

Smoothie nutrition chart

Calories, protein, fiber and sugar for all 36 of our smoothies, per serving.

Smoothie	Calories	Protein	Fiber	Sugar
Anti-Inflammatory	245	6 g	11 g	34 g
Apple Pie	370	21 g	8 g	40 g
Avocado	310	5 g	9 g	27 g
Açaí Bowl	345	6 g	10 g	26 g
Banana	390	16 g	6 g	49 g
Beet Berry	215	4 g	8 g	35 g
Blueberry	335	21 g	7 g	35 g
Carrot Cake	310	20 g	6 g	34 g
Chocolate Banana	370	17 g	7 g	44 g
Chocolate Cherry	300	8 g	9 g	28 g
Chocolate Peanut Butter	500	19 g	9 g	46 g
Coffee Banana Breakfast	345	12 g	7 g	21 g
Cottage Cheese Protein	280	18 g	5 g	31 g
Creamy Without Banana	265	14 g	7 g	26 g
Cucumber Mint Green	170	4 g	8 g	27 g
Green for Beginners	240	6 g	7 g	31 g
Hidden Veggie for Kids	180	9 g	4 g	22 g
High-Protein Chocolate	455	38 g	7 g	29 g

Smoothie	Calories	Protein	Fiber	Sugar
Kale Pineapple	195	4 g	8 g	30 g
Kiwi Strawberry	230	5 g	11 g	33 g
Mango	305	17 g	4 g	51 g
Matcha Green	205	4 g	5 g	26 g
Mixed Berry	260	15 g	7 g	30 g
Oatmeal Breakfast	435	24 g	7 g	39 g
Orange Creamsicle	230	14 g	3 g	38 g
Peach	265	18 g	4 g	40 g
Peanut Butter Banana	495	20 g	7 g	30 g
Pineapple	280	15 g	7 g	40 g
Piña Colada	225	2 g	5 g	32 g
Pumpkin Pie	345	20 g	7 g	39 g
Raspberry Peach	230	15 g	8 g	28 g
Strawberry Banana	335	20 g	6 g	40 g
Strawberry Mango	300	17 g	6 g	47 g
Tropical	285	5 g	9 g	53 g
Vegan Protein	475	30 g	14 g	26 g
Watermelon	145	3 g	4 g	27 g