

NUTRITIONAL FACTS

M/W/F/Su	Calories	Fat	Carbs	Protein	Fiber
Avocado Power Smoothie	306	13.9	48.3	4.8	10
1 apple and 1/3 cup walnuts	186	7.1	31.8	2.3	6.4
Crunchy Salad Mix	188	1	41.6	10.3	14.2
Creamy Avocado Dressing	52	4.9	2.3	0.5	1.7
Chocolate Chia Pudding	487	20.7	64	13.2	25.9
Raw Beet Detox Soup	156	10.2	16.6	3.1	6.1
Celery Apple Salad	1284	122.2	44.5	17.9	13
Totals	2659	180	249.1	52.1	77.3

T/TH/Sa	Calories	Fat	Carbs	Protein	Fiber
Detoxifying Beet Smoothie	304	1.2	73.2	4.4	14.8
1 orange and 1/3 cup almonds	263	15.8	25.8	7.7	7
Mild Salad Mix	42	0.6	7.6	3.8	3.4
Lemon Basil Dressing	118	12.7	2.4	0.1	0.1
Chocolate Avocado Smoothie	580	26.2	81.6	9.7	20.8
Collard Wraps	409	27.3	42.8	8.9	19.2
Totals	1716	83.8	233.4	34.6	65.3

