



Nutrition and Ingredient Menu

Breakfast

Ham & Cheese Egg Bite

ANALYSIS:

Calories 128.12 CAL **Carbohydrate** 2.14 G **Protein** 11.31 G **Fat** 8.6 G **Sodium** 547.12 MG
Potassium 168.25 MG **Iron** 1.04 MG **Calcium** 103.1 MG **Dietary Fiber** 0 G **Sugar** 1.28 G **Vitamin A** 105.77 IU **Vitamin E** 0.08 MG **Thiamin** 0 MG **Riboflavin** 0.04 MG **Niacin** 0 MG **Vitamin C** 0 MG

ALLERGENS:

Contains: Eggs, Milk

** It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

Veggie Egg Bite

ANALYSIS:

Calories 93.62 CAL **Carbohydrate** 2.9 G **Protein** 7.63 G **Fat** 5.65 G **Sodium** 465 MG **Potassium** 43.8 MG **Iron** 1.14 MG **Calcium** 71.52 MG **Dietary Fiber** 0.34 G **Sugar** 1.82 G **Vitamin A** 729.97 IU
Vitamin E 0.16 MG **Thiamin** 0.02 MG **Riboflavin** 0.07 MG **Niacin** 0.12 MG **Vitamin C** 6.84 MG

ALLERGENS:

Contains: Eggs, Milk

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Sausage Breakfast Sandwich

ANALYSIS:

Calories 463.98 CAL **Carbohydrate** 33.74 G **Protein** 18.03 G **Fat** 27.71 G **Sodium** 978.19 MG
Potassium 242.05 MG **Iron** 4.27 MG **Calcium** 225.79 MG **Dietary Fiber** 2.5 G **Sugar** 3.76 G
Vitamin A 220.28 IU **Vitamin E** 0.22 MG **Thiamin** 0.92 MG **Riboflavin** 0.65 MG **Niacin** 12.5 MG
Vitamin C 1.26 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Soy, Wheat **May Contain:** Sulphites

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Turkey Bacon Breakfast Sandwich

ANALYSIS:

Calories 315.75 CAL **Carbohydrate** 33.29 G **Protein** 15.8 G **Fat** 12.76 G **Sodium** 854.67 MG
Potassium 201.96 MG **Iron** 3.87 MG **Calcium** 215.67 MG **Dietary Fiber** 2.5 G **Sugar** 4.32 G

Vitamin A 220.28 IU **Vitamin E** 0.22 MG **Thiamin** 0.34 MG **Riboflavin** 0.22 MG **Niacin** 2.9 MG
Vitamin C 1.26 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Soy, Wheat **May Contain:** Sulphites

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Ham Breakfast Sandwich

ANALYSIS:

Calories 389.87 CAL **Carbohydrate** 29.39 G **Protein** 24.29 G **Fat** 20.83 G **Sodium** 955 MG
Potassium 818.43 MG **Iron** 2.76 MG **Calcium** 156.57 MG **Dietary Fiber** 0.68 G **Sugar** 5.6 G
Vitamin A 220.36 IU **Vitamin E** 0.01 MG **Thiamin** 0.01 MG **Riboflavin** 0.05 MG **Niacin** 0.01 MG **Vitamin C** 0.01 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Soy, Wheat **Not Intentionally Included:** Crustacean, Fish, Molluscs, Peanuts, Sesame, Tree Nuts

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Breakfast Panini

ANALYSIS:

Calories 415.91 CAL **Carbohydrate** 49.93 G **Protein** 23.88 G **Fat** 16.23 G **Sodium** 793.23 MG
Potassium 380.75 MG **Iron** 1.75 MG **Calcium** 186.81 MG **Dietary Fiber** 11.62 G **Sugar** 12.84 G
Vitamin A 820.05 IU **Vitamin E** 0.28 MG **Thiamin** 0.06 MG **Riboflavin** 0.25 MG **Niacin** 0.44 MG
Vitamin C 4.4 MG

ALLERGENS:

Contains: Eggs, Milk

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Breakfast Bagel

ANALYSIS:

Calories 467.65 CAL **Carbohydrate** 58.36 G **Protein** 20.58 G **Fat** 16.53 G **Sodium** 847.81 MG
Potassium 292.18 MG **Iron** 1.61 MG **Calcium** 127.48 MG **Dietary Fiber** 3.62 G **Sugar** 8.1 G
Vitamin A 922.33 IU **Vitamin E** 0.23 MG **Thiamin** 0.02 MG **Riboflavin** 0.06 MG **Niacin** 0.18 MG
Vitamin C 4.41 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Sesame, Soy, Wheat

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Avocado Toast

ANALYSIS:

Calories 160 CAL **Carbohydrate** 24 G **Protein** 6 G **Fat** 6.5 G **Sodium** 560 MG **Potassium** 250 MG
Iron 0.3 MG **Calcium** 0 MG **Dietary Fiber** 6 G **Sugar** 5 G **Vitamin A** 400 IU

ALLERGENS:

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Avocado Toast with Egg & Tomato

ANALYSIS:

Calories 258.78 CAL **Carbohydrate** 26.66 G **Protein** 16.37 G **Fat** 12.7 G **Sodium** 663.66 MG
Potassium 286.77 MG **Iron** 1.58 MG **Calcium** 42.7 MG **Dietary Fiber** 6.19 G **Sugar** 6.71 G
Vitamin A 529.08 IU **Vitamin E** 0.08 MG **Thiamin** 0.01 MG **Riboflavin** 0 MG **Niacin** 0.09 MG
Vitamin C 2.13 MG

ALLERGENS:

Contains: Eggs, Milk

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Breakfast Burrito

ANALYSIS:

Calories 586.79 CAL **Carbohydrate** 70.65 G **Protein** 29.33 G **Fat** 20.99 G **Sodium** 910.73 MG
Potassium 635.25 MG **Iron** 4.14 MG **Calcium** 410.73 MG **Dietary Fiber** 6.58 G **Sugar** 4.76 G
Vitamin A 503.94 IU **Vitamin E** 0.24 MG **Thiamin** 0.24 MG **Riboflavin** 0.14 MG **Niacin** 0.5 MG
Vitamin C 11.41 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Wheat **Not Intentionally Included:** Crustacean, Fish, Molluscs, Peanuts, Sesame, Soy, Tree Nuts

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Breakfast Bowl

ANALYSIS:

Calories 376.79 CAL **Carbohydrate** 35.65 G **Protein** 24.23 G **Fat** 16.49 G **Sodium** 470.73 MG
Potassium 485.25 MG **Iron** 1.84 MG **Calcium** 250.73 MG **Dietary Fiber** 5.58 G **Sugar** 4.76 G
Vitamin A 503.94 IU **Vitamin E** 0.24 MG **Thiamin** 0.24 MG **Riboflavin** 0.14 MG **Niacin** 0.5 MG
Vitamin C 11.41 MG

ALLERGENS:

Contains: Eggs, Milk **Not Intentionally Included:** Crustacean, Fish, Gluten, Molluscs, Peanuts, Sesame, Soy, Tree Nuts, Wheat

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Ham & Cheese Quiche

- Not available

Veggie Quiche

- Not available

Guilt-Free Treats

Yogurt Banana Split

ANALYSIS:

Calories 380.96 CAL **Carbohydrate** 80.93 G **Protein** 6.43 G **Fat** 8.83 G **Sodium** 91.56 MG
Potassium 666.69 MG **Iron** 1.23 MG **Calcium** 199.64 MG **Dietary Fiber** 6.11 G **Sugar** 56.07 G
Vitamin A 12.05 IU **Vitamin E** 0.08 MG **Thiamin** 0.12 MG **Riboflavin** 0.3 MG **Niacin** 1.48 MG
Vitamin C 22.3 MG

ALLERGENS:

Contains: Milk, Soy

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Acai Banana Split

ANALYSIS:

Calories 510.74 CAL **Carbohydrate** 72.75 G **Protein** 9.09 G **Fat** 23.06 G **Sodium** 173.79 MG
Potassium 715.63 MG **Iron** 1.35 MG **Calcium** 27.37 MG **Dietary Fiber** 7.88 G **Sugar** 47.58 G
Vitamin A 12.05 IU **Vitamin E** 2.65 MG **Thiamin** 0.12 MG **Riboflavin** 0.21 MG **Niacin** 5.12 MG
Vitamin C 21.84 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Peanuts, Soy, Tree Nuts, Wheat

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Funky Monkey Quesadilla

ANALYSIS:

Calories 652.66 CAL **Carbohydrate** 91.56 G **Protein** 13.98 G **Fat** 29.2 G **Sodium** 543.07 MG
Potassium 772.02 MG **Iron** 4.21 MG **Calcium** 193.32 MG **Dietary Fiber** 8.12 G **Sugar** 36.32 G
Vitamin A 12.05 IU **Vitamin E** 2.7 MG **Thiamin** 0.13 MG **Riboflavin** 0.22 MG **Niacin** 5.2 MG
Vitamin C 20.94 MG

ALLERGENS:

Contains: Gluten, Milk, Peanuts, Soy, Wheat

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Yogurt Parfait

ANALYSIS:

Calories 330 CAL **Carbohydrate** 58.83 G **Protein** 8.83 G **Fat** 7.25 G **Sodium** 218.75 MG
Potassium 324.17 MG **Iron** 0.9 MG **Calcium** 163.33 MG **Dietary Fiber** 3 G **Sugar** 34.42 G
Vitamin A 750 IU **Vitamin E** **Thiamin** 0.04 MG **Riboflavin** 0.02 MG **Niacin** 0 MG **Vitamin C** 3.75 MG

ALLERGENS:

Contains: Milk, Soy

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Salads

Fiesta Salad

ANALYSIS:

Calories 940.05 CAL **Carbohydrate** 78.35 G **Protein** 37.95 G **Fat** 53.77 G **Sodium** 1892.88 MG
Potassium 1016.83 MG **Iron** 30 MG **Calcium** 266.1 MG **Dietary Fiber** 5.53 G **Sugar** 9.57 G
Vitamin A 6194.66 IU **Vitamin E** 0.58 MG **Thiamin** 0.34 MG **Riboflavin** 0.16 MG **Niacin** 1.01 MG
Vitamin C 31.06 MG

ALLERGENS:

Contains: Eggs, Milk

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Harvest Apple Salad

ANALYSIS:

Calories 588.45 CAL **Carbohydrate** 55.52 G **Protein** 15.65 G **Fat** 34.73 G **Sodium** 523.77 MG
Potassium 107.94 MG **Iron** 1.92 MG **Calcium** 159.48 MG **Dietary Fiber** 5.29 G **Sugar** 44.52 G
Vitamin A 6390.19 IU **Vitamin E** 1.78 MG **Thiamin** 0.05 MG **Riboflavin** 0.17 MG **Niacin** 0.23 MG
Vitamin C 20.28 MG

ALLERGENS:

Contains: Eggs, Milk, Peanuts, Soy, Tree Nuts

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Spring Salad

ANALYSIS:

Calories 576.65 CAL **Carbohydrate** 52 G **Protein** 16.24 G **Fat** 35.29 G **Sodium** 573.12 MG
Potassium 621.99 MG **Iron** 3.64 MG **Calcium** 207.57 MG **Dietary Fiber** 5.19 G **Sugar** 40.22 G
Vitamin A 9874.91 IU **Vitamin E** 3.63 MG **Thiamin** 0.12 MG **Riboflavin** 0.34 MG **Niacin** 0.94 MG
Vitamin C 36.81 MG

ALLERGENS:

Contains: Eggs, Milk, Peanuts, Soy, Tree Nuts

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Wraps and More

Turkey & Provolone Wrap

ANALYSIS:

Calories 475.72 CAL **Carbohydrate** 68.16 G **Protein** 28.36 G **Fat** 36.86 G **Sodium** 1589.12 MG
Potassium 304.68 MG **Iron** 4.24 MG **Calcium** 342.72 MG **Dietary Fiber** 3.07 G **Sugar** 14.79 G
Vitamin A 1354.71 IU **Vitamin E** 0.33 MG **Thiamin** 0.02 MG **Riboflavin** 0.01 MG **Niacin** 0.36 MG
Vitamin C 11.31 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Mustard, Soy, Wheat **Not Intentionally Included:** Celery, Crustacean, Fish, Molluscs, Sesame, Shellfish, Sulphites, Tree Nuts

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Ham & Swiss Wrap

ANALYSIS:

Calories 574.56 CAL **Carbohydrate** 59.36 G **Protein** 22.78 G **Fat** 25.35 G **Sodium** 1767.69 MG
Potassium 1093.51 MG **Iron** 4.35 MG **Calcium** 251.94 MG **Dietary Fiber** 3.07 G **Sugar** 4.25 G
Vitamin A 1254.8 IU **Vitamin E** 0.33 MG **Thiamin** 0.02 MG **Riboflavin** 0.01 MG **Niacin** 0.36 MG
Vitamin C 11.31 MG

ALLERGENS:

Contains: Gluten, Wheat

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Burrito Bowl

ANALYSIS:

Calories 780.96 CAL **Carbohydrate** 65.75 G **Protein** 33.78 G **Fat** 49.19 G **Sodium** 1901.82 MG
Potassium 1085.35 MG **Iron** 29.17 MG **Calcium** 126.38 MG **Dietary Fiber** 21.36 G **Sugar** 6.68 G
Vitamin A 1191.85 IU **Vitamin E** 0.49 MG **Thiamin** 0.33 MG **Riboflavin** 0.11 MG **Niacin** 1.01 MG
Vitamin C 38.48 MG

ALLERGENS:

Contains: Eggs, Milk

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Quesadilla

ANALYSIS:

Calories 1191.75 CAL **Carbohydrate** 101.66 G **Protein** 46.82 G **Fat** 67.42 G **Sodium** 2537.22 MG
Potassium 1266.15 MG **Iron** 31.88 MG **Calcium** 577.23 MG **Dietary Fiber** 23.03 G **Sugar** 6.34 G

Vitamin A 1683.47 IU **Vitamin E** 0.8 MG **Thiamin** 0.34 MG **Riboflavin** 0.28 MG **Niacin** 1.02 MG
Vitamin C 20.97 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Wheat

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Cranberry Walnut Chicken Salad on Lettuce

- Not available

Cranberry Walnut Chicken Salad on Croissant

- Not available

Paninis

Turkey & Provolone Panini

ANALYSIS:

Calories 654.05 CAL **Carbohydrate** 66.79 G **Protein** 29.73 G **Fat** 32.75 G **Sodium** 1643.99 MG
Potassium 304.68 MG **Iron** 4.24 MG **Calcium** 342.72 MG **Dietary Fiber** 3.07 G **Sugar** 12.05 G
Vitamin A 1354.71 IU **Vitamin E** 0.33 MG **Thiamin** 0.02 MG **Riboflavin** 0.01 MG **Niacin** 0.36 MG
Vitamin C 11.31 MG

ALLERGENS:

Contains: Eggs, Gluten, Milk, Soy, Wheat

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Ham & Swiss Panini

ANALYSIS:

Calories 506.08 CAL **Carbohydrate** 48.82 G **Protein** 29.14 G **Fat** 22.01 G **Sodium** 1476.54 MG
Potassium 1199.37 MG **Iron** 4.05 MG **Calcium** 299.1 MG **Dietary Fiber** 8.55 G **Sugar** 6.21 G
Vitamin A 1186.86 IU **Vitamin E** 0.73 MG **Thiamin** 0.42 MG **Riboflavin** 0.3 MG **Niacin** 0.74 MG
Vitamin C 16.62 MG

ALLERGENS:

Contains: Gluten, Milk, Sesame, Wheat

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Ham, Cheddar, & Apple Panini

ANALYSIS:

Calories 534.98 CAL **Carbohydrate** 47.36 G **Protein** 35.56 G **Fat** 23.76 G **Sodium** 1379.76 MG
Potassium 966.4 MG **Iron** 3.8 MG **Calcium** 499.67 MG **Dietary Fiber** 7.88 G **Sugar** 6.97 G
Vitamin A 582.49 IU **Vitamin E** 0.5 MG **Thiamin** 0.39 MG **Riboflavin** 0.46 MG **Niacin** 0.05 MG
Vitamin C 1.56 MG

ALLERGENS:

Contains: Gluten, Milk, Sesame, Wheat

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Smoothie Bowls

Acai (no toppings)

ANALYSIS:

Calories 149 CAL **Carbohydrate** 29.8 G **Protein** 1.1 G **Fat** 3.2 G **Sodium** 59.1 MG **Potassium** 79.7 Dietary Fiber 1.1 G **Sugar** 25.5 G

ALLERGENS:

Contains: Gluten, Milk, Sesame, Wheat

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Acai Fit (no toppings)

ANALYSIS:

Calories 279 CAL **Carbohydrate** 34.8 G **Protein** 21.1 G **Fat** 6.2 G **Sodium** 59.1 MG **Potassium** 79.7 Dietary Fiber 1.1 G **Sugar** 25.5 G

ALLERGENS:

Contains: Gluten, Milk, Sesame, Wheat

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NG Bowl (toppings included)

ANALYSIS:

Calories 614.82 CAL **Carbohydrate** 100.99 G **Protein** 14.2 G **Fat** 30.53 G **Sodium** 311.06 MG **Potassium** 505.32 MG **Iron** 1.77 MG **Calcium** 37.88 MG **Dietary Fiber** 7.79 G **Sugar** 71.8 G **Vitamin A** 115.98 IU **Vitamin E** 3.72 MG **Thiamin** 0.09 MG **Riboflavin** 0.11 MG **Niacin** 5.34 MG **Vitamin C** 22.33 MG

ALLERGENS:

Contains: Peanuts, Soy

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Hunky Monkey (no toppings)

ANALYSIS:

Calories 612.98 CAL **Carbohydrate** 73.4 G **Protein** 29.13 G **Fat** 25.64 G **Sodium** 451.65 MG **Potassium** 125.22 MG **Iron** 1.61 MG **Calcium** 120.88 MG **Dietary Fiber** 11.11 G **Sugar** 43.77 G **Vitamin A** 125.2 IU **Vitamin E** 0.2 MG **Thiamin** 0.06 MG **Riboflavin** 0.14 MG **Niacin** 1.29 MG **Vitamin C** 16.97 MG

ALLERGENS:

Contains: Tree Nuts

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Tropical (no toppings)

ANALYSIS:

Calories 648.59 CAL **Carbohydrate** 75.58 G **Protein** 1.77 G **Fat** 38.25 G **Sodium** 40.06 MG
Potassium 426.08 MG **Iron** 4.16 MG **Calcium** 15.51 MG **Dietary Fiber** 3.64 G **Sugar** 58.64 G
Vitamin A 755.3 IU **Vitamin E** 0.63 MG **Thiamin** 0.05 MG **Riboflavin** 0.11 MG **Niacin** 1.17 MG
Vitamin C 67.51 MG

ALLERGENS:

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Smoothies (16 oz)

Strawberry

ANALYSIS:

Calories 232.65 CAL **Carbohydrate** 56.36 G **Protein** 4.03 G **Fat** 0 G **Sodium** 65.45 MG **Potassium**
315.51 MG **Iron** 1.08 MG **Calcium** 217.82 MG **Dietary Fiber** 3 G **Sugar** 15.89 G **Vitamin A** 100 IU
Vitamin E 0.01 MG **Thiamin** 0.03 MG **Riboflavin** 0.15 MG **Niacin** 0.08 MG **Vitamin C** 60.4 MG

ALLERGENS:

Contains: Milk

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Strawberry Banana

ANALYSIS:

Calories 228.98 CAL **Carbohydrate** 57.84 G **Protein** 1.59 G **Fat** 0.33 G **Sodium** 90.85 MG
Potassium 840.63 MG **Iron** 1.34 MG **Calcium** 25.08 MG **Dietary Fiber** 5.63 G **Sugar** 36.23 G
Vitamin A 164.41 IU **Vitamin E** 0.1 MG **Thiamin** 0.03 MG **Riboflavin** 0.07 MG **Niacin** 0.67 MG
Vitamin C 68.73 MG

ALLERGENS:

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Very Berry

ANALYSIS:

Calories 292.1 CAL **Carbohydrate** 68.01 G **Protein** 2.26 G **Fat** 1.01 G **Sodium** 90.5 MG
Potassium 411 MG **Iron** 1.32 MG **Calcium** 3 MG **Dietary Fiber** 8.03 G **Sugar** 49.03 G **Vitamin A**
5.3 IU **Vitamin E** **Thiamin** 0.03 MG **Riboflavin** 0.07 MG **Niacin** 0.64 MG **Vitamin C** 32.6 MG

ALLERGENS:

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Green Machine

ANALYSIS:

Calories 379.02 CAL **Carbohydrate** 79.26 G **Protein** 11.92 G **Fat** 5.87 G **Sodium** 269.55 MG
Potassium 1620.18 MG **Iron** 5.46 MG **Calcium** 649.44 MG **Dietary Fiber** 12.15 G **Sugar** 54.12 G
Vitamin A 23162.81 IU **Vitamin E** 0 MG **Thiamin** 0.29 MG **Riboflavin** 0.38 MG **Niacin** 2.96 MG
Vitamin C 315.67 MG

ALLERGENS:

Contains: Tree Nuts

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Chunky Monkey

ANALYSIS:

Calories 477.97 CAL **Carbohydrate** 71.68 G **Protein** 10.19 G **Fat** 18.66 G **Sodium** 331.69 MG
Potassium 1024.25 MG **Iron** 1.09 MG **Calcium** 26.17 MG **Dietary Fiber** 8.25 G **Sugar** 44.82 G
Vitamin A 128.81 IU **Vitamin E** 3.11 MG **Thiamin** 0.11 MG **Riboflavin** 0.21 MG **Niacin** 5.53 MG
Vitamin C 17.46 MG

ALLERGENS:

Contains: Peanuts

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Pineapple-Mango

ANALYSIS:

Calories 713.71 CAL **Carbohydrate** 63.17 G **Protein** 1.28 G **Fat** 50.08 G **Sodium** 56.08 MG
Potassium 183.53 MG **Iron** 5.31 MG **Calcium** 30.27 MG **Dietary Fiber** 1.89 G **Sugar** 49.42 G
Vitamin A 227.81 IU **Vitamin E** 0.19 MG **Thiamin** 0.01 MG **Riboflavin** 0.04 MG **Niacin** 0.2 MG
Vitamin C 60.05 MG

ALLERGENS:

Contains: Milk

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Blueberry Matcha

ANALYSIS:

Calories 322.9 CAL **Carbohydrate** 33.74 G **Protein** 28.75 G **Fat** 8.11 G **Sodium** 310.4 MG
Potassium 553.69 MG **Iron** 1.14 MG **Calcium** 433.35 MG **Dietary Fiber** 7.65 G **Sugar** 20.43 G
Vitamin A 482.8 IU **Vitamin E** 0.02 MG **Thiamin** 0.02 MG **Riboflavin** 0.53 MG **Niacin** 0.43 MG **Vitamin C** 7.85 MG

ALLERGENS:

Contains: Soy

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Recharge

ANALYSIS:

Calories 900.53 CAL **Carbohydrate** 112.74 G **Protein** 2.07 G **Fat** 50.35 G **Sodium** 58.58 MG
Potassium 472.58 MG **Iron** 5.21 MG **Calcium** 36.25 MG **Dietary Fiber** 3.7 G **Sugar** 90.58 G
Vitamin A 159.82 IU **Vitamin E** 0.13 MG **Thiamin** 0.05 MG **Riboflavin** 0.16 MG **Niacin** 1.17 MG
Vitamin C 52.78 MG

ALLERGENS:

Contains: Milk

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Blueberry Recovery

ANALYSIS:

Calories 535 CAL **Carbohydrate** 53.95 G **Protein** 28.29 G **Fat** 23.4 G **Sodium** 231 MG **Potassium**
688 MG **Iron** 1.41 MG **Calcium** 86 MG **Dietary Fiber** 10.2 G **Sugar** 29.43 G **Vitamin A** 10.6 IU
Vitamin E **Thiamin** 0.06 MG **Riboflavin** 0.13 MG **Niacin** 1.29 MG **Vitamin C** 20.2 MG

ALLERGENS:

Contains: Tree Nuts

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