



Smoothies & Shakes

** = Available on campus

	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 Chocolate**	240	28	26	3.5	26	2	Milk
Core Power Vanilla/Strawberry**	240	26	26	3.5	26	0	Milk
Chobani Mixed Berry Drink**	150	18	10	4	15	<1	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
Fairlife 2% Milk**	120	6	13	4.5	6	0	Milk— Lactose Free
Muscle Milk	320	20	32	15	4	1	Soy
Naked Protein	420	65	30	4	53	0	Milk, Soy
Oikos Strawberry Yogurt Drink	110	17	10	0	11	4	Milk
Odwalla Blueberry Protein	370	47	25	7	44	-	Milk, Soy
Odwalla Mango Tango Smoothie**	280	64	2	1.5	55	3	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



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Vegan Options	Calories	CHO (g)	Protein (g)	Fat (g)	Sugar (g)	Fiber (g)	Allergy
Evolve Protein Shake Vanilla	150	17	20	0	6	10	
GNC Vegan Lean Shake Vanilla	170	21	45	6	6	10	
Orgain Protein Shake Chocolate	250	32	16	7	12	2	
OWYN Protein Shake Coffee	180	14	20	7	4	6	
Vega Protein Shake Chocolate	170	14	20	4.5	7	4	
Svelt Cappuccino	180	21	11	7	6	5	Soy

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 (Choose from the following)

Liquid Almond milk, cashew milk, skim milk, coconut water, kefir, water, cold tea, cold coffee	Energy Boost Almond butter, peanut butter, flaxseed, chia seeds, hemp seeds, avocado, nuts, protein powder, yogurt, oats, coconut flakes, granola
Fruit Berries, banana, mango, pineapple, kiwi, apple, pear, peach	Flavoring Lemon, lime, ginger, mint, vanilla, cinnamon, honey, agave, maple syrup, cocoa powder, dates, stevia
Veggies Spinach, kale, cauliflower, zucchini, beets, carrots	Ice If adding frozen fruits and veggies, may not be necessary