



Smoothies & Shakes

	Calories	CHO (g)	Protein (g)	Fat (g)	Sugar (g)	Fiber (g)	Allergy
Atkins Vanilla Protein Shake	160	6	15	10	1	4	Milk, Soy
Bolthouse Green Goodness	210	30	2	0	26	1	Milk, Soy
Bolthouse Protein Plus Chocolate	210	29	16	30	26	3	Milk, Soy
Boost High Protein	240	33	15	6	27	0	Milk, Soy
Boost Original	240	41	10	4	20	3	Milk, Soy
Boost Simply Complete	190	6	10	6	12	1	Milk
Breakfast Essentials—Original	240	41	10	0	15	0	Milk, Soy
Core Power Light—Chocolate	150	13	20	3.5	11	2	Milk
Core Power Vanilla	240	26	26	3.5	26	0	Milk
Chobani Mix't Berry	200	26	14	5	22	2	Milk
Dannon Light & Fit - Strawberry	140	23	12	0	14	5	Milk
EAS AdvantEDGE Milk Chocolate	100	5	15	2.5	0	1	Milk, Soy
Ensure Vanilla	220	32	9	6	15	<1	Milk, Soy
Kate Farms Complete Meal Replacement	290	41	16	8	18	5	
Muscle Milk	320	20	32	15	4	1	Soy
Naked Protein	420	65	30	4	53	0	Milk, Soy
Oikos Stawberry Yogurt Drink	110	17	10	0	11	4	Milk
Odwalla Blueberry Protein	370	47	25	7	44	-	Milk, Soy
Odwalla Mango Tango Smoothie	260	65	1	0	57	-	Soy, Milk
Orgain Organic Plant Based Protein Shake	220	25	16	6	9	2	
Premiere Protein Chocolate	160	5	30	3	1	3	Milk, Soy
Pure Protein Vanilla Cream	110	7	23	0	1	5	Milk
SlimFast Strawberry and Cream	250	24	13	6	18	3	Milk, Soy
Special K Protein Strawberry Banana Protein	190	29	10	5	18	5	Milk, Soy



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RPAC	Calories	CHO (g)	Protein (g)	Fat (g)	Sugar (g)	Fiber (g)	Allergy
Berry Blast Smoothie	249	61	<1	0	46	4	
Mango Peach Smoothie	351	86	<1	0	73	2	
Mango Peach & Strawberry Smoothie	371	91	<1	0	78	2	
Peanut Butter Banana Smoothie	676	40	25	46	22	8	Peanut butter
Strawberry Banana Smoothie	302	75	<1	0	61	2	
Tropical Green Smoothie	230	44	9	4	28	6	

*** Add whey (10 g protein) or soy (5 g protein) to any of the above smoothies at the RPAC.

Build Your Own Smoothie

<p>Step 1: Choose your liquid</p> <p>Almond/cashew milk, skim milk, coconut water, kefir, water, cold tea, cold coffee</p> <p>*look for unsweetened beverages</p>	<p>Step 4: Choose your energy boost</p> <p>Almond butter, peanut butter, flaxseed, chia seeds, hemp seeds, avocado, nuts, protein powder, yogurt, oats, coconut flakes, granola</p>
<p>Step 2: Choose your veggies</p> <p>Spinach, kale, frozen cauliflower, frozen zucchini, beets, carrots</p>	<p>Step 5: Choose your flavoring</p> <p>Lemon, lime, ginger, mint, vanilla, cinnamon, honey, agave, maple syrup, cocoa powder, dates, stevia</p>
<p>Step 3: Choose your fruit</p> <p>Berries, banana, mango, pineapple, kiwi, apple, pear, peach</p>	<p>Step 6: Add ice if necessary</p> <p>If you use frozen fruits and veggies, may not be needed!</p>

Apple Pie Smoothie

- 1/2 cup almond/cashew milk
- 1/2 cup frozen cauliflower
- 1 small-medium sized apple, cored and sliced
- 1/4 cup oats
- 1-2 T flax seed
- 1 tsp cinnamon
- 1/2 tsp vanilla



Nutrition facts: 334 kcal, 9 g fat, 57 g carbs, 11 g protein, 15 g fiber, 460 mg calcium, 3.8 mg iron, 674 mg potassium

Antioxidant-Packed Berry Smoothie

- 1/2 cup skim milk
- 1 cup spinach leaves
- 1/2 cup fresh or frozen berries (mixed or just 1 type)
- 1/2 frozen banana
- 1 T almond butter
- 1/4 cup plain nonfat Greek yogurt
- 1 tsp honey



Nutrition facts: 271 kcal, 8 g fat, 40 g carb, 13 g protein, 5 g fiber, 300 mg calcium, 2 mg iron, 366 mg potassium