



The Nutritional Details

		CALORIES	CARBS grams	FIBER grams	SUGAR grams	SODIUM mg.	PROTEIN grams	TOTAL FAT grams	SATURATE D FAT grams	TRANS FAT grams
Fan Favorites	4x8	<i>Milk, honey, peanut butter, yogurt, banana</i>	477	80	4	61	136	18	0	0
	Americas cup	<i>Strawberry juice, yogurt, banana, strawberries</i>	392	93	5	70	65	4	1	0
	Bench Press	<i>Milk, honey, peanut butter, yogurt, banana</i>	547	86	4	67	163	45	2	1
	Butterfly	<i>Strawberry juice, lemonade, raspberry sherbet, strawberries, raspberries</i>	276	66	4	53	171	2	1	1
	Coaches Choice	<i>Milk, yogurt, cappuccino</i>	505	85	0	66	212	20	7	7
	Freestyle	<i>Mango juice, pineapple sherbet, strawberries, peaches, mango</i>	334	81	3	69	30	3	1	1
	World Cup	<i>Milk, peanut butter, chocolate syrup, yogurt</i>	533	80	2	68	221	28	0	0
	Grand Slam	<i>Strawberry juice, orange, yogurt, banana, strawberries</i>	291	71	3	57	43	5	0	0
	Half Nelson	<i>Raspberry juice, orange sherbet, banana, strawberries</i>	350	85	3	69	29	2	2	1
	Scissor Kick	<i>Pineapple juice, strawberry juice, pineapple sherbet, strawberries, pineapple</i>	390	96	4	76	31	2	2	1
	Triple Crown	<i>Orange juice, yogurt, orange sherbet</i>	362	80	0	68	104	9	1	1
	Wipe Out	<i>Watermelon juice, orange sherbet, strawberries, peaches</i>	350	85	3	72	30	3	1	1

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Low Carb	The Good Life	Low carb strawberry kiwi juice, yogurt, strawberry protein, strawberries, banana	226	35	4	68	111	23	1	1	0
	Tropical Shred	Low carb strawberry kiwi juice, mango, pineapple, peaches, vanilla protein	273	42	3	46	90	24	1	1	0
Acai	Surfs Up	Apple juice, yogurt, acai, strawberries, banana, blueberries	345	70	7	53	64	3	6	2	0
	Rip Tide	Cranberry juice, yogurt, acai, raspberries, mango	369	71	7	57	90	6	6	2	0
	The Gnarly	Blueberry juice, yogurt, acai, lime sherbet, pineapple, peaches	423	89	6	75	72	4	7	2	0
Spinach	PB and Greens	Almond milk, peanut butter, spinach, banana, yogurt	467	73	5	50	335	16	3	0	0
Orange	Slalom	Pineapple juice, orange juice, orange sherbet, banana, strawberries	350	86	3	69	33	3	1	1	0
	Double Axle	Pineapple juice, orange juice, pineapple sherbet, banana, raspberries, strawberries, blackberries	335	83	8	64	26	4	1	0	0
	Slam Dunk	Pineapple juice, orange juice, pineapple sherbet, strawberries, blueberries	333	81	3	67	33	4	1	1	0
	Eagle	Cranberry juice, raspberry juice, orange, orange sherbet, banana, strawberries	355	86	3	70	32	3	1	1	0
	Marathon	Orange juice, banana, strawberries	298	76	5	57	20	3	1	0	0
on	Power Play	Watermelon juice, yogurt, raspberry sherbet, strawberries, raspberries	327	78	3	66	46	4	1	0	0

Watermelon	Single track	<i>Mango juice, watermelon juice, yogurt, raspberry sherbet, strawberries, raspberries, mango</i>	323	76	4	63	47	4	1	0	0
	Cross Cage	<i>Watermelon juice, orange sherbet, banana, strawberries</i>	349	85	3	69	29	2	2	1	0
			CALORIES	CARBS grams	FIBER grams	SUGAR grams	SODIUM mg.	PROTEIN grams	TOTAL FAT grams	SATURATE D FAT grams	TRANS FAT grams
	Wipe Out	<i>Watermelon juice, orange sherbet, strawberries, peaches</i>	350	85	3	72	30	3	1	1	0
Peach and Papaya	Hat Trick	<i>Papaya juice, coconut, orange sherbet, bananas, peaches</i>	384	88	4	72	29	2	5	3	0
	Triple Threat	<i>Papaya juice, raspberry sherbet, blueberries, blackberries</i>	357	86	6	71	30	2	2	1	0
	Right Hook	<i>Peach juice, yogurt, pineapple, peaches, blackberries</i>	332	77	4	68	65	6	1	0	0
	Round House	<i>Peach juice, orange sherbet, banana, peaches</i>	349	85	3	69	29	2	2	1	0
Pineapple	Off the Lip	<i>Pineapple juice, honey, coconut, banana, strawberries</i>	385	92	5	73	16	2	4	3	0
	Squeeze Play	<i>Pineapple juice, yogurt, pineapple sherbet, banana</i>	397	95	3	74	56	4	2	1	0
	Personal Best	<i>Pineapple juice, lime sherbet, yogurt, mango</i>	365	85	2	70	55	4	1	1	0
Apple	Knock Out	<i>Apple juice, yogurt, banana, strawberries</i>	310	72	3	58	64	5	1	0	0
	Tour De France	<i>Apple juice, yogurt, pineapple sherbet, banana, blueberries</i>	355	84	8	67	47	4	1	0	0
30	Cross trainer	<i>Mango juice, raspberry juice, yogurt, pineapple sherbet, strawberries, peaches, mango</i>	326	77	3	66	47	4	1	0	0

Mango	Freestyle	Mango juice, pineapple sherbet, strawberries, peaches, mango	334	81	3	69	30	3	1	1	0
			CALORIES	CARBS grams	FIBER grams	SUGAR grams	SODIUM mg.	PROTEIN grams	TOTAL FAT grams	SATURATED FAT grams	TRANS FAT grams
Lemonade	Homerun	Lemonade, orange sherbet, strawberries	259	62	2	50	225	2	1	1	0
	Butterfly	Lemonade and strawberry juice, raspberry sherbet, strawberries, raspberries	276	66	4	53	171	2	1	1	0
Raspberry	Jab Step	Raspberry juice, raspberry sherbet, pineapple, strawberries	377	92	3	78	30	2	2	1	0
	Touch Down	Raspberry juice, yogurt, banana, raspberries	381	89	8	67	64	5	1	0	0
	Sticky Wicket	Raspberry juice, lime sherbet, banana, strawberries, raspberries	350	85	5	67	29	2	2	1	0
	Finish Line	Raspberry juice, lime sherbet, banana, strawberries	350	85	3	69	29	2	2	1	0
Strawberry	Penalty Flag	Strawberry juice, raspberry sherbet, strawberries, peaches	345	50	4	72	28	3	2	1	0
	1080	Strawberry juice, peach juice, yogurt, strawberries, peaches, mangos	317	65	3	63	63	6	1	0	0
	Americas cup	Strawberry juice, yogurt, banana, strawberries	392	93	5	70	65	4	1	0	0
Cranberry	Slap Shot	Cranberry juice, yogurt, raspberry sherbet, strawberries, blueberries	323	75	4	65	48	4	1	0	0

*Amounts are approximate

*Variety may depend on location

