



Tropical Smoothie Nutrition Guide



(Baby) Spinach
 (1/3 cup, 85g)
 Protein: 2g
 Fiber: 3g
 Calories: 20
 Vitamin A: 120%
 Vitamin C: 30%



(Baby) Kale Yeah!
 (1 1/2 cups, 84g)
 Protein: 2g
 Fiber: 2g
 Calories: 30
 Vitamin A: 100%
 Vitamin C: 50%



(Baby) Chard
 (1 cup, 89g)
 Protein: 2g
 Fiber: 2g
 Calories: 20
 Vitamin A: 100%
 Vitamin C: 25%



(Baby) Collard Greens
 (1/2 cup, 118g)
 Protein: 2g
 Fiber: 2g
 Calories: 35
 Vitamin A: 100%
 Vitamin C: 20%



Choose 1-2 Organic Items from each shelf to make a healthy and delicious Tropical Smoothie!

Blackberries
 (1 cup, 140g)
 Protein: 1g
 Fiber: 7g
 Calories: 80
 Sugar: 15g



Big ol' Apple
 (Whole, 242g)
 Protein: 1g
 Fiber: 5g
 Calories: 130
 Sugar: 25g



Blueberries
 (1 cup, 140g)
 Protein: 1g
 Fiber: 4g
 Calories: 70
 Sugar: 12g



Raspberries
 (1 1/4 cup, 140g)
 Protein: 1g
 Fiber: 2g
 Calories: 60
 Sugar: 6g



Strawberries
 (8 of 'em, 147g)
 Protein: 1g
 Fiber: 2g
 Calories: 50
 Sugar: 6g



Did You Know?

Cholesterol is only found in **animal foods** such as meat, dairy, eggs, fish, and seafood. An imbalance of "bad" **cholesterol** can clog up your arteries with plaque and cause complications in the future. Animal foods are also the main source of "bad" **saturated fats** which can raise the level of cholesterol in your blood. Over-consumption of animal and processed foods can lead to preventable diseases later in life. On the other hand, **Fiber** is only found in **plant foods**. **Fiber** helps lower "bad" cholesterol, stabilize blood sugar, and remove harmful toxins from your body. Eating more whole foods from plant sources contributes to a *better well being*.

Mango
 (Whole, 207g)
 Protein: 1g
 Fiber: 3g
 Calories: 90
 Sugar: 21g



Banana
 (Whole, 126g)
 Protein: 1g
 Fiber: 3g
 Calories: 110
 Sugar: 19g



Just Peachy
 (Whole, 147g)
 Protein: 1g
 Fiber: 2g
 Calories: 60
 Sugar: 13g



High Powered Blender
 1.) Liquefies whole foods to water-like consistency for easier drinking
 2.) Breaks down plant cell walls for better bioavailability (nutrient absorption)



Pineapple
 (2 slices, 112g)
 Protein: 1g
 Fiber: 1g
 Calories: 50
 Sugar: 10g



Orange
 (Whole, 154g)
 Protein: 1g
 Fiber: 3g
 Calories: 80
 Sugar: 14g



Lemon
 (Whole, 58g)
 Protein: 0g
 Fiber: 2g
 Calories: 15
 Sugar: 2g



Lime Time!
 (Whole, 67g)
 Protein: 0g
 Fiber: 2g
 Calories: 20
 Sugar: 0g



Go Tropical Smoothies! Use more fruits for better flavor, sweetness, and deliciousness

Go Green Smoothies! Use more greens to maximize vitamins, minerals, and nutrition



VS



The Passion Philosophy



"Sometimes your inner fire goes out and you need someone else to rekindle the passion in your life. This can only be done if their inner spirit has been ignited and they are fully engaged themselves."

—Lance McGowan

How Can I Serve You Better?
 Check out my other Guides on...

- Protein
- Omegas
- Superfood Drinks
- Trace Minerals
- Smoothie Supplements

How would improving your health and accomplishing your goals make you feel?

Learn more at www.TropicalSmoothieGuy.com