

	Cals	Cals from Fat	Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Other Carbs	Fat - Total	Saturated Fat	Cholesterol	Vitamin A RAE	Vit E-Alpha Equiv.	Folate	Calcium	Iron	Potassium	Sodium	Zinc
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classic burrito: small size

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Cheese, Jack	90	63	5.0	0	0.0	0.0	0.00	7.0	4.5	25.0	250.0	0.0	0.0	150.0	0.0	0.0	140.0	0.0
Rice, White	128	18	2.1	25	0.4	0.2	24.05	2.0	0.2	0.0	0.0	0.4	71.7	4.6	1.4	26.8	749.0	0.4
Sauce, Cilantro Lime	0	0	0.0	0	0.0	0.0	0.03	0.0	0.0	0.0	3.8	0.0	0.6	0.9	0.0	6.4	12.0	0.0
Beans, Pinto	25	1	1.5	5	1.6	0.5	2.64	0.1	0.0	0.0	0.0	0.2	30.3	10.2	0.5	84.0	186.1	0.2
Salsa, Tomato	20	2	0.7	5	1.0	2.9	0.75	0.3	0.0	0.0	23.6	0.3	12.8	6.2	0.4	177.9	373.8	0.1
Total	486	147	15.3	70	4.0	4.6	27.47	16.4	6.4	25.0	277.4	0.9	195.4	251.9	5.0	295.1	1805.9	0.7

classic burrito: regular size

Tortilla, White 12"	330	90	9.0	52	2.0	1.0	0.00	10.0	2.5	0.0	0.0	0.0	100.0	80.0	3.6	0.0	518.0	0.0
Cheese, Jack	180	126	10.0	0	0.0	0.0	0.00	14.0	9.0	50.0	500.0	0.0	0.0	300.0	0.0	0.0	280.0	0.0
Rice, White	192	28	3.1	37	0.7	0.2	36.07	3.1	0.3	0.0	0.0	0.6	107.6	6.9	2.0	40.1	1123.5	0.6
Sauce, Cilantro Lime	1	0	0.1	0	0.1	0.0	0.06	0.0	0.0	0.0	7.6	0.1	1.2	1.9	0.0	12.9	24.1	0.0
Beans, Pinto	50	2	3.0	9	3.1	0.9	5.28	0.2	0.0	0.0	0.1	0.3	60.6	20.5	1.0	168.0	372.3	0.4
Salsa, Tomato	31	4	1.1	7	1.5	4.4	1.13	0.4	0.1	0.0	35.4	0.4	19.2	9.3	0.5	266.9	560.7	0.1
Total	784	250	26.3	105	7.4	6.5	42.54	27.7	11.9	50.0	543.1	1.4	288.6	418.6	7.1	487.9	2878.6	1.1

buffalo: small size

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Rice, White	128	18	2.1	25	0.4	0.2	24.05	2.0	0.2	0.0	0.0	0.4	71.7	4.6	1.4	26.8	749.0	0.4
Sauce, Buffalo	67	67	0.1	0	0.0	0.1	0.18	7.5	4.6	20.1	0.1	0.2	0.7	2.8	0.0	6.1	76.7	0.0
Dressing, Blue Cheese	75	72	0.5	1	0.0	0.5	0.00	8.0	1.8	7.5	50.0	0.0	0.0	10.0	0.0	0.0	100.0	0.0
Celery	4	0	0.2	1	0.4	0.5	0.00	0.0	0.0	0.0	5.5	0.0	0.0	10.0	0.1	0.0	20.3	0.0
Total	497	220	8.9	62	1.8	2.3	24.23	24.5	8.3	27.6	55.6	0.6	152.4	107.4	4.2	32.9	1291.0	0.4

Cals Cals from Fat Protein Carbohydrates Dietary Fiber Sugar - Total Other Carbs Fat - Total Saturated Fat Cholesterol Vitamin A RAE Vit E-Alpha Equiv. Folate Calcium Iron Potassium Sodium Zinc

buffalo: regular size

Tortilla, White 12"	330	90	9.0	52	2.0	1.0	0.00	10.0	2.5	0.0	0.0	0.0	100.0	80.0	3.6	0.0	518.0	0.0
Rice, White	192	28	3.1	37	0.7	0.2	36.07	3.1	0.3	0.0	0.0	0.6	107.6	6.9	2.0	40.1	1123.5	0.6
Sauce, Buffalo	134	134	0.2	1	0.0	0.3	0.36	14.9	9.3	40.2	0.1	0.3	1.3	5.6	0.1	12.2	153.4	0.0
Dressing, Blue Cheese	150	144	1.0	1	0.0	1.0	0.00	16.0	3.5	15.0	100.0	0.0	0.0	20.0	0.0	0.0	200.0	0.0
Celery	5	0	0.3	1	0.6	0.7	0.00	0.0	0.0	0.0	8.3	0.0	0.0	15.0	0.1	0.0	30.4	0.0
Total	811	396	13.6	92	3.3	3.2	36.43	44.0	15.5	55.6	108.4	0.9	208.9	127.5	5.8	52.3	2025.3	0.6

bangkok: small size

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Rice, White	128	18	2.1	25	0.4	0.2	24.05	2.0	0.2	0.0	0.0	0.4	71.7	4.6	1.4	26.8	749.0	0.4
Sauce, Peanut	69	41	2.3	6	0.6	3.8	1.17	4.6	0.9	0.0	0.6	0.9	6.9	13.7	0.3	105.7	45.4	0.3
Prep, Asian Slaw	18	0	0.3	4	0.5	3.6	0.27	0.0	0.0	0.0	0.0	0.0	1.0	8.4	0.1	45.3	202.0	0.0
Cucumbers	2	0	0.1	0	0.1	0.2	0.01	0.0	0.0	0.0	0.7	0.0	2.4	2.4	0.0	23.8	0.4	0.0
Total	440	122	10.8	70	2.6	8.8	25.50	13.6	2.8	0.0	1.3	1.3	162.0	109.1	4.5	201.6	1341.8	0.7

bangkok: regular size

Tortilla, White 12"	330	90	9.0	52	2.0	1.0	0.00	10.0	2.5	0.0	0.0	0.0	100.0	80.0	3.6	0.0	518.0	0.0
Rice, White	192	28	3.1	37	0.7	0.2	36.07	3.1	0.3	0.0	0.0	0.6	107.6	6.9	2.0	40.1	1123.5	0.6
Sauce, Peanut	103	62	3.5	9	1.0	5.7	1.76	6.9	1.3	0.0	1.0	1.3	10.4	20.5	0.5	158.6	68.0	0.4
Prep, Asian Slaw	27	0	0.4	7	0.7	5.5	0.41	0.0	0.0	0.0	0.0	0.0	1.5	12.6	0.1	68.0	303.0	0.0
Cucumbers	3	0	0.2	1	0.2	0.4	0.02	0.0	0.0	0.0	1.1	0.0	3.9	3.9	0.1	38.1	0.6	0.0
Total	655	180	16.2	106	4.6	12.8	38.26	20.0	4.1	0.0	2.1	2.9	223.4	123.9	6.3	304.8	2013.1	1.0

Cals

Cals from Fat

Protein

Carbohydrates

Dietary Fiber

Sugar - Total

Other Carbs

Fat - Total

Saturated Fat

Cholesterol

Vitamin A RAE

Vit E-Alpha Equiv.

Folate

Calcium

Iron

Potassium

Sodium

Zinc

cajun: small size

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Rice, White	128	18	2.1	25	0.4	0.2	24.05	2.0	0.2	0.0	0.0	0.4	71.7	4.6	1.4	26.8	749.0	0.4
Beans, Black	39	3	2.5	6	2.5	0.0	3.53	0.4	0.0	0.0	0.0	0.0	0.0	14.1	1.0	0.0	141.3	0.0
Salsa, Corn	61	5	2.1	14	1.7	2.2	10.20	0.6	1.2	0.0	51.7	0.1	23.2	8.6	0.4	145.8	1512.3	0.2
Seasoning, Cajun	11	2	0.4	2	0.7	0.0	1.16	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	904.1	0.0
Cream, Sour	51	46	1.0	1	0.0	0.0	1.01	5.1	3.0	15.2	0.0	0.0	0.0	20.3	0.0	0.0	35.4	0.0
Total	513	137	14.1	83	6.3	3.4	39.95	15.3	6.1	15.2	51.7	0.5	174.9	127.6	5.5	172.6	3687.1	0.6

cajun: regular size

Tortilla, White 12"	330	90	9.0	52	2.0	1.0	0.00	10.0	2.5	0.0	0.0	0.0	100.0	80.0	3.6	0.0	518.0	0.0
Rice, White	192	28	3.1	37	0.7	0.2	36.07	3.1	0.3	0.0	0.0	0.6	107.6	6.9	2.0	40.1	1123.5	0.6
Beans, Black	78	6	5.0	12	5.0	0.0	7.09	0.7	0.0	0.0	0.0	0.0	0.0	28.4	1.9	0.0	283.5	0.0
Salsa, Corn	90	8	3.2	21	2.5	3.2	15.00	0.9	1.8	0.0	76.0	0.1	34.1	12.7	0.6	214.4	2224.0	0.3
Seasoning, Cajun	14	3	0.5	2	0.9	0.0	1.55	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1205.5	0.0
Cream, Sour	101	91	2.0	2	0.0	0.0	2.02	10.1	6.1	30.4	0.0	0.0	0.0	40.5	0.0	0.0	70.9	0.0
Total	805	226	22.8	126	11.1	4.4	61.73	25.1	10.8	30.4	76.0	0.7	241.7	168.5	8.1	254.5	5425.4	0.9

summer: small size

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Cheese, Jack	90	63	5.0	0	0.0	0.0	0.00	7.0	4.5	25.0	250.0	0.0	0.0	150.0	0.0	0.0	140.0	0.0
Rice, White	128	18	2.1	25	0.4	0.2	24.05	2.0	0.2	0.0	0.0	0.4	71.7	4.6	1.4	26.8	749.0	0.4
Sauce, Cilantro Lime	0	0	0.0	0	0.0	0.0	0.03	0.0	0.0	0.0	3.8	0.0	0.6	0.9	0.0	6.4	12.0	0.0
Beans, Black	39	3	2.5	6	2.5	0.0	3.53	0.4	0.0	0.0	0.0	0.0	0.0	14.1	1.0	0.0	141.3	0.0
Salsa, Mango	28	1	0.3	7	0.9	5.7	0.46	0.1	0.0	0.0	101.5	0.4	8.1	12.9	0.2	76.3	183.6	0.0
Total	508	148	15.9	73	4.8	6.9	28.07	16.5	6.4	25.0	355.3	0.8	160.4	262.5	5.3	109.5	1570.9	0.4

Cals

Cals from Fat

Protein

Carbohydrates

Dietary Fiber

Sugar - Total

Other Carbs

Fat - Total

Saturated Fat

Cholesterol

Vitamin A RAE

Vit E-Alpha Equiv.

Folate

Calcium

Iron

Potassium

Sodium

Zinc

summer: regular size

Tortilla, White 12"	330	90	9.0	52	2.0	1.0	0.00	10.0	2.5	0.0	0.0	0.0	100.0	80.0	3.6	0.0	518.0	0.0
Cheese, Jack	180	126	10.0	0	0.0	0.0	0.00	14.0	9.0	50.0	500.0	0.0	0.0	300.0	0.0	0.0	280.0	0.0
Rice, White	192	28	3.1	37	0.7	0.2	36.07	3.1	0.3	0.0	0.0	0.6	107.6	6.9	2.0	40.1	1123.5	0.6
Sauce, Cilantro Lime	1	0	0.1	0	0.1	0.0	0.06	0.0	0.0	0.0	7.6	0.1	1.2	1.9	0.0	12.9	24.1	0.0
Beans, Black	78	6	5.0	12	5.0	0.0	7.09	0.7	0.0	0.0	0.0	0.0	0.0	28.4	1.9	0.0	283.5	0.0
Salsa, Mango	56	2	0.7	14	1.8	11.4	0.91	0.3	0.0	0.0	202.9	0.9	16.3	25.9	0.3	152.5	367.2	0.1
Total	837	252	27.9	115	9.6	12.6	44.13	28.1	11.8	50.0	710.5	1.6	225.1	443.1	7.8	205.5	2596.3	0.7

mediterranean: small size

Tortilla, Wheat 10"	230	63	7.0	36	3.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	45.0	60.0	1.8	0.0	345.0	0.0
Rice, White	128	18	2.1	25	0.4	0.2	24.05	2.0	0.2	0.0	0.0	0.4	71.7	4.6	1.4	26.8	749.0	0.4
Hummus, BB	56	39	1.2	3	1.1	0.1	1.77	4.4	0.6	0.0	0.1	0.5	1.0	8.0	0.5	9.0	59.5	0.0
Cucumbers	2	0	0.1	0	0.1	0.2	0.01	0.0	0.0	0.0	0.7	0.0	2.4	2.4	0.0	23.8	0.4	0.0
Cheese, Feta	56	41	3.0	1	0.0	0.9	0.00	4.5	3.2	18.8	26.3	0.0	6.8	105.0	0.1	13.5	237.0	0.6
Salsa, Tomato	20	2	0.7	5	1.0	2.9	0.75	0.3	0.0	0.0	23.6	0.3	12.8	6.2	0.4	177.9	373.8	0.1
Dressing, House	19	11	0.3	2	0.0	1.3	0.59	1.2	0.1	0.0	0.0	0.3	0.2	5.5	0.1	13.6	134.7	0.0
Total	511	174	14.4	72	5.6	6.6	27.17	19.4	5.8	18.8	50.7	1.5	139.9	191.7	4.3	264.6	1899.4	1.1

mediterranean: regular size

Tortilla, Wheat 12"	340	90	10.0	50	4.0	1.0	0.00	10.0	2.5	0.0	0.0	0.0	60.0	80.0	2.7	0.0	480.0	0.0
Rice, White	192	28	3.1	37	0.7	0.2	36.07	3.1	0.3	0.0	0.0	0.6	107.6	6.9	2.0	40.1	1123.5	0.6
Hummus, BB	111	79	2.3	6	2.1	0.2	3.54	8.7	1.1	0.0	0.1	1.0	1.9	16.0	0.9	17.9	119.0	0.1
Cucumbers	3	0	0.2	1	0.2	0.4	0.02	0.0	0.0	0.0	1.1	0.0	3.9	3.9	0.1	38.1	0.6	0.0
Cheese, Feta	113	81	6.0	2	0.0	1.7	0.00	9.0	6.4	37.5	52.5	0.1	13.5	210.0	0.3	27.0	474.0	1.2
Salsa, Tomato	31	4	1.1	7	1.5	4.4	1.13	0.4	0.1	0.0	35.4	0.4	19.2	9.3	0.5	266.9	560.7	0.1
Dressing, House	38	22	0.5	4	0.1	2.6	1.17	2.5	0.2	0.0	0.1	0.5	0.5	11.0	0.2	27.3	269.5	0.0
Total	828	304	23.2	107	8.6	10.5	41.93	33.7	10.6	37.5	89.2	2.6	206.6	337.1	6.7	417.3	3027.3	2.0

	Cals	Cals from Fat	Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Other Carbs	Fat - Total	Saturated Fat	Cholesterol	Vitamin A RAE	Vit E-Alpha Equiv.	Folate	Calcium	Iron	Potassium	Sodium	Zinc
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teriyaki: small size

Tortilla, Wheat 10"	230	63	7.0	36	3.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	45.0	60.0	1.8	0.0	345.0	0.0
Rice, White	128	18	2.1	25	0.4	0.2	24.05	2.0	0.2	0.0	0.0	0.4	71.7	4.6	1.4	26.8	749.0	0.4
Carrots, Shredded	5	0	0.1	1	0.5	0.5	0.28	0.0	0.0	0.0	134.2	0.2	2.2	4.6	0.1	36.6	9.0	0.0
Broccoli, Steamed	6	1	0.4	1	0.6	0.2	0.44	0.1	0.0	0.0	17.5	0.3	19.3	7.1	0.1	52.3	7.3	0.1
Sauce, Teriyaki	37	0	0.4	9	0.1	7.8	1.25	0.0	0.0	0.0	0.0	0.0	1.1	1.5	0.1	12.2	380.8	0.0
Onions, Caramelized	21	10	0.3	3	0.5	1.9	0.18	1.1	0.1	0.0	0.0	0.3	5.1	5.4	0.1	42.4	0.8	0.1
Total	427	92	10.3	75	5.1	11.6	26.20	10.2	2.0	0.0	151.7	1.2	144.4	83.2	3.6	170.3	1491.9	0.6

teriyaki: regular size

Tortilla, Wheat 12"	340	90	10.0	50	4.0	1.0	0.00	10.0	2.5	0.0	0.0	0.0	60.0	80.0	2.7	0.0	480.0	0.0
Rice, White	192	28	3.1	37	0.7	0.2	36.07	3.1	0.3	0.0	0.0	0.6	107.6	6.9	2.0	40.1	1123.5	0.6
Carrots, Shredded	11	1	0.2	3	0.9	1.1	0.57	0.1	0.0	0.0	268.4	0.3	4.4	9.2	0.1	73.2	18.0	0.1
Broccoli, Steamed	10	1	0.7	2	0.9	0.4	0.71	0.1	0.0	0.0	27.8	0.4	30.6	11.3	0.2	83.1	11.6	0.1
Sauce, Teriyaki	55	0	0.5	14	0.1	11.7	1.88	0.0	0.0	0.0	0.0	0.0	1.6	2.2	0.2	18.2	571.2	0.0
Onions, Caramelized	42	21	0.6	5	1.0	3.8	0.36	2.3	0.2	0.0	0.0	0.5	10.3	10.8	0.1	84.8	1.6	0.1
Total	650	141	15.1	111	7.6	18.2	39.59	15.6	3.0	0.0	296.2	1.8	214.5	120.4	5.3	299.4	2205.9	0.9

breakfast

Bacon/Egg	473	206	23.1	46	2.0	5.6	0.75	22.9	8.9	254.6	23.6	0.5	94.8	317.6	4.3	329.1	1163.0	0.4
Egg/Cheese	433	175	21.0	46	2.0	5.5	0.75	19.4	7.7	248.6	23.6	0.5	94.4	316.7	4.2	294.6	1049.9	0.2
Huevos Rancheros	505	181	25.5	57	6.6	5.5	7.29	20.1	7.7	248.6	23.6	0.5	94.4	342.9	6.0	294.6	1311.6	0.2
Truck Stop	524	218	23.8	56	2.7	5.6	9.83	24.3	9.0	254.6	23.7	0.8	94.8	317.8	4.4	329.1	1239.5	0.4

Cals

Cals from Fat

Protein

Carbohydrates

Dietary Fiber

Sugar - Total

Other Carbs

Fat - Total

Saturated Fat

Cholesterol

Vitamin A RAE

Vit E-Alpha Equiv.

Folate

Calcium

Iron

Potassium

Sodium

Zinc

salads *No dressings included in salads*

caesar salad

regular 336 150 37.8 7 0.8 1.6 4.45 16.7 6.6 114.6 87.4 0.6 72.1 172.1 1.9 415.8 763.7 2.0

chinese chicken salad

regular 488 239 31.2 31 5.4 4.0 2.00 26.5 4.2 59.5 64.8 5.4 50.3 123.7 2.2 507.3 648.8 2.4

house salad

regular 35 4 1.9 7 2.9 3.7 0.49 0.4 0.1 0.0 505.6 0.7 91.1 56.5 1.4 433.6 20.6 0.4

Cals

Cals from Fat

Protein

Carbohydrates

Dietary Fiber

Sugar - Total

Other Carbs

Fat - Total

Saturated Fat

Cholesterol

Vitamin A RAE

Vit E-Alpha Equiv.

Folate

Calcium

Iron

Potassium

Sodium

Zinc

snacks

cheese

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Cheese, Jack	180	126	10.0	0	0.0	0.0	0.00	14.0	9.0	50.0	500.0	0.0	0.0	300.0	0.0	0.0	280.0	0.0
Total	403	189	16.0	35	1.0	1.0	0.00	21.0	10.7	50.0	500.0	0.0	80.0	380.0	2.7	0.0	625.0	0.0

chix & cheese

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Cheese, Jack	90	63	5.0	0	0.0	0.0	0.00	7.0	4.5	25.0	250.0	0.0	0.0	150.0	0.0	0.0	140.0	0.0
White Chicken	163	64	22.3	1	0.5	0.3	0.38	7.2	1.1	60.4	21.1	1.2	4.4	19.9	1.2	213.3	228.2	0.8
Total	476	190	33.3	36	1.5	1.3	0.38	21.2	7.3	85.4	271.1	1.2	84.4	249.9	3.9	213.3	713.2	0.8

steak & cheese

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Cheese, Jack	90	63	5.0	0	0.0	0.0	0.00	7.0	4.5	25.0	250.0	0.0	0.0	150.0	0.0	0.0	140.0	0.0
Grilled Steak	208	129	17.5	1	0.5	0.3	0.34	14.4	4.3	53.6	15.4	1.3	6.6	20.0	1.6	239.8	194.5	3.2
Total	521	255	28.5	36	1.5	1.3	0.34	28.4	10.5	78.6	265.4	1.3	86.6	250.0	4.3	239.8	679.5	3.2

PB&J

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Peanut Butter	333	240	11.7	10	3.3	5.0	1.67	26.7	5.0	0.0	0.0	0.0	0.0	0.0	6.7	0.0	0.0	0.0
Jelly, Strawberry	140	0	0.0	36	0.0	28.0	8.40	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.0	0.0
Total	696	303	17.7	81	4.3	34.0	10.07	33.7	6.7	0.0	0.0	0.0	80.0	80.0	9.4	0.0	359.0	0.0

nutella

Tortilla, White 10"	223	63	6.0	35	1.0	1.0	0.00	7.0	1.7	0.0	0.0	0.0	80.0	80.0	2.7	0.0	345.0	0.0
Nutella	385	190	3.8	44	3.8	38.5	21.15	21.2	3.8	0.0	0.0	0.0	0.0	7.7	17.3	0.0	0.0	0.0
Total	608	253	9.8	79	4.8	39.5	21.15	28.2	5.5	0.0	0.0	0.0	80.0	87.7	20.0	0.0	345.0	0.0

berry blitz

small total weight: 313.55g / serving size: (11.06 oz-wt)

large total weight: 564.16g / serving size: (19.90 oz-wt)

small	1	191	5.1	0.7	47.5	3.5	42.0	2.0	0.6	0.1	0.0	4.0	0.7	12.1	7.1	0.2	405	20.00	0.11
large	1	349	10.2	1.4	87.0	6.8	76.3	3.9	1.1	0.2	0.0	7.9	1.4	24.1	14.2	0.5	741	33.66	0.22

cape codder

small total weight: 322.34g / serving size: (11.37 oz-wt)

large total weight: 575.51g / serving size: (20.30 oz-wt)

small	1	237	3.5	2.1	57.4	2.6	53.2	1.0	0.4	0.0	0.0	2.2	0.4	8.0	73.6	0.6	98	33.47	0.18
large	1	426	6.5	3.9	102.9	5.0	94.9	1.8	0.7	0.1	0.0	4.3	0.8	16.0	137.0	1.1	187	61.71	0.33

jimmy carter

small total weight: 396.90g / serving size: (14.00 oz-wt)

large total weight: 598.18g / serving size: (21.10 oz-wt)

small	1	464	95.7	18.0	76.1	2.2	69.5	2.2	10.6	2.3	3.4	1.7	2.2	31.3	444.6	0.6	584	289.67	1.33
large	1	765	189.6	28.8	119.7	4.4	107.6	4.3	21.1	4.5	4.5	3.4	4.3	56.9	637.0	1.1	979	466.32	2.20

mango passion

small total weight: 356.08g / serving size: (12.56 oz-wt)

large total weight: 549.99g / serving size: (19.40 oz-wt)

small	1	251	4.1	2.7	60.1	2.2	52.2	5.1	0.5	0.1	0.0	171.7	1.0	11.9	94.0	0.6	350	42.12	0.26
large	1	401	6.2	4.7	95.3	3.3	83.2	7.7	0.7	0.1	0.0	257.5	1.4	17.9	162.8	0.9	526	73.62	0.39

smoothies

Serves

Calcs

Calcs from Fat

Protein

Carbohydrates

Dietary Fiber

Sugar - Total

Other Carbs

Fat - Total

Saturated Fat

Cholesterol

Vitamin A RAE

Vit E-Alpha Equiv.

Folate

Calcium

Iron

Potassium

Sodium

Zinc

milkshake

small total weight: 416.75g / serving size: (14.70 oz-wt)

large total weight: 612.36g / serving size: (21.60 oz-wt)

small	1	431	2.8	15.9	89.3	0.0	86.0	0.0	0.3	0.2	3.4	0.0	0.1	8.5	547.1	0.1	282	250.63	0.68
large	1	595	4.6	23.2	121.9	0.0	117.4	0.0	0.5	0.3	5.7	0.0	0.1	14.2	799.2	0.1	471	363.66	1.13

soy smoothie

small total weight: 354.38g / serving size: (12.50 oz-wt)

large total weight: 595.35g / serving size: (21.00 oz-wt)

small	1	182	41.5	7.0	32.2	5.5	24.4	2.3	4.6	0.6	0.0	6.5	0.3	25.0	23.8	2.0	600	29.63	0.71
large	1	326	63.6	10.9	62.4	9.5	48.6	4.3	7.1	0.9	0.0	11.3	0.7	47.6	43.1	3.4	1041	45.64	1.17

strawbana

small total weight: 370.25g / serving size: (13.06 oz-wt)

large total weight: 592g / serving size: (20.88 oz-wt)

small	1	241	12.3	1.7	58.5	3.5	49.1	5.9	1.4	0.7	2.7	4.8	0.5	30.4	40.3	0.9	749	40.93	0.44
large	1	369	19.8	2.4	89.0	5.0	75.0	9.0	2.2	1.0	4.9	8.1	0.8	51.1	72.0	1.4	1068	72.00	0.56

triathlete

small total weight: 340.20g / serving size: (12.00 oz-wt)

large total weight: 567.00g / serving size: (20.00 oz-wt)

small	1	167	2.5	0.7	40.9	2.5	34.5	3.8	0.3	0.1	0.0	3.1	0.3	20.1	13.9	0.7	706	25.35	0.16
large	1	282	5.1	1.5	69.5	5.0	58.2	6.3	0.6	0.2	0.0	6.2	0.6	40.3	27.8	1.3	1196	38.95	0.32

smoothies