

NUTRITIONAL FACTS

M/W/F/Su	Calories	Fat	Carbs	Protein	Fiber
Avocado Power Smoothie	306	13.9	48.3	4.8	10
1 orange and 1 banana	192	.6	48.6	3	7.5
Crunchy Salad Mix	188	1	41.6	10.3	14.2
Creamy Avocado Dressing	52	4.9	2.3	0.5	1.7
Raw Apple Sauce	163	.5	43.3	1	6.7
Raw Beet Detox Soup	156	10.2	16.6	3.1	6.1
Bean Sprout Salad	291	2	58	18.9	6.5
Totals	1348	33.1	258.7	41.6	52.7

T/TH/Sa	Calories	Fat	Carbs	Protein	Fiber
Detoxifying Beet Smoothie	304	1.2	73.2	4.4	14.8
1 apple and 1 banana	221	.8	57.8	1.9	8.5
Mild Salad Mix	42	0.6	7.6	3.8	3.4
Lemon Basil Dressing	118	12.7	2.4	0.1	0.1
Raw Guac and Carrots	434	39.3	23.3	4.7	14.3
Collard Wraps	409	27.3	42.8	8.9	19.2
Totals	1528	81.9	207.1	23.8	60.3

