

# SMOOTHIES

## DAILY DETOX

Serving Size	1
Calories	180
Protein	7
Carbs	35
Fat	2
Sodium	20
Dietary Fiber	11

## HAPPY HEALING

Serving Size	1
Calories	555
Protein	15
Carbs	37
Fat	44
Sodium	46
Dietary Fiber	26

## ENERGIZER MONKEY

Serving Size	1
Calories	295
Protein	14
Carbs	34
Fat	18
Sodium	104
Dietary Fiber	6

## WORKOUT WARRIOR

Serving Size	1
Calories	235
Protein	29
Carbs	21
Fat	16
Sodium	180
Dietary Fiber	7

## BLISS BOOSTER

Serving Size	1
Calories	300
Protein	6
Carbs	51
Fat	3
Sodium	310
Dietary Fiber	12

## SUN SALUTATION

Serving Size	1
Calories	180
Protein	2
Carbs	28
Fat	.3
Sodium	
Dietary Fiber	4

## PINK PRANA

Serving Size	1
Calories	260
Protein	3.63
Carbs	50
Fat	.45
Sodium	248
Dietary Fiber	8.5