



All nutrition information is an estimate of the nutrition profile for each ingredient as prepared according to our recipe. This information is approximate due to natural variation in ingredients.

Mocha Magic

Calories 102
Total Fat 3g
Saturated Fat 2g
Monounsaturated Fat 1g
Polyunsaturated Fat 0g
Trans Fat 0g
Cholesterol 6 mg
Sodium 30 mg
Potassium 290 mg
Total Carbohydrate 19 g
Dietary Fiber 3g
Sugars 13g
Protein 3g

Violet Vibrance

Calories 60
Total Fat 0 g
Saturated Fat 0 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 18 mg
Potassium 63 mg
Total Carbohydrate 13 g
Dietary Fiber 3 g
Sugars 8 g
Protein 1 g

True Blue

Calories 88
Total Fat 2 g
Saturated Fat 1 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 5 mg
Sodium 21 mg
Potassium 83 mg
Total Carbohydrate 17 g
Dietary Fiber 2 g
Sugars 13 g
Protein 2 g

Green Glow

Calories 84
Total Fat 2 g
Saturated Fat 0 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 20 mg
Potassium 366 mg
Total Carbohydrate 17 g
Dietary Fiber 4 g
Sugars 10 g
Protein 2 g

Solar Shine

Calories 78
Total Fat 1 g
Saturated Fat 0 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 39 mg
Potassium 42 mg
Total Carbohydrate 15 g
Dietary Fiber 3 g
Sugars 10 g
Protein 2 g

Sip Of Sacred

Calories 71
Total Fat 0 g
Saturated Fat 0 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 22 mg
Potassium 274 mg
Total Carbohydrate 18 g
Dietary Fiber 3 g
Sugars 11 g
Protein 1 g

Root & Reach

Calories 68
Total Fat 0 g
Saturated Fat 0 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 38 mg
Potassium 231 mg
Total Carbohydrate 16 g
Dietary Fiber 3 g
Sugars 11 g
Protein 2 g

Bliss Bowl

Calories 252
Total Fat 10 g
Saturated Fat 2 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 11 mg
Sodium 68 mg
Potassium 92 mg
Total Carbohydrate 29 g
Dietary Fiber 2 g
Sugars 17 g
Protein 14 g

Avocado Toast

Calories 227
Total Fat 11 g
Saturated Fat 2 g
Monounsaturated Fat 7 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 320 mg
Potassium 354 mg
Total Carbohydrate 29 g
Dietary Fiber 6 g
Sugars 2 g
Protein 4 g

Slice Of Heaven

Calories 399
Total Fat 21 g
Saturated Fat 2 g
Monounsaturated Fat 11 g
Polyunsaturated Fat 8 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 391 mg
Potassium 378 mg
Total Carbohydrate 45 g
Dietary Fiber 6 g
Sugars 8 g
Protein 12 g

Workout Warm-up Bowl

Calories 576
Total Fat 35 g
Saturated Fat 12 g
Monounsaturated Fat 15 g
Polyunsaturated Fat 5 g
Trans Fat 0 g
Cholesterol 584 mg
Sodium 784 mg
Potassium 669 mg
Total Carbohydrate 38 g
Dietary Fiber 6 g
Sugars 1 g
Protein 32 g

Rise & Shine Oatmeal

Calories 150
Total Fat 3 g
Saturated Fat 1 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 0 mg
Potassium 20 mg
Total Carbohydrate 27 g
Dietary Fiber 4 g
Sugars 1 g
Protein 5 g

Chicken Pesto

Calories 603
Total Fat 21 g
Saturated Fat 9 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 109 mg
Sodium 1341 mg
Potassium 79 mg
Total Carbohydrate 59 g
Dietary Fiber 2 g
Sugars 0 g
Protein 46 g

Grilled Cheese & Tomato

Calories 666
Total Fat 33 g
Saturated Fat 19 g
Monounsaturated Fat 5 g
Polyunsaturated Fat 1 g
Trans Fat 1 g
Cholesterol 102 mg
Sodium 1509 mg
Potassium 571 mg
Total Carbohydrate 65 g
Dietary Fiber 4 g
Sugars 6 g
Protein 38 g

Apple Cheddar

Calories 537
Total Fat 19 g
Saturated Fat 11 g
Monounsaturated Fat 5 g
Polyunsaturated Fat 1 g
Trans Fat 1 g
Cholesterol 58 mg
Sodium 1145 mg
Potassium 53 mg
Total Carbohydrate 69 g
Dietary Fiber 3 g
Sugars 9 g
Protein 24 g

Nourish Chicken Salad

calories 552
Total Fat 32 g
Saturated Fat 1 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 2 g
Trans Fat 0 g
Cholesterol 44 mg
Sodium 234 mg
Potassium 2143 mg
Total Carbohydrate 50 g
Dietary Fiber 8 g
Sugars 39 g
Protein 24 g

Nathan Fisher House Salad

calories 461
Total Fat 34 g
Saturated Fat 5 g
Monounsaturated Fat 3 g
Polyunsaturated Fat 7 g
Trans Fat 0 g
Cholesterol 25 mg
Sodium 394 mg
Potassium 805 mg
Total Carbohydrate 34 g
Dietary Fiber 8 g
Sugars 20 g
Protein 13 g

The Olympian

calories 614
Total Fat 27 g
Saturated Fat 8 g
Monounsaturated Fat 2 g
Polyunsaturated Fat 8 g
Trans Fat 0 g
Cholesterol 29 mg
Sodium 844 mg
Potassium 1311 mg
Total Carbohydrate 68 g
Dietary Fiber 15 g
Sugars 16 g
Protein 28 g

Deeply Rooted

calories 698
Total Fat 35 g
Saturated Fat 4 g
Monounsaturated Fat 13 g
Polyunsaturated Fat 8 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 213 mg
Potassium 434 mg
Total Carbohydrate 86 g
Dietary Fiber 36 g
Sugars 9 g
Protein 16 g

Carrot Ginger Soup

calories 183
Total Fat 9 g
Saturated Fat 6 g
Monounsaturated Fat 2 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 23 mg
Sodium 1868 mg
Potassium 549 mg
Total Carbohydrate 25 g
Dietary Fiber 7 g
Sugars 12 g
Protein 3 g

Chicken Orzo Soup

calories 413
Total Fat 10 g
Saturated Fat 1 g
Monounsaturated Fat 5 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 83 mg
Sodium 5399 mg
Potassium 597 mg
Total Carbohydrate 41 g
Dietary Fiber 5 g
Sugars 5 g
Protein 40 g

Mushroom Farro Soup

calories 303
Total Fat 16 g
Saturated Fat 8 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 37 mg
Sodium 214 mg
Potassium 350 mg
Total Carbohydrate 28 g
Dietary Fiber 5 g
Sugars 2 g
Protein 8 g

Beetox

calories 112
% Daily Value *
Total Fat 0 g
Saturated Fat 0 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 82 mg
Potassium 467 mg
Total Carbohydrate 28 g
Dietary Fiber 6 g
Sugars 20 g
Protein 2 g

Basic Muffin

calories 118
Total Fat 3 g
Saturated Fat 1 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 27 mg
Sodium 28 mg
Potassium 115 mg
Total Carbohydrate 20 g
Dietary Fiber 2 g
Sugars 9 g
Protein 4 g

Bliss Bite

calories 98
Total Fat 5 g
Saturated Fat 1 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 3 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 2 mg 0 %
Potassium 120 mg
Total Carbohydrate 8 g
Dietary Fiber 2 g
Sugars 5 g
Protein 2 g

Sweet Beet

Amount Per Serving
calories 575
% Daily Value *
Total Fat 28 g
Saturated Fat 3 g
Monounsaturated Fat 15 g
Polyunsaturated Fat 8 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 238 mg
Potassium 1154 mg
Total Carbohydrate 70 g
Dietary Fiber 14 g
Sugars 24 g
Protein 15 g

Nomad Bowl

calories 633
Total Fat 22 g
Saturated Fat 3 g
Monounsaturated Fat 7 g
Polyunsaturated Fat 4 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 39 mg
Potassium 1050 mg
Total Carbohydrate 87 g
Dietary Fiber 23 g
Sugars 11 g
Protein 27 g

Honey Dijon Chicken Panini

calories 589
Total Fat 17 g
Saturated Fat 8 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 2 g
Trans Fat 0 g
Cholesterol 206 mg
Sodium 790 mg
Potassium 566 mg
Total Carbohydrate 30 g
Dietary Fiber 1 g
Sugars 6 g
Protein 76 g

Goat Cheese Strawberry Panini

calories 716

Total Fat 12 g

Saturated Fat 6 g

Monounsaturated Fat 3 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 20 mg

Sodium 552 mg

Potassium 1868 mg

Total Carbohydrate 135 g

Dietary Fiber 22 g

Sugars 78 g

Protein 20 g

Cherry Almond Granola Bar

calories 255

Total Fat 9 g

Saturated Fat 1 g

Monounsaturated Fat 4 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 5 mg

Potassium 257 mg

Total Carbohydrate 43 g

Dietary Fiber 6 g

Sugars 24 g

Protein 6 g