



Nutritional Facts

	Smoothie Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Chol (mg)	Sodium (mg)	Calcium % DV	Potassium % DV	Vitamin C % DV
Protein Smoothies	Big Bang - protein blast	290	0	0	0	13	60	5	48	0	0	2	10	100
	Big Bang - workout blast	260	0	0	0	1	67	5	48	0	0	2	10	100
	Chocolate Chimp - protein blast	220	1.5	0	0	15	38	5	18	0	0	0	11	20
	Chocolate Chimp - workout blast	190	1.5	0	0	3	45	5	18	0	0	0	11	20
	Mr. Mongo - strawberry (protein blast)	360	0	0	0	18	79	10	54	0	80	20	10	90
	Mr. Mongo - strawberry (workout blast)	330	0	0	0	6	89	10	54	0	80	20	10	90
	Mr. Mongo - chocolate (protein blast)	300	1.5	0	0	20	59	11	23	0	80	15	11	20
	Mr. Mongo - chocolate (workout blast)	270	1.5	0	0	8	66	11	23	0	80	15	11	20
	Planet Pro - straw/banana (32 oz)	535	4.6	1	0	41	84	10	65	25	35	54	23	160
Planet Pro Light - straw/banana (22 oz)	355	3	1	0	26	59	7	45	16	221	52	17	118	
Weight Loss Smoothies	Two Piece Bikini - strawberry	290	0	0	0	4	72	5	51	0	50	10	10	100
	Two Piece Bikini - chocolate	220	1.5	0	0	6	52	5	23	0	50	10	11	20
	Mediterranean Monster	260	0	0	0	1	68	5	47	0	0	2	12	120
	Leapin' Lizard	290	0	0	0	2	74	3	49	0	0	4	11	250
	Lunar Lemonade - strawberry	250	0	0	0	1	63	4	39	0	0	0	13	110
	Lunar Lemonade - raspberry	250	0	0	0	2	63	5	21	0	0	2	13	70
	Billy Bob Banana	320	0.5	0	0	7	84	11	37	0	80	15	21	30
	Rasmanian Devil	270	0	0	0	3	70	5	14	0	25	8	11	20
	Spazz	270	0	0	0	3	69	5	49	0	25	6	10	100
Energy Smoothies	Chocolate Elvis	440	17	3.5	0	14	72	11	24	0	230	15	16	25
	Grape Ape	210	0	0	0	0	54	2	40	0	0	2	4	110
	Road Runner	300	0	0	0	1	75	6	37	0	10	4	8	80
	Berry Bada-Bing	350	0.5	0	0	6	92	9	28	0	55	15	17	230
	Frozen Goat	220	0.5	0	0	7	56	8	16	0	80	15	9	15
	Java the Nut	420	17	3.5	0	14	65	11	24	0	230	20	20	25
	Acai	370	7	1.5	0	3	76	7	59	0	15	8	11	90
Wellness Smoothies	Acai Bowl	370	10	2	0	4	66	6	43	0	50	10	10	30
	Thelma & Louise	260	0	0	0	< 1	65	6	47	0	0	2	8	100
	Werewolf	270	0	0	0	3	69	5	49	0	25	30	10	120
	Yo' Adriane	320	0	0	0	5	83	10	45	0	55	15	10	230
	Screamsicle	290	0	0	0	3	73	4	39	0	40	35	11	230
	Hangover Over	310	0	0	0	5	83	10	48	0	55	15	10	260
	Zeus Juice	250	0	0	0	1	64	5	44	0	0	2	10	260
	Oatmeal	490	2	0	0	5	118	11	78	0	80	15	13	180
	Twig & Berries	280	0	0	0	5	74	10	48	0	55	15	10	90
Cool Blended Smoothies	P B & J	500	16	3.5	0	13	87	12	58	0	230	20	16	100
	The Last Mango	340	1	0	0	3	85	4	59	0	0	50	600	140
	Vinnie del Rocco	370	0	0	0	2	92	6	58	0	0	60	260	50
	Shag-a-delic	290	0	0	0	6	77	10	49	0	85	20	9	90
	Strawberry Shortcake (12 oz)	160	0	0	0	2	41	5	30	0	25	8	4	60
Kids Smoothies	Purple Primate (12 oz)	140	0	0	0	0	34	2	32	0	0	0	4	80
	Peanut Butter Dream (12 oz)	210	8	1.5	0	7	32	6	12	0	115	8	8	15
	Plain Jane (12 oz)	170	0	0	0	< 1	42	3	37	0	0	2	5	90
	Twig Jr. (12 oz)	200	0	0	0	3	53	7	37	0	25	8	9	70
	Bonzai Berry (12 oz)	210	0	0	0	3	55	7	33	0	30	8	5	70
	Captain Kid (12 oz)	180	0	0	0	1	46	2	39	0	15	30	130	40

Planet Light Smoothies Under 300 Calories

Contains Dairy

Gluten Free

Contains Herbal Supplements

Visit www.planetsmoothie.com to calculate nutritional information for your favorite smoothie.

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