


**Nutritional Statement**

	Weight (g)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
<b>GrabbaBowls</b>												
Asian Peanut	207	280	16	2	0	0	460	21	7	9	2	13
Super Green	283	220	16	2	0	0	860	18	6	6	1	4
Carribbean	411	330	12	1.5	0	0	750	52	13	21	1	8
Southwest	281	280	12	3.5	0	15	920	35	10	11	5	12
Hummus	527	780	40	6	0	10	1220	88	14	10	0	23
Tokyo Ginger	304	310	22	2.5	0	0	1020	21	8	11	6	8
Mediterranean	260	270	20	3.5	0	15	1030	20	3	11	5	4
Fiesta	365	470	37	4	0	0	830	32	10	9	2	8
Thai Almond	257	220	13	2	0	0	350	16	6	7	2	11
Blueberry Lemon Feta	218	400	33	5	0	10	600	25	5	14	2	5
<b>Choose a base:</b>												
Quinoa	150	180	3	0	0	0	10	32	4	1	0	7
Brown Rice	150	240	1	0	0	0	0	57	4	0	0	4
Mixed Greens	227	50	0	0	0	0	250	8	4	4	0	5
Baby Kale	64	30	0.5	0	0	0	25	6	2	1	0	3
<b>Add a Protein:</b>												
Chicken	85	130	5	1.5	0	55	210	2	0	0	0	18
Salmon	85	180	11	2	0	55	50	0	0	0	0	19
Steak	85	160	6	2.5	0	80	55	0	0	0	0	28
Mindful Chik'n	85	140	4	0	0	0	420	6	6	0	0	19
<b>GrabbaWrap</b>												
Turkey Avocado	440	500	23	4.5	0	60	2210	40	8	7	1	29
Turkey Hummus	306	330	12	2.5	0	35	1110	37	3	6	1	21
Veggie Hummus	430	380	16	2	0	0	600	48	7	10	0	14
BBQ Chicken	487	500	13	2.5	0	55	1210	65	11	14	5	34
Salmon Tabbouleh	563	880	54	9	0	60	950	66	6	11	2	37
<b>Breakfast</b>												
Veggie Breakfast Wrap	325	360	12	1.5	0	0	680	53	7	10	0	13
Breakfast Bowl	469	620	35	10	0	690	1050	41	9	9	1	34
Breakfast Wrap	320	470	23	8	0	690	680	28	1	4	1	33
<b>Add a Protein:</b>												
Chicken	85	130	5	1.5	0	55	210	2	0	0	0	18
Steak	85	160	6	2.5	0	80	55	0	0	0	0	28
Mindful Chik'n	85	140	4	0	0	0	420	6	6	0	0	19

## Nutritional Statement

<b>Superfruit Bowls 24oz</b>												
Protein Punch - Whey	515	700	33	3	0	15	35	106	14	49	0	22
Protein Punch - Plant-Based	512	690	33	2.5	0	0	100	90	14	48	0	20
Power Acai	465	650	14	7	0	0	80	130	11	72	33	9
Vanilla Berry Chia	520	590	24	2	0	0	340	86	19	57	36	13
Pina Colada Chia	513	710	36	12	0	0	350	92	21	57	36	14
Very Berry	551	780	26	9	0	15	160	105	13	58	31	39
Fruit & Yogurt	593	490	2	0	0	15	100	93	6	57	28	30
Sunshine & Grains	598	660	15	8	0	0	65	128	15	54	11	12
<b>Smoothie</b>												
Sunshine Crunch (16oz)	581	400	6	3.5	0	0	40	86	7	60	24	6
Sunshine Crunch (24oz)	873	730	13	7	0	0	75	153	12	104	48	10
Sunshine Crunch (32oz)	1397	1300	24	15	0	0	135	269	22	179	95	18
Energy Elevator (16oz)	456	270	5	0.5	0	25	50	47	5	26	11	12
Energy Elevator (24oz)	695	380	7	1	0	30	70	68	7	38	13	16
Energy Elevator (32oz)	908	500	9	1	0	40	95	91	10	51	18	20
Fab and Fruity (16oz)	509	170	0	0	0	0	40	45	5	33	15	2
Fab and Fruity (24oz)	699	250	0	0	0	0	60	65	6	52	30	2
Fab and Fruity (32oz)	949	310	0.5	0	0	0	80	80	7	65	38	2
Feeling Fabulous (16oz)	531	230	8	4	0	0	70	42	4	33	30	2
Feeling Fabulous (24oz)	727	310	14	8	0	0	100	48	7	34	30	3
Feeling Fabulous (32oz)	995	400	18	10	0	0	135	62	9	44	39	5
Cocoa Crusher (16oz) Peanut	467	630	39	7	0	0	55	63	14	32	21	20
Cocoa Crusher (24oz) Peanut	714	960	52	10	0	0	90	112	20	60	41	27
Cocoa Crusher (32oz) Peanut	1024	1360	68	11.5	0	0	140	172	28	94	66	35
Cocoa Crusher (16oz) Almonds	457	580	35	4.5	0	0	55	61	14	31	21	16
Cocoa Crusher (24oz) Almonds	704	910	49	7	0	0	85	109	21	60	41	22
Cocoa Crusher (32oz) Almonds	1014	1310	65	12	0	0	135	170	29	93	66	31
Oxidation Elimination (16oz)	643	270	1.5	0	0	0	25	65	10	47	19	3
Oxidation Elimination (24oz)	795	330	2.5	0.5	0	0	30	80	10	61	33	4
Oxidation Elimination (32oz)	1093	470	4	1	0	0	40	112	13	85	48	5
Pina Protein (16oz)	457	290	5	4	0	30	70	54	3	42	30	12
Pina Protein (24oz)	786	550	9	7	0	30	90	113	7	90	60	14
Pina Protein (32oz)	1097	790	22	19	0	40	125	143	11	114	76	18
Power PB&J (16oz) - Almonds	515	550	31	3	0	25	30	57	10	39	23	21
Power PB&J (24oz) - Almonds	776	1000	61	5	0	30	40	95	19	59	30	37
Power PB&J (32oz) - Almonds	1029	1390	91	8	0	40	55	117	26	71	38	52
Power PB&J (16oz) - Peanuts	525	600	34	6	0	25	30	60	10	39	23	26
Power PB&J (24oz) - Peanuts	796	1100	67	11	0	30	45	99	18	60	30	46
Power PB&J (32oz) - Peanuts	1059	1550	101	16	0	40	60	123	24	72	38	65

**Nutritional Statement**

<b>Juice &amp; Beverages</b>												
Boost (16oz)	473	90	1	0	0	0	30	20	0	8	0	5
Cleanse (16oz)	473	90	0	0	0	0	220	19	0	19	0	4
Energy (16oz)	473	210	0	0	0	0	45	51	0	51	0	1
Immunity Support (16oz)	473	190	1.5	0	0	0	130	43	0	31	0	5
Nourish (16oz)	473	140	0	0	0	0	85	32	0	32	0	3
Power (16oz)	473	210	0	0	0	0	10	54	0	48	0	1
Wellness (16oz)	473	180	1	0	0	0	170	42	0	32	0	3
Just Celery (16oz)	576	90	1	0	0	0	460	17	9	8	0	4
Lemonade (16oz)	454	110	0	0	0	0	15	29	0	27	26	0
Lemonade (24oz)	680	160	0	0	0	0	25	43	0	41	40	0
Lemonade (32oz)	907	210	0	0	0	0	30	58	0	55	53	0
Strawberry Lemonade (16oz)	454	110	0	0	0	0	15	29	1	27	24	0
Strawberry Lemonade (24oz)	680	170	0	0	0	0	20	44	1	40	36	1
Strawberry Lemonade (32oz)	907	220	0	0	0	0	30	59	2	54	48	1
Iced Tea (16oz)	473	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (24oz)	709	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (32oz)	945	0	0	0	0	0	0	0	0	0	0	0
<b>Cold Brew Coffee (16 oz)</b>												
Cold Brew	460	30	0	0	0	0	10	9	0	8	8	0
Oat Milk Brew	460	60	1.5	0	0	0	35	13	1	9	9	1
Super Brew	462	70	1.5	0	0	0	30	15	1	9	9	1
<b>Kids</b>												
Banana Berry Smoothie (12oz)	323	110	1	0	0	0	20	26	3	17	8	1
PB & Chocolate Smoothie (12oz)	550	610	39	6	0	0	55	58	11	29	10	21
PB & Jelly Roll	114	420	22	2.5	0	0	210	48	4	21	19	14
PB & Banana Roll	190	490	22	2.5	0	0	360	57	5	10	0	20
Turkey Roll	156	310	17	6	0	70	1240	17	0	2	2	22
<b>Housemade Sauces (2 oz)</b>												
Chili-Mango	57	50	2.5	0	0	0	160	6	0	3	0	1
Chimichurri	57	220	22	2	0	0	550	4	1	2	2	1
Creamy Avocado	57	100	10	1	0	0	310	4	1	1	1	1
Lemon Vinaigrette	57	220	23	3	0	0	270	5	0	3	2	0
Mediterranean Pomegranate	57	170	13	2	0	5	670	13	0	10	5	1
Miso Ginger	57	160	14	1.5	0	0	980	8	0	6	6	1
Ranch	57	170	17	2.5	0	15	210	1	0	1	0	2
Spicy Peanut	57	100	7	1.5	0	0	330	6	1	3	2	4
Southwest BBQ	57	45	0	0	0	0	630	9	1	6	5	3
<b>Ingredients</b>												
Almonds	9	50	4.5	0	0	0	0	2	1	0	0	2
Avocado	37	60	5	1	0	0	0	3	2	0	0	1
Black Beans	65	60	0	0	0	0	190	11	5	1	0	4
Blueberries	74	40	0	0	0	0	0	11	2	7	0	1
Broccoli	52	15	0	0	0	0	15	3	2	1	0	2
Carrots	32	15	0	0	0	0	20	3	1	2	0	0
Corn	41	40	0.5	0	0	0	0	9	1	1	0	1
Cucumber	35	5	0	0	0	0	0	1	0	1	0	0
Cheddar-Jack	14	60	4	2.5	0	15	85	1	0	0	0	3
Cheddar Cheese (Plant Based)	14	45	3	1	0	0	125	4	1	0	0	1
Chick Peas	60	50	1	0	0	0	170	8	3	0	0	10

## Nutritional Statement

Edamame	30	30	1.5	0	0	0	0	2	1	1	0	3
Feta	14	35	3	2	0	15	130	1	0	1	0	2
Green Onion	24	10	0	0	0	0	0	2	1	1	0	0
Hummus	42	90	7	0.5	0	0	170	6	0	1	0	3
Kalamata Olives	36	100	10	0	0	0	580	2	0	0	0	0
Kale	4	0	0	0	0	0	0	0	0	0	0	0
Peanuts	9	50	4.5	0.5	0	0	0	2	1	0	0	2
Pineapple	41	20	0	0	0	0	0	5	1	4	0	0
Pickled Red Onion	9	5	0	0	0	0	10	1	0	1	0	0
Roasted Mushrooms	75	90	8	1	0	0	45	3	0	1	0	2
Red Onion	64	25	0	0	0	0	0	6	1	3	0	1
Red Pepper	19	5	0	0	0	0	0	1	0	1	0	0
Spicy Chili Rub	19	0	0	0	0	0	0	0	0	0	0	0
Spinach	58	15	0	0	0	0	45	2	1	0	0	2
Strawberries	38	10	0	0	0	0	0	3	1	2	0	0
Sweet Potato	50	45	0	0	0	0	30	10	2	2	0	1
Tomato	60	10	0	0	0	0	0	2	1	2	0	1
<b>Supplements</b>												
Whey Protein	15	60	1	0	0	30	30	1	0	1	0	12
Plant-Based Protein	17	70	1	0	0	0	240	1	0	0	0	13
Meal Replacement	25	90	0	0	0	5	40	2	1	0	0	21
Energy	5	15	0	0	0	0	0	5	0	0	0	0
Immunity	5	20	0	0	0	0	0	5	0	1	0	0
Fat Burner	5	20	0	0	0	0	0	5	0	0	0	0
<b>Add-ins</b>												
Chia Seeds	13	70	5	0	0	0	0	4	4	0	0	2
Cinnamon	2.5	5	0	0	0	0	0	2	1	0	0	0
Cocoa	5	10	0.5	0	0	0	0	3	2	0	0	1
Flax	7	35	2.5	0	0	0	0	2	2	0	0	2
Gluten-Free Granola	75	320	13	8	0	0	120	45	5	13	0	8
Honey	63	190	0	0	0	0	0	52	0	52	52	0
Mixed Greens	28	10	0	0	0	0	30	2	1	0	0	1
Mixed Berries	261	120	0	0	0	0	0	31	7	21	0	2
<b>Shots</b>												
Ginger (2oz)	57	45	0	0	0	0	5	10	1	1	0	1
Turmeric (2oz)	57	25	1	0	0	0	0	4	1	0	0	1

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information Grabbagreen® has provided is based on standard product formulations.

Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

All trademarks are the property of their respective owners.