

# Planet Smoothie® Nutritional Information

Planet Smoothie®	Weight		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>Planet Favorites</b>													
Bubble Trouble Boba 20oz	651	g	270	0.0	0.0	0.0	0	15	76	3	53	21	1
Bubble Trouble Boba 32oz	969	g	340	0.0	0.0	0.0	0	25	98	4	69	28	1
Bubble Trouble Boba 44oz	1245	g	440	0.5	0.0	0.0	0	25	128	6	95	42	2
Captain Kid 20oz	619	g	330	1.0	1.0	0.0	5	30	81	3	71	62	0
Captain Kid 32oz	863	g	460	1.5	1.0	0.0	5	40	112	4	98	85	0
Captain Kid 44oz	1268	g	660	2.5	1.5	0.0	10	60	162	6	141	123	0
Lunar Lemonade 20oz	593	g	160	0.0	0.0	0.0	0	10	53	3	33	14	1
Lunar Lemonade 32oz	807	g	240	0.0	0.0	0.0	0	15	77	5	49	21	2
Lunar Lemonade 44oz	1185	g	320	0.5	0.0	0.0	0	25	106	7	67	28	2
PBJ 20oz	602	g	600	24.0	3.0	0.0	0	240	87	13	51	28	17
PBJ 32oz	824	g	840	32.0	4.0	0.0	0	340	127	18	75	42	24
PBJ 44oz	1205	g	1190	49.0	6.0	0.0	0	480	175	25	103	56	35
Strawberry Colada 20oz	566	g	260	4.0	3.5	0.0	0	65	65	4	45	25	2
Strawberry Colada 32oz	954	g	370	6.0	5.0	0.0	0	100	89	6	62	34	3
Strawberry Colada 44oz	1131	g	530	8.0	7.0	0.0	0	130	131	8	91	50	4
The Last Mango 20oz	733	g	260	2.0	1.0	0.0	5	30	73	4	53	20	2
The Last Mango 32oz	1022	g	400	2.5	1.0	0.0	5	45	110	6	78	29	3
The Last Mango 44oz	1466	g	530	3.5	1.5	0.0	10	60	146	8	106	39	5
Twig & Berries 20oz	605	g	290	0.0	0.0	0.0	0	70	74	8	48	28	4
Twig & Berries 32oz	835	g	420	0.0	0.0	0.0	0	105	109	12	70	42	6
Twig & Berries 44oz	1210	g	580	0.0	0.0	0.0	0	140	149	17	95	56	8
Vinnie Del Rocco 20oz	633	g	310	2.0	1.0	0.0	5	30	76	6	64	51	1
Vinnie Del Rocco 32oz	812	g	400	2.5	1.0	0.0	5	40	97	6	82	68	1
Vinnie Del Rocco 44oz	1265	g	630	4.0	1.5	0.0	10	60	152	12	127	102	1
<b>Bowls</b>													
Berry Brazilian Acai	455	g	610	8.0	0.5	0.0	0	135	133	7	86	20	2
Berry Brazilian Dragon Fruit	455	g	490	2.0	0.5	0.0	0	15	115	7	71	20	5
Dark & Dreamy Acai	488	g	850	26.0	12.0	0.0	0	150	155	12	103	37	6
Dark & Dreamy Dragon Fruit	488	g	730	20.0	12.0	0.0	0	25	137	12	88	37	9
PB & The Bee Acai	479	g	820	24.0	2.5	0.0	0	230	146	10	90	20	11
PB & The Bee Dragon Fruit	479	g	700	18.0	2.5	0.0	0	115	128	10	75	20	14
<b>Blasts*</b>													
Collagen Peptides	10	g	35	0.0	0.0	0.0	0	0	0	0	0	0	9
Energy	5	g	15	0.0	0.0	0.0	0	0	5	0	0	0	0
Fat Burner	5	g	20	0.0	0.0	0.0	0	0	5	0	0	0	0
Immunity	5	g	10	0.0	0.0	0.0	0	60	3	0	0	0	0
Meal Replacement Protein	25	g	90	0.0	0.0	0.0	2.5	41	2	1	0	0	21
Multivitamin	5	g	15	0.0	0.0	0.0	0	0	3	0	0	0	0
Plant-Based Protein	17	g	70	1.0	0.0	0.0	0	240	1	0	0	0	13
Probiotic	5	g	20	0.0	0.0	0.0	0	0	5	0	0	0	0
Whey Protein	15	g	60	1.0	0.0	0.0	30	30	1	0	1	0	12

# Planet Smoothie® Nutritional Information

Planet Smoothie®	Weight		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>Energy</b>													
Chocolate Elvis 20oz	600	g	380	16.0	2.0	0.0	0	200	74	11	21	0	14
Chocolate Elvis 32oz	838	g	570	25.0	3.0	0.0	0	290	109	17	31	0	20
Chocolate Elvis 44oz	1196	g	750	33.0	4.0	0.0	0	390	143	22	41	0	27
Java the Nut 20oz	597	g	380	16.0	2.0	0.0	0	200	71	11	21	0	14
Java the Nut 32oz	836	g	570	25.0	3.0	0.0	0	290	106	17	31	0	21
Java the Nut 44oz	1195	g	750	33.0	4.0	0.0	0	390	141	22	41	0	28
Mango Passion 20oz	716	g	440	2.0	0.0	0.0	0	20	112	5	77	53	2
Mango Passion 32oz	971	g	620	3.0	0.0	0.0	0	30	157	7	109	77	3
Mango Passion 44oz	1427	g	860	4.0	0.0	0.0	0	40	218	10	155	107	5
Road Runner 20oz	657	g	260	1.0	0.0	0.0	0	15	73	7	49	35	1
Road Runner 32oz	921	g	370	1.5	0.0	0.0	0	25	104	10	72	49	2
Road Runner 44oz	1309	g	500	2.0	0.0	0.0	0	35	141	14	99	70	2
Shag-A-Delic 20oz	670	g	350	1.0	0.0	0.0	0	105	85	11	51	21	6
Shag-A-Delic 32oz	888	g	470	1.0	0.0	0.0	0	150	116	15	69	28	9
Shag-A-Delic 44oz	1335	g	680	2.0	0.0	0.0	0	210	166	21	102	42	13
<b>Superfood</b>													
Amazon Kick 20oz	653	g	280	1.5	0.0	0.0	0	30	84	6	48	21	1
Amazon Kick 32oz	916	g	420	3.0	0.0	0.0	0	55	126	8	72	28	1
Amazon Kick 44oz	1307	g	560	3.5	0.0	0.0	0	65	167	11	97	42	2
Dragon Fruit Lemon Splash 20oz	607	g	200	0.0	0.0	0.0	0	10	66	2	44	21	1
Dragon Fruit Lemon Splash 32oz	858	g	310	0.0	0.0	0.0	0	15	101	3	66	28	1
Dragon Fruit Lemon Splash 44oz	1214	g	400	0.0	0.0	0.0	0	20	133	4	89	42	2
Fiji Island Breeze 20oz	740	g	240	1.0	0.0	0.0	0	110	66	4	42	12	3
Fiji Island Breeze 32oz	1137	g	360	1.5	0.0	0.0	0	210	96	5	61	16	6
Fiji Island Breeze 44oz	1480	g	490	2.0	0.0	0.0	0	220	131	7	85	25	7
Mountain Man Crunch 20oz	605	g	520	26.0	3.0	0.0	0	260	78	12	27	6	17
Mountain Man Crunch 32oz	924	g	730	35.0	4.5	0.0	0	360	115	17	41	10	24
Mountain Man Crunch 44oz	1226	g	1040	53.0	6.0	0.0	0	520	159	24	55	13	35
PB Dragon Fruit Riptide 20oz	624	g	530	20.0	2.0	0.0	0	140	96	13	34	14	15
PB Dragon Fruit Riptide 32oz	964	g	770	28.0	3.0	0.0	0	220	146	18	57	21	21
PB Dragon Fruit Riptide 44oz	1290	g	930	36.0	4.0	0.0	0	290	172	21	67	28	26
Rio Berry Bliss 20oz	598	g	290	1.5	0.0	0.0	0	35	78	5	57	32	1
Rio Berry Bliss 32oz	860	g	450	2.5	0.0	0.0	0	60	120	8	86	44	1
Rio Berry Bliss 44oz	1196	g	580	3.0	0.0	0.0	0	70	156	10	114	63	1

# Planet Smoothie® Nutritional Information

Planet Smoothie®	Weight		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>Protein</b>													
Big Bang 20oz	530	g	290	1.0	0.0	0.0	30	40	63	4	43	28	13
Big Bang 32oz	815	g	390	1.5	0.0	0.0	30	45	92	5	62	42	13
Big Bang 44oz	1044	g	520	1.5	0.0	0.0	30	50	126	8	84	56	14
Chocolate Chimp 20oz	506	g	230	1.5	0.0	0.0	30	40	60	5	27	9	14
Chocolate Chimp 32oz	713	g	340	2.0	0.0	0.0	30	45	94	8	41	11	15
Chocolate Chimp 44oz	996	g	410	2.0	0.0	0.0	30	55	119	10	53	17	15
Get Up & Glow 20oz	611	g	420	17.0	2.5	0.0	0	180	73	12	20	1	22
Get Up & Glow 32oz	952	g	620	26.0	3.5	0.0	0	270	109	17	30	2	28
Get Up & Glow 44oz	1211	g	810	35.0	4.5	0.0	0	360	146	23	39	2	35
Lean Green Extreme 20oz	733	g	270	1.5	0.0	0.0	0	300	59	4	39	0	15
Lean Green Extreme 32oz	937	g	360	2.0	0.0	0.0	0	350	88	6	55	0	17
Lean Green Extreme 44oz	1232	g	460	2.0	0.0	0.0	0	360	122	9	75	0	18
Mr Mongo 20oz	569	g	370	1.5	0.0	0.0	30	120	78	8	51	28	17
Mr Mongo 32oz	775	g	520	1.5	0.0	0.0	30	170	113	12	74	42	20
Mr Mongo 44oz	1124	g	690	1.5	0.0	0.0	30	210	155	17	101	56	23
Peanut Butter Power Up 20oz	665	g	570	28.0	3.0	0.0	0	220	89	16	19	0	20
Peanut Butter Power Up 32oz	898	g	750	37.0	4.0	0.0	0	310	121	21	28	0	26
Peanut Butter Power Up 44oz	1298	g	1020	53.0	6.0	0.0	0	450	157	27	38	0	36
<b>Meal Replacement</b>													
All Shook Up 20oz	603	g	470	16.0	2.0	0.0	5	180	57	9	18	0	43
All Shook Up 32oz	829	g	640	25.0	3.0	0.0	5	250	85	13	25	0	56
All Shook Up 44oz	1110	g	780	33.0	4.0	0.0	5	300	112	17	31	0	61
Cookie Crusher 20oz	562	g	490	10.0	3.0	0.0	5	320	81	9	29	22	39
Cookie Crusher 32oz	773	g	690	15.0	4.5	0.0	5	470	121	12	43	33	50
Cookie Crusher 44oz	1094	g	860	20.0	6.0	0.0	5	600	160	16	57	44	53
PB Blues 20oz	604	g	430	17.0	2.0	0.0	5	180	45	8	15	0	43
PB Blues 32oz	828	g	610	25.0	3.0	0.0	5	250	68	12	24	0	56
PB Blues 44oz	1153	g	780	34.0	4.0	0.0	5	300	98	17	36	0	60
Peanut Butter Punch 20oz	599	g	460	16.0	2.0	0.0	5	180	55	8	18	0	43
Peanut Butter Punch 32oz	824	g	630	25.0	3.0	0.0	5	250	82	11	25	0	56
Peanut Butter Punch 44oz	1103	g	770	33.0	4.0	0.0	5	300	108	14	31	0	61
Strawberry Super Squeeze 20oz	524	g	340	0.0	0.0	0.0	5	75	60	5	39	28	34
Strawberry Super Squeeze 32oz	740	g	490	0.0	0.0	0.0	5	95	95	7	61	42	43
Strawberry Super Squeeze 44oz	928	g	560	0.0	0.0	0.0	5	100	117	8	78	56	43
<b>Kids Smoothies</b>													
Berry Strawberry 12oz	360	g	150	0.0	0.0	0.0	0	5	42	2	33	28	0
Captain Kid 12oz	366	g	170	0.5	0.0	0.0	0	15	41	2	35	31	0
Cosmic Cocoa 12oz	339	g	180	8.0	1.0	0.0	100	35	6	10	10	0	7
Little Lunar 12oz	402	g	120	0.0	0.0	0.0	0	10	36	2	26	14	1
Twiggy 12oz	361	g	190	0.0	0.0	0.0	0	35	49	5	34	21	2

# Planet Smoothie® Nutritional Information

Planet Smoothie®	Weight		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>Add-Ins</b>													
Acai (2oz)	51	g	70	1.0	0.0	0.0	0	20	15	1	10	0	0
Banana (3" piece)	47	g	40	0.0	0.0	0.0	0	0	11	1	6	0	1
Blueberry (2oz)	66	g	35	0.0	0.0	0.0	0	0	8	2	6	0	0
Chia Seeds (2 tsp)	7	g	35	2.0	0.0	0.0	0	0	3	2	0	0	1
Cocoa (1 tsp)	2	g	5	0.0	0.0	0.0	0	0	1	1	0	0	0
Coconut (2 Tbsp)	15	g	70	4.0	3.5	0.0	0	30	8	2	5	4	0
Coconut Water (2oz)	60	g	10	0.0	0.0	0.0	0	10	3	0	2	0	0
Coffee (1 tsp)	1	g	5	0.0	0.0	0.0	0	0	1	0	0	0	0
Dark Chocolate (2 Tbsp)	28	g	150	9.0	6.0	0.0	5	0	16	0	13	0	1
Dragon Fruit (2oz)	51	g	50	0.0	0.0	0.0	0	0	12	1	7	0	1
Frozen Yogurt (2oz)	36	g	40	0.0	0.0	0.0	0	30	10	2	3	0	2
Granola (2 Tbsp)	15	g	60	2.0	0.0	0.0	0	10	9	1	2	2	1
Honey (1 tsp)	7	g	20	0.0	0.0	0.0	0	0	6	0	6	6	0
Leafy Greens (1 oz)	28	g	5	0.0	0.0	0.0	0	45	1	0	0	0	1
Lean Leaf Sweetener (1oz)	34	g	0	0.0	0.0	0.0	0	0	8	0	0	0	0
Lemon Juice (1oz)	28	g	0	0.0	0.0	0.0	0	0	0	0	4	0	0
Mango (2oz)	35	g	20	0.0	0.0	0.0	0	0	5	1	5	0	0
Mango Boba (2oz)	43	g	70	0.0	0.0	0.0	0	0	18	0	11	0	0
Nonfat Milk (1 Tbsp)	5	g	15	0.0	0.0	0.0	0	25	2	0	2	0	2
Nutella (1oz)	28	g	150	9.0	3.0	0.0	0	10	17	0	16	0	2
Oatmilk (2oz)	60	g	10	1.0	0.0	0.0	0	25	1	0	0	0	0
Orange Juice (2oz)	28	g	15	0.0	0.0	0.0	0	5	3	0	3	0	0
Orange Sherbet (2oz)	43	g	50	0.5	0.0	0.0	0	10	12	0	11	10	0
OREO® Cookies (1/4 cup)	27	g	130	5.0	1.5	0.0	0	90	20	1	11	11	1
Passion Fruit Puree (2oz)	71	g	120	0.5	0.0	0.0	0	5	25	1	17	16	1
Peach (2oz)	70	g	25	0.0	0.0	0.0	0	0	7	1	5	0	1
Peanut Butter (2 Tbsp)	32	g	190	16.0	2.0	0.0	0	100	7	3	1	0	8
Pineapple (2oz)	62	g	35	0.0	0.0	0.0	0	0	10	0	9	0	0
Raspberry (2oz)	53	g	60	0.0	0.0	0.0	0	0	15	3	12	11	0
Strawberry (2oz)	70	g	80	0.0	0.0	0.0	0	0	19	1	17	14	0
Strawberry, NSA (2oz)	84	g	30	0.0	0.0	0.0	0	0	8	2	4	0	0
Vanilla (1 tsp)	5	g	10	0.0	0.0	0.0	0	0	0	0	0	0	0
Whey Protein Crisps (2 Tbsp)	10	g	40	0.0	0.0	0.0	5	20	2	0	0	0	7
Whole Grain Oats (1/4 cup)	24	g	100	2.0	0.0	0.0	0	0	17	2	0	0	3

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 Planet Smoothie® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation 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, custom orders, self-service orders and regional menu variations.

\*These supplements have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cure, any disease but rather serve as a dietary supplement intended only for nutritional support to a well balanced diet of food. Please consult your physician before starting any supplement program, especially if you are pregnant, nursing or taking medication. These products are not recommended for children.

All trademarks are property of their respective owners.