

Protein Promotion Product Information

	Weight (g)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Nutritional Information												
Java Jolt Smoothie 20 oz	607	410	17	1.5	0	0	95	71	10	22	0	22
Java Jolt Smoothie 32 oz	846	600	26	2.5	0	0	140	106	15	33	0	28
Java Jolt Smoothie 44 oz	1205	790	35	3.5	0	0	190	141	21	44	0	35
Muscle Up Buttercup Smoothie 20 oz	570	530	27	3.5	0	30	370	73	13	21	1	27
Muscle Up Buttercup Smoothie 32 oz	780	710	35	4.0	0	30	690	108	18	30	1	32
Muscle Up Buttercup Smoothie 44 oz	1125	990	53	6	0	30	730	146	25	41	1	41
Power Protein Crunch, Acai Bowl	477	800	25	2.5	0	5	160	131	9	72	5	17
Power Protein Crunch, Dragon Fruit Bowl	477	680	19	2.5	0	5	45	113	9	57	5	20
Power Protein Crunch, Half & Half Bowl	477	740	22	2.5	0	5	105	122	9	65	5	19
Add-in, Almond Butter	32	190	17	1.5	0	0	0	7	2	2	0	7
Secondary												
Cookie Butter Bliss, Acai Bowl	515	740	25	2.5	0	5	180	138	9	80	11	5
Cookie Butter Bliss, Dragon Fruit Bowl	515	620	19	2.5	0	5	60	120	9	65	11	8
Cookie Butter Bliss, Half & Half Bowl	515	680	22	2.5	0	5	120	129	9	72	11	6
Add-in, Cookie Butter	21	130	16	1.5	0	5	35	10	0	6	6	1

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

Allergens												
	SOY	EGG	MILK	PEANUT	WHEAT	TREE NUTS	SESAME	FISH	SHELLFISH			
Java Jolt Smoothie			X			X						
Muscle Up Buttercup Smoothie	X		X			X						
Power Protein Crunch Bowl			X		X	X						
Add-in, Almond Butter						X						
Secondary												
Cookie Butter Bliss Bowl	X				X	X						
Add-in, Cookie Butter	X				X							

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 production 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.