

# NUTRITIONAL FACTS

M/W/F/Su	Calories	Fat	Carbs	Protein	Fiber
Superfood Green Smoothie	572	9.9	120.2	16.3	22.6
1 orange and 1/3 cup almonds	270	16.1	28.4	8.4	8.4
Spinach, Chickpea, & Quinoa Salad	747	52.6	61.1	15.7	16.6
Banana Chips	532	2	136.9	6.5	15.4
Fat Flush Soup	181	3	31	9	8
<b>Totals</b>	<b>2302</b>	<b>83.6</b>	<b>377.6</b>	<b>55.9</b>	<b>71</b>

T/TH/Sa	Calories	Fat	Carbs	Protein	Fiber
Pineapple Paradise Smoothie	588	39.8	62.8	7.3	19.4
1 apple and 1/3 cup walnuts	374	25	34.9	10.6	8.2
Kale & Quinoa Salad	447	8.6	76.9	18.5	14.3
Mango Fruit Roll-up	99	0.6	24.7	1.4	2.6
Vegan Jambalaya	516	15.9	91	10.6	8
<b>Totals</b>	<b>2024</b>	<b>89.9</b>	<b>290.3</b>	<b>48.4</b>	<b>52.5</b>

