

Nutritional Smoothie Guide



Nutritional Lifestyle Centers™

Smoothie King® nutritional smoothies are a refreshing, custom-made meal alternative that tastes great and is good for you!



Thank you very much for your business!



Home of the Muscle Punch®
Be good to yourself.™
www.smoothieking.com

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Be good to yourself.®

Why Smoothie King®?

A Smoothie King® nutritional smoothie is the most delicious drink available on the market. Cool, thick and creamy — Smoothie King® smoothies are custom-blended with all natural ingredients, including real fruit and juices, making them a nutritious and convenient alternative to fast food. And they're available in over 70 choices to suit a wide variety of nutritional needs.



Whether your goal is to maintain your weight, trim down, build up or just find a snack that's good for you, Smoothie King® has a smoothie for you. Smoothie King® also offers a little something extra for your smoothie, from extra fruit to our proprietary enhancers.

What's in my Smoothie King® nutritional smoothie?

The enclosed nutritional chart is a complete smoothie analysis for 20oz smoothies. Refer to the chart if you are regulating your intake of fats, calories or other substances.

Smoothie King® hopes that this information will help you make the right choice for healthier eating.

History of Smoothie King®

Stephen Kuhnau created the Smoothie King® smoothie (the original nutritional smoothie!) in the late 1960s. He suffered from food allergies and low blood sugar and began mixing real fruit, various nutrients and proteins in a blender at his home to combat his illness. His health improved so dramatically that he became a true believer in health and nutrition.



Stephen opened his first health food store in 1973 and began selling vitamins and the same original delicious, nutritious smoothies you enjoy at Smoothie King® today.

In 1989, Stephen and his partner Cindy sold their first Smoothie King® franchise with the vision of educating the public about health and nutrition.

Smoothie King®

Mission:

Relentlessly influence more and more people to achieve a healthier lifestyle with our vision of becoming the healthy alternative to unhealthy food choices by providing a consistent, outstanding guest experience, great-tasting nutritional smoothies, and the highest-quality nutritional products in a healthy environment.



Established
1973

www.smoothieking.com



FIND YOUR FAVORITE SMOOTHIE KING® SMOOTHIE ON THE CHART, AND CRUNCH THE NUMBERS YOURSELF.

Your Smoothie King® nutritional smoothie is custom-made with the finest natural ingredients available: tasty fruits and fruit juices, natural proteins and essential vitamins.

This nutritional chart is a complete smoothie analysis for 20oz. smoothies. To calculate the nutritional information for 32oz. smoothies, multiply by 1.5, and to calculate the nutritional information for 40oz. smoothies, multiply by 2 (with the exception of the Gladiator® where the protein remains the same for all three sizes). Refer to the chart if you are regulating your intake of fats, calories or other substances. Smoothie King® hopes that this information will help you make the right choice for healthier eating.

- 1 The Hulk™ smoothies contain pecans from butter pecan ice cream.
 - 2 Immune Builder® smoothie contains Echinacea. NOT RECOMMENDED FOR INDIVIDUALS WITH AUTO-IMMUNE CONDITIONS. IF YOU ARE PREGNANT OR NURSING, CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE USING THIS PRODUCT.
 - 3 Peanut Power® & Peanut Power Plus™ smoothies contain peanut butter.
 - 4 High Protein smoothies contain almonds.
 - 5 Nutritional information will vary depending on the fruits/juices you choose.
 - 6 Nutritional information will vary depending on the flavor you choose.
- * These smoothies contain a smaller amount of Turbinado and you save 50 calories and 11.5g carbs.

Some Smoothie King® nutritional smoothies are not listed on our menu board — ask your team member for availability.



Please note that many of our nutritional smoothies are sweetened with turbinado and honey. Please let us know if you choose to leave out the turbinado. By "making it skinny" and leaving out the turbinado, you will save 100 calories and 23g of carbs. Smoothies marked with *contain a smaller amount of Turbinado and you save 50 calories and 11.5g of carbs.

If you have food allergies, please let us know so that we may take extra precautions when making your smoothie.

Nutritional information is calculated based upon correct portioning of Smoothie King's standard recipes. Because our smoothies may be customized, exact information may vary. For any additional information, please call 1-800-577-4200.



Nutritional Lifestyle Centers™
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Enhance your Smoothie King® nutritional smoothie with one of our smoothie enhancers.

	Calories with Turbinado (without Turbinado)	Calories from Fat	Fat [g]	Saturated Fat [g]	Cholesterol [mg]	Sodium [mg]	Carbohydrates [g] (with Turbinado) (without Turbinado)	Fiber [g]	Sugar [g] (with Turbinado) (without Turbinado)	Protein [g]
STAY HEALTHY										
Blueberry Heaven®	340	10	1	0	11	304	73	2	64	10
Hearty Apple®	405	8	1	0	16	271	86	2	75	9
Immune Builder® ²	380 (280)	8	1	0	0	57	89 (66)	6	77 (54)	5
Mangosteen Madness™	383 (283)	0	0	0	0	30	94 (71)	2	92 (69)	1
Orange Ka-BAM®	465 (365)	0	0	0	0	190	117 (94)	3	108 (85)	1
Organic Apple Acai	353	44	5	1	0	64	74	4	58	3
Pomegranate Punch™*	396 (371)	0	0	0	0	1	95 (89)	1	93 (87)	0
Yerba Mate - Mango™	309	1	0	0	0	16	76	1	76	1
Yerba Mate - Mixed Berry™*	348 (298)	0	0	0	0	22	84	3	81 (69)	2
Yerba Mate - Pomegranate™	309	0	0	0	0	13	74	2	73	1

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GET ENERGY										
Acai Adventure®*	456 (406)	44	5	1	6	181	92 (80)	4	75 (64)	10
Coffee - Caramel	340 (240)	9	1	0	13	236	66 (43)	0	56 (33)	14
Coffee - Mocha	260 (160)	17	2	0	18	226	43 (20)	1	36 (13)	17
Coffee - Vanilla	347 (247)	5	1	0	8	236	69 (46)	0	65 (42)	14
Green Tea Tango® ⁵ varies w/fruit choice	262	24	3	2	10	79	46 (23)	2	38 (15)	10
Instant Vigor™**	366 (316)	4	0	0	6	139	86 (75)	4	72 (61)	4
Pep Upper®*	411 (361)	4	0	0	6	131	97 (86)	3	85 (74)	4
Power Punch Plus®	436 (336)	8	1	0	10	59	97 (74)	6	86 (61)	8
Super Punch Plus®	395 (295)	0	0	0	0	194	100 (77)	6	90 (67)	1

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TRIM DOWN										
Angel Food™	354 (254)	1	0	0	1	50	84 (61)	6	75 (52)	4
Blackberry Dream™	301 (265)	4	1	0	0	8	72 (49)	2	68 (45)	2
Celestial Cherry High™	257 (157)	0	0	0	0	10	64 (41)	3	55 (32)	1
Island Impact®	311	4	1	0	6	142	73	1	65	3
Island Treat®	333 (233)	0	0	0	0	15	82 (59)	6	70 (47)	2
Mangofest™	285	0	0	0	0	10	72	1	69	0
Muscle Punch®	364 (264)	8	1	0	1	50	84 (61)	6	75 (52)	5
Passion Passport®	395 (295)	0	0	0	0	13	96 (73)	2	93 (70)	1
Peach Slice™	251 (214)	1	0	0	1	65	56 (33)	1	55 (32)	3
Pineapple Pleasure®	280 (180)	0	0	0	0	25	67 (44)	3	62 (39)	1
Raspberry Collider™	338	1	0	0	0	102	86	4	74	1
Raspberry Sunrise™	329 (229)	2	0	0	0	22	79 (56)	2	73 (50)	2
Slim-N-Trim™ - Chocolate	297 (197)	16	2	0	39	165	57 (34)	3	48 (25)	15
Slim-N-Trim™ - Orange-Vanilla	215	8	1	0	11	259	46	0	38	7
Slim-N-Trim™ - Strawberry	375 (275)	8	1	0	11	259	84 (61)	5	72 (49)	8
Slim-N-Trim™ - Vanilla	253 (153)	8	1	0	11	259	53 (30)	3	42 (19)	7
Strawberry Kiwi Breeze®	376	4	0	0	6	131	90	3	84	4
Chocolate Shredder™	311	28	3	0	45	315	36	1	19	39
Strawberry Shredder™	356	8	1	0	11	329	56	3	41	30
Vanilla Shredder™	283	16	2	0	22	592	30	0	12	36

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SHAPE UP										
The Activator® - Chocolate	340 (240)	5	1	0	11	119	67 (44)	5	55 (32)	19
The Activator® - Strawberry	493 (393)	5	1	0	7	209	105 (82)	8	89 (66)	19
The Activator® - Vanilla	343 (243)	5	1	0	7	209	67 (44)	5	54 (31)	18
Gladiator® ⁵ varies w/fruit choice	180	0	0	0	0	150	1	0	0	45
High Protein Smoothie - Almond Mocha ⁴	366 (266)	80	9	1	51	195	42 (19)	2	37 (14)	30
High Protein Smoothie - Banana ⁴	322	79	9	1	45	297	32	4	23	27
High Protein Smoothie - Chocolate ⁴	366 (266)	80	9	1	51	194	42 (19)	2	37 (14)	30
High Protein Smoothie - Lemon ⁴	372	79	9	1	45	297	44	1	40	26
High Protein Smoothie - Pineapple ⁴	314	83	9	1	45	315	29	2	23	27
Lean I™ Smoothie - Chocolate	293	92	10	1	3	317	28	7	18	22
Lean I™ Smoothie - Strawberry	275	54	6	1	3	317	35	5	28	20
Lean I™ Smoothie - Vanilla	272	83	9	1	3	317	26	5	17	22
The Hulk™/I - Chocolate	801	281	31	12	84	263	108 (85)	6	90 (67)	24
The Hulk™/I - Strawberry	964 (864)	286	32	13	87	288	145 (122)	8	125 (102)	25
The Hulk™/I - Vanilla	801 (701)	286	32	13	89	258	105 (82)	5	88 (65)	23

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SNACK RIGHT										
Banana Berry Treat®*	364 (314)	4	0	0	6	129	86 (75)	5	75 (64)	4
Berry Punch™	360	0	0	0	0	95	91	4	84	0
Caribbean Way®	395 (295)	0	0	0	0	4	97 (74)	6	89 (66)	1
Cherry Picker®*	273 (223)	4	1	0	6	237	66 (55)	2	54 (43)	4
Fruit Fusion®	355	8	1	0	12	301	76	0	66	9
Grape Expectations®	398 (298)	0	0	0	0	9	95 (72)	3	90 (67)	1
Grape Expectations® II	548 (448)	0	0	0	0	9	133 (110)	6	125 (102)	2
Lemon Twist® Banana	358 (258)	0	0	0	0	9	87 (64)	3	82 (59)	1
Lemon Twist® Strawberry	398 (298)	0	0	0	0	10	97 (74)	3	94 (71)	1
Light & Fluffy®	395 (295)	0	0	0	0	0	99 (76)	6	89 (66)	1
Peach Slice Plus®	400 (300)	1	0	0	1	65	94 (71)	4	90 (67)	4
Pineapple Surf®	536 (436)	8	1	0	11	279	123 (100)	4	92 (69)	7
Strawberry X-Treme®	327	0	0	0	0	10	82	6	76	1

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INDULGE										
Banana Boat®	524 (424)	104	12	6	51	299	97 (74)	6	77 (54)	11
Malts ⁶	680 (580)	295	33	18	127	292	83 (60)	0	77 (54)	14
Shakes ⁶	670 (570)	293	33	18	127	292	81 (58)	0	76 (53)	14
Coconut Surprise®	460 (260)	64	7	6	3	145	90 (44)	3	83 (37)	7
Mo'Cuccino™ - Caramel	570 (370)	109	12	6	56	301	102 (56)	0	88 (42)	10
Mo'Cuccino™ - Mocha	444 (244)	104	12	6	59	125	73 (27)	1	69 (23)	10
Mo'Cuccino™ - Vanilla	525 (325)	104	12	6	51	301	92 (46)	0	85 (39)	10
Peanut Power® ³	530	176	21	3	1	179	74 (28)	6	59 (13)	15
Peanut Power Plus™ ³ Chocolate	698 (498)	224	26	3	25	491	98 (52)	6	63 (17)	24
Peanut Power Plus™ ³ Grape	730 (530)	184	21	3	1	179	122 (76)	6	107 (61)	15
Peanut Power Plus™ ³ Strawberry	680 (480)	184	21	3	1	179	112 (66)	9	94 (48)	15
Pina Colada Island®	600 (400)	93	10	8	14	438	110 (64)	3	98 (52)	13
Yogurt Delight® ⁵ varies w/fruit choice	275 (175)	33	4	2	22	376	46 (23)	0	34 (11)	13

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KIDS KUPS										
Berry Interesting™	277	1	0	0	0	11	69	3	62	1
Choc-A-Laka™	245	27	3	1	28	177	44	2	32	11
CW Jr.™	270	0	0	0	0	3	68	5	59	1
Gimme Grape™	265	0	0	0	0	9	64	2	60	1
Lil' Angel™	223	0	0	0	0	7	56	5	47	1
Smarti Tart™	200	0	0	0	0	10	49	0	46	1