars	67 g
Added Sugars	17 g
Protein	5 g

Half & Half

Weight	480 g
Calories	570
Total Fat	5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrate	129 g
Dietary Fiber	7 g
Sugars	75 g
Added Sugars	17 g
Protein	4 g

Ingredients

Acai:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, Less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), MANGO FLAVORED POPPING BOBA (Water, Corn Syrup, Sugar, Modified Corn Starch, Calcium Lactate, Citric Acid, Sodium Alginate, Natural Flavor, Potatssium Sorbate [preservative], Yellow 5, Calcium Chloride, Yellow 6 [FD&C, Yellow #6, Sodium Benzoate, Phosphoric Acid]), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt].

Dragon Fruit:

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), MANGO FLAVORED POPPING BOBA (Water, Corn Syrup, Sugar, Modified Corn Starch, Calcium Lactate, Citric Acid, Sodium Alginate, Natural Flavor, Potatssium Sorbate [preservative], Yellow 5, Calcium Chloride, Yellow 6 [FD&C, Yellow #6, Sodium Benzoate, Phosphoric Acid]), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt].

Half & Half:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), MANGO FLAVORED POPPING BOBA (Water, Corn Syrup, Sugar, Modified Corn Starch, Calcium Lactate, Citric Acid, Sodium Alginate, Natural Flavor, Potatssium Sorbate [preservative], Yellow 5, Calcium Chloride, Yellow 6 [FD&C, Yellow #6, Sodium Benzoate, Phosphoric Acid]), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt].

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PB & The Bee

Planet Smoothie

Category: Bowls

Allergens

Contains: Peanut. Wheat. Tree Nuts.

Acai

Weight	479 g
Calories	820
Total Fat	24 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	230 mg
Total Carbohydrate	146 g
Dietary Fiber	10 g
Sugars	90 g
Added Sugars	20 g
Protein	11 g

Dragon Fruit

Weight	479 g
Calories	700
Total Fat	18 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	115 mg
Total Carbohydrate	128 g
Dietary Fiber	10 g
Sugars	75 g
Added Sugars	20 g
Protein	14 g

Half & Half

Weight	479 g
Calories	760
Total Fat	21 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	170 mg
Total Carbohydrate	137 g
Dietary Fiber	10 g
Sugars	83 g
Added Sugars	20 g
Protein	12 g

Ingredients

Acai:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), BANANA, PEANUT BUTTER (Peanuts, Salt), HONEY, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES.

Dragon Fruit:

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), BANANA, PEANUT BUTTER (Peanuts, Salt), HONEY, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES.

Half & Half:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), BANANA, PEANUT BUTTER (Peanuts, Salt), HONEY, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES.

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Dark Chocolate Granola

Planet Smoothie®

Category: Limited Time Offer - Bowls

Allergens

None.

Açaí

Weight	447 g
Calories	620
Total Fat	12 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrate	106 g
Dietary Fiber	8 g
Sugars	72 g
Added Sugars	5 g
Protein	4 g

Dragon Fruit

Weight	447 g
Calories	500
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrate	106 g
Dietary Fiber	8 g
Sugars	57 g
Added Sugars	5 g
Protein	7 g

Half & Half

Weight	447 g
Calories	560
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	130 mg
Total Carbohydrate	115 g
Dietary Fiber	8 g
Sugars	65 g
Added Sugars	5 g
Protein	5 g

Ingredients

Açaí:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), STRAWBERRIES, BANANA, CHOCOLATE GRANOLA (Organic Certified Gluten Free Oats, Organic Brown Sugar, Organic High Oleic Sunflower Oil, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Cocoa Liquor, Organic Cocoa Butter], Organic Cocoa Powder [processed with alkali], Organic Crisp Brown Rice, Organic Oat Flour, Sea Salt, Vitamin E), BLUEBERRIES.

Dragon Fruit:

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, CHOCOLATE GRANOLA (Organic Certified Gluten Free Oats, Organic Brown Sugar, Organic High Oleic Sunflower Oil, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Cocoa Liquor, Organic Cocoa Butter], Organic Cocoa Powder [processed with alkali], Organic Crisp Brown Rice, Organic Oat Flour, Sea Salt, Vitamin E), BLUEBERRIES.

Half & Half:

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, CHOCOLATE GRANOLA (Organic Certified Gluten Free Oats, Organic Brown Sugar, Organic High Oleic Sunflower Oil, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Cocoa Liquor, Organic Cocoa Butter], Organic Cocoa Powder [processed with alkali], Organic Crisp Brown Rice, Organic Oat Flour, Sea Salt, Vitamin E), BLUEBERRIES.

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Smoothie Add-Ins

Planet Smoothie®

Acai

2oz

Weight	51 g
Calories	70
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	20 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Sugars	10 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin).

Banana

3" piece

Weight	47 g
Calories	40
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	11 g
Dietary Fiber	1 g
Sugars	6 g
Added Sugars	0 g
Protein	1 g

Allergens

None.

Ingredients

BANANA.

Blueberry

2oz

Weight	66 g
Calories	35
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Sugars	6 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

BLUEBERRY.

Chia Seeds

2 tsp

Weight	7 g
Calories	35
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Sugars	0 g
Added Sugars	0 g
Protein	1 g

Allergens

None.

Ingredients

CHIA SEED.

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Cocoa

1 tsp

Weight	1.7 g
Calories	5
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	1 g
Dietary Fiber	1 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

COCOA PROCESSED WITH ALKALI.

Coconut

2 Tbsp

Weight	15 g
Calories	70
Total Fat	4 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Sugars	5 g
Added Sugars	4 g
Protein	0 g

Allergens

Tree Nuts.

Ingredients

SWEETENED COCONUT FLAKES [Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative)].

Coconut Water

2oz

Weight	60 g
Calories	10
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Sugars	2 g
Added Sugars	0 g
Protein	0 g

Allergens

Tree Nuts.

Ingredients

COCONUT WATER [Coconut Water, Sugar, Vitamin C (Ascorbic Acid)].

Coffee

1 tsp

Weight	1 g
Calories	5
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

INSTANT COFFEE [100% Pure Coffee].

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Dragon Fruit

2oz

Weight	51 g
Calories	50
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Sugars	7 g
Added Sugars	0 g
Protein	1 g

Allergens

None.

Ingredients

SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract).

Frozen Yogurt

2oz

Weight	36 g
Calories	40
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Sugars	3 g
Added Sugars	0 g
Protein	2 g

Allergens

Milk.

Ingredients

NONFAT VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures].

Granola

2 Tbsp

Weight	15 g
Calories	60
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Sugars	2 g
Added Sugars	2 g
Protein	1 g

Allergens

Wheat. Tree Nuts.

Ingredients

GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt].

Honey

1 tsp

Weight	7 g
Calories	20
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	6 g
Dietary Fiber	0 g
Sugars	6 g
Added Sugars	6 g
Protein	0 g

Allergens

None.

Ingredients

HONEY.

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Leafy Greens

1oz

Weight	28 g
Calories	10
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	1 g

Allergens

None.

Ingredients

SPINACH, KALE.

Lean Leaf Sweetener

1oz

Weight	34 g
Calories	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	8 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

WATER, TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

Lemon Juice

1oz

Weight	28 g
Calories	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	4 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

LEMON JUICE (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [preservative], Sodium Benzoate [preservative], Lemon Oil).

Mango

2oz

Weight	35 g
Calories	20
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	5 g
Dietary Fiber	1 g
Sugars	5 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

MANGO.

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Mango Boba

2oz

Weight	43 g
Calories	70
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	18 g
Dietary Fiber	0 g
Sugars	11 g
Added Sugars	11 g
Protein	0 g

Allergens

None.

Ingredients

MANGO FLAVORED POPPING BOBA (Water, Corn Syrup, Sugar, Modified Corn Starch, Calcium Lactate, Citric Acid, Sodium Alginate, Natural Flavor, Potassium Sorbate [preservative], Yellow 5, Calcium Chloride, Yellow 6 [FD&C, Yellow #6, Sodium Benzoate, Phosphoric Acid]).

Nonfat Milk

1 Tbsp

Weight	4.5 g
Calories	15
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Sugars	2 g
Added Sugars	0 g
Protein	2 g

Allergens

Milk.

Ingredients

NONFAT DRY MILK (Powdered Milk with Vitamins A & D).

Oatmilk

2oz

Weight	60 g
Calories	10
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

OAT MILK [Oatmilk (Filtered Water, Whole Grain Oat Flour, Oat Concentrate), contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid (to protect freshness), Natural Flavor].

Orange Juice

2oz

Weight	28 g
Calories	15
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Sugars	3 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

ORANGE JUICE CONCENTRATE.

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Orange Sherbet

2oz

Weight	43 g
Calories	50
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	12 g
Dietary Fiber	0 g
Sugars	11 g
Added Sugars	10 g
Protein	0 g

Allergens

Milk.

Ingredients

ORANGE SHERBET [Water, Sugar, Whey, High Fructose Corn Syrup, Corn Syrup, Cream (Milk), Orange Puree (Concentrated Orange Juice, Water, Natural Flavors, Orange Pulp, Gum Tragacanth, Yellow 6, Citric Acid), Citric Acid, Dextrose, Guar Gum, Hydroxypropyl Methylcellulose, Carob Bean Gum, Yellow 6].

OREO® Cookies

1/4 cup

Weight	27 g
Calories	130
Total Fat	5 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	90 mg
Total Carbohydrate	20 g
Dietary Fiber	1 g
Sugars	11 g
Added Sugars	11 g
Protein	1 g

Allergens

Soy. Milk. Wheat.

Ingredients

OREO COOKIE {Unbleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Sugar, Palm and/or Canola Oil, Cocoa processed with Alkali, Invert Sugar, Leavening (Baking Soda and/or Calcium Phosphate), Soy Lecithin, Salt, Chocolate, Natural Flavor}.

Passion Fruit Puree

2oz

Weight	71 g
Calories	80
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	18 g
Dietary Fiber	0 g
Sugars	11 g
Added Sugars	11 g
Protein	1 g

Allergens

None.

Ingredients

PASSION FRUIT BLEND (Passion Fruit, Water, Cane Sugar, contains less than 1% of: Guar Gum, Xanthan Gum, Natural Flavor).

Peach

2oz

Weight	70 g
Calories	25
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Sugars	5 g
Added Sugars	0 g
Protein	1 g

Allergens

None.

Ingredients

PEACH.

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Smoothie Add-Ins (continued)

Planet Smoothie®

Peanut Butter

2 Tbsp

Weight	32 g
Calories	190
Total Fat	16 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrate	7 g
Dietary Fiber	3 g
Sugars	1 g
Added Sugars	0 g
Protein	8 g

Allergens

Peanut.

Ingredients

PEANUT BUTTER (Peanuts, Salt).

Pineapple

2oz

Weight	62 g
Calories	35
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	10 g
Dietary Fiber	0 g
Sugars	9 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

PINEAPPLE IN JUICE.

Raspberry

2oz

Weight	53 g
Calories	60
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	15 g
Dietary Fiber	3 g
Sugars	12 g
Added Sugars	11 g
Protein	0 g

Allergens

None.

Ingredients

RASPBERRY PUREE (Raspberries, Sugar).

Strawberry

2oz

Weight	70 g
Calories	80
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Sugars	17 g
Added Sugars	14 g
Protein	0 g

Allergens

None.

Ingredients

STABILIZED STRAWBERRIES (Strawberries, Sugar).

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Strawberry, NSA

2oz

Weight	84 g
Calories	30
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Sugars	4 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

STRAWBERRY.

Vanilla

1 tsp

Weight	4.5 g
Calories	10
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

ARTIFICIAL VANILLA FLAVOR.

Whole Grain Oats

1/4 cup

Weight	24 g
Calories	100
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Sugars	0 g
Added Sugars	0 g
Protein	3 g

Allergens

None.

Ingredients

INSTANT WHOLE GRAIN OATS.

Whey Protein Crisps

2 Tbsp

Weight	10 g
Calories	40
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	20 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	7 g

Allergens

Contains: Milk.

Ingredients

WHEY PROTEIN CRISP (Whey Protein Concentrate, Tapioca Starch).

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Planet Smoothie®

Dark Chocolate Sea Salt Granola

Weight	17 g
Calories	80
Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Sugars	3 g
Added Sugars	3 g
Protein	2 g

Allergens

None.

Ingredients

DARK CHOCOLATE SEA SALT GRANOLA (Organic Certified Gluten Free Oats, Organic Brown Sugar, Organic High Oleic Sunflower Oil, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Cocoa Liquor, Organic Cocoa Butter], Organic Cocoa Powder [processed with alkali], Organic Crisp Brown Rice, Organic Oat Flour, Sea Salt, Vitamin E)

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Bowl Toppings

Planet Smoothie®

Bananas

6" piece

Weight	94 g
Calories	80
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	22 g
Dietary Fiber	2 g
Sugars	12 g
Added Sugars	0 g
Protein	2 g

Allergens

None.

Ingredients

BANANA.

Blueberries

8 ea

Weight	11 g
Calories	5
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Sugars	1 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

BLUEBERRY.

Chia Seeds

2 tsp

Weight	7 g
Calories	35
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Sugars	0 g
Added Sugars	0 g
Protein	1 g

Allergens

None.

Ingredients

CHIA SEED.

Coconut

1 Tbsp

Weight	8 g
Calories	35
Total Fat	2 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Sugars	2.5 g
Added Sugars	2 g
Protein	0 g

Allergens

Tree Nuts.

Ingredients

SWEETENED COCONUT FLAKES [Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative)].

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Planet Smoothie®

Granola

1/4 cup

Weight	30 g
Calories	110
Total Fat	3.5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	18 g
Dietary Fiber	2 g
Sugars	5 g
Added Sugars	5 g
Protein	3 g

Allergens

Wheat. Tree Nuts.

Ingredients

GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt].

Honey

3 tsp

Weight	21 g
Calories	60
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	18 g
Dietary Fiber	0 g
Sugars	18 g
Added Sugars	18 g
Protein	0 g

Allergens

None.

Ingredients

HONEY.

Mango Boba

2oz

Weight	43 g
Calories	70
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	18 g
Dietary Fiber	0 g
Sugars	11 g
Added Sugars	11 g
Protein	0 g

Allergens

None.

Ingredients

MANGO FLAVORED POPPING BOBA (Water, Corn Syrup, Sugar, Modified Corn Starch, Calcium Lactate, Citric Acid, Sodium Alginate, Natural Flavor, Potassium Sorbate [preservative], Yellow 5, Calcium Chloride, Yellow 6 [FD&C, Yellow #6, Sodium Benzoate, Phosphoric Acid]).

Mini Dark Chocolate Chips

2oz

Weight	57 g
Calories	280
Total Fat	16 g
Saturated Fat	10 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	36 g
Dietary Fiber	4 g
Sugars	32 g
Added Sugars	32 g
Protein	4 g

Allergens

Soy. Milk.

Ingredients

DARK CHOCOLATE [Sugar, Chocolate Liquor, Cocoa Butter, Butter Oil (Milk), Soy Lecithin, Natural Vanilla].

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Nutella®

1oz

Weight	28 g
Calories	150
Total Fat	9 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	17 g
Dietary Fiber	0 g
Sugars	16 g
Added Sugars	14 g
Protein	2 g

Allergens

Soy. Milk. Tree Nuts.

Ingredients

NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [emulsifier], Artificial Flavor).

Peanut Butter

2 Tbsp

Weight	32 g
Calories	190
Total Fat	16 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrate	7 g
Dietary Fiber	3 g
Sugars	1 g
Added Sugars	0 g
Protein	8 g

Allergens

Peanut.

Ingredients

PEANUT BUTTER (Peanuts, Salt).

Strawberries

3 ea

Weight	55 g
Calories	15
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	5 g
Dietary Fiber	2 g
Sugars	3 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

STABILIZED STRAWBERRIES (Strawberries, Sugar).

Whey Protein Crisp

2 Tbsp

Weight	10 g
Calories	40
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	20 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	7 g

Allergens

Contains: Milk.

Ingredients

WHEY PROTEIN CRISP (Whey Protein Concentrate, Tapioca Starch).

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Limited Time Offer - Toppings

Planet Smoothie®

Almond Butter

Weight	28 g
Calories	170
Total Fat	15 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	6 g
Dietary Fiber	2 g
Sugars	2 g
Added Sugars	0 g
Protein	6 g

Allergens

Tree Nuts.

Ingredients

ALMOND BUTTER (Dry Roasted Almonds).

Dark Chocolate Sea Salt Granola

Weight	28 g
Calories	130
Total Fat	6 g
Saturated Fat	1.0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Sugars	6 g
Added Sugars	5 g
Protein	3 g

Allergens

None.

Ingredients

DARK CHOCOLATE SEA SALT GRANOLA (Organic Certified Gluten Free Oats, Organic Brown Sugar, Organic High Oleic Sunflower Oil, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Cocoa Liquor, Organic Cocoa Butter], Organic Cocoa Powder [processed with alkali], Organic Crisp Brown Rice, Organic Oat Flour, Sea Salt, Vitamin E)

Honey

Weight	21 g
Calories	60
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	17 g
Dietary Fiber	0 g
Sugars	17 g
Added Sugars	17 g
Protein	0 g

Allergens

None.

Ingredients

HONEY.

Nutella®

Weight	28 g
Calories	150
Total Fat	9 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	17 g
Dietary Fiber	0 g
Sugars	16 g
Added Sugars	14 g
Protein	2 g

Allergens

Soy. Milk. Tree Nuts.

Ingredients

NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [emulsifier], Artificial Flavor).

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Peanut Butter

Weight	28 g
Calories	170
Total Fat	14 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	90 mg
Total Carbohydrate	6 g
Dietary Fiber	3 g
Sugars	1 g
Added Sugars	0 g
Protein	7 g

Allergens

Peanut.

Ingredients

PEANUT BUTTER (Peanuts, Salt).

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Collagen Peptides

Weight	10 g
Calories	35
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	10 g

Allergens

None.

Ingredients

HYDROLYZED BOVINE COLLAGEN.

Creatine

Weight	5 g
Calories	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

CREATINE [Creatine Monohydrate].

Energy

Weight	5 g
Calories	15
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

ENERGY BLAST [Maltodextrin, Pantothenic Acid (Calcium D-Pantothenate), Guarana Extract (22% Caffeine), Cha de Bugre (fruit) Powder, L-Tyrosine, White Willow Bark (15% Salicin), Ginger Root Powder, L-carnitine L- Tartrate].

Fat Burner

Weight	5 g
Calories	20
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

FAT BURNER BLAST [Maltodextrin, Chromium (from Chromium Picolinate), Garcinia Cambogia Extract (50% Hydrocitric Acid), Guarana Extract (22% Caffeine), Banaba (1% Extract), L-Carnitine (as L-Carnitine L-Tartrate), Dandelion Leaf Powder, White Willow Bark (15% Salicin), Uva Ursi Powder, Cayenne Pepper Powder (fruit)].

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Planet Smoothie®

Hydration

Weight	4 g
Calories	15
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	140 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

HYDRATION BLAST [Maltodextrin, Sodium Chloride (Salt), Potassium Chloride, Sodium Citrate, Disodium Phosphate, Dipotassium Phosphate].

Immunity

Weight	5 g
Calories	10
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	60 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

IMMUNITY BLAST [Maltodextrin, Vitamin C (Ascorbic Acid), Vitamin E (D-alpha Tocopheryl Succinate), Zinc, Citrus Bioflavenoids (Hesperidin, Rutin), Elderberry Extract (15% leaf)].

Meal Replacement Protein

Weight	25 g
Calories	90
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	3 mg
Sodium	41 mg
Total Carbohydrate	2 g
Dietary Fiber	1 g
Sugars	0 g
Added Sugars	0 g
Protein	21 g

Allergens

Soy. Milk.

Ingredients

MEAL REPLACEMENT BLAST (Whey Protein Isolate, Soluble Corn Fiber).

Multivitamin

Weight	5 g
Calories	15
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens

None.

Ingredients

MULTIVITAMIN BLAST (Maltodextrin, Vitamin A (as Retinyl Palmitate), Vitamin C (Ascorbic Acid), Vitamin D (as Ergocalciferol), Vitamin E (d-alpha Tocopherol), Vitamin K (as Phytonadione), Thiamin (as Thiamin HCL), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (as Pyridoxine HCL), Vitamin B12 (as Cyanocobalamin), Biotin, Vitamin B5 (Pantothenic Acid), Calcium (as Calcium Phosphate and Calcium Carbonate), Iodine, Magnesium).

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Plant-Based Protein

Weight	17 g
Calories	70
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	240 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	13 g

Allergens
None.

Ingredients
PEA PROTEIN (Pea Protein, Natural Flavor).

Probiotic

Weight	5 g
Calories	20
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Sugars	0 g
Added Sugars	0 g
Protein	0 g

Allergens
None.

Ingredients
PROBIOTIC BLAST (Maltodextrin, Bacillus Coagulans).

Whey Protein

Weight	15 g
Calories	60
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	30 mg
Sodium	30 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	1 g
Added Sugars	0 g
Protein	12 g

Allergens
Soy. Milk.

Ingredients
WHEY PROTEIN CONCENTRATE.

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