



# Smoothies

	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
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	-	Soy, Milk
Odwalla Mango Tango Smoothie	260	65	1	0	57	-	Soy, Milk
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



# Smoothies

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

\*\*\* Whey & Soy protein can be added to any RPAC smoothie

Whey (1 scoop) = 45cal and 10g protein

Soy (1 scoop) = 24cal and 5g protein