

The Leaf and Blend										Updated	Spring 2023
<b>Build-Your-Own Salad</b>											
<b>Greens</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
Romaine	2 Cups	6	0.1	0.9	0.6	0.3	✓	✓	✓		
Spinach	2 Cups	18	0.2	2	1.3	2	✓	✓	✓		
<b>Vegetables</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
<b>Avocado</b>	2 slices	61	5	3	2	1	✓	✓	✓		
Bell Peppers	1oz	6	0	1	1	0	✓	✓	✓		
Black Olives	1 oz	50	5	2	0	0	✓	✓	✓		
Broccoli	2oz	16	0	2	2	2	✓	✓	✓		
Carrots, shredded	1oz	11	0	3	1	0	✓	✓	✓		
Cherry Tomatoes	1oz	5	0	1	1	0	✓	✓	✓		
Cilantro	1 oz	17	1	1	1	1	✓	✓	✓		
Cucumbers	1oz	4	0	1	1	0	✓	✓	✓		
Jalapenos, pickled	1oz	8	0	2	1	0	✓	✓	✓		
Mushrooms	1oz	7	0	1	1	0	✓	✓	✓		
Pico	1oz	7	0	1.5	0	0	✓	✓	✓		
Red Onions	1oz	10	0	2	1	0	✓	✓	✓		
Roasted Corn	4oz	44	0	9	1	2	✓	✓	✓		
<b>Proteins</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
Bacon Bit	0.5 oz	82	7	0	0	4			✓	Pork	
Breaded Chicken w/ Oil	2.5 oz	170	10	8	0	12				Wheat	
Egg, hard boiled	1 egg	77	5	0.5	0	6		✓	✓	Egg	
Grilled Chicken (Halal)	2 oz	61.5	1.5	0	0	12					
Ham	2oz	61.5	1.5	2	0	10			✓	Pork	
Hummus	2 oz	127	7	10	4	6	✓	✓	✓	Sesame	
Pinto Beans	2 oz	56	0	10.5	2.5	3.5	✓	✓	✓		
<b>Cheese</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
Feta	1oz	75	6	1	0	4		✓	✓	Milk	
Mozzarella Blend Cheese	1 oz	86	6	1	0	7		✓	✓	Milk	
Mozzarella	1oz	81	6	1	0	15		✓	✓	Milk	
Parmesan	1oz	129	9	1	0	8		✓	✓	Milk	
Shredded Cheddar	1oz	114	9	0	0	4		✓	✓	Milk	
<b>Fruit</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
Cantaloupe	1 oz	12	0	3	0	0					
Grapes	1 oz	20	0	5	0	0					
Oranges	1 oz	0									
Sliced Strawberries	1oz	8	0	2	1	0	✓	✓	✓		
<b>Toppings (1 Tablespoon)</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
Chopped Pecans	1oz	180	18	5	2	2	✓	✓	✓	Tree Nuts	
Croutons	1/2oz	60	2	10	0	2		✓		Wheat,Milk	
Dried Cranberries	1oz	92	0	23	4	0	✓	✓	✓		
Sliced Almonds	1oz	160	14	6	3	6	✓	✓	✓	Tree Nuts	
Sunflower Seeds	1oz	160	14	6	3	5	✓	✓	✓	May be coated in Peanut Oil	
<b>Dressing</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
Caesar	1oz	130	13	2	0	1		✓	✓	Milk,Soy,Egg	
Chipotle Ranch	1oz	137	14	2	0	0	✓	✓	✓	Milk, Soy, Egg	
Golden Italian	1oz	53	5	2	0	0	✓	✓	✓	Soy	
Ranch	1oz	137	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg	
Raspberry Vinaigrette	1oz	35	0	8	0	0	✓	✓	✓		
<b>Fruit Smoothies</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>	
Wild Berry (Liquid yogurt mix, berry flavor, frozen mixed berries, ice)	1-16oz smoothie	227	1	51.5	3	3		✓	✓	Milk, Whey	
Pina Colada (Liquid yogurt mix, pina coloda flavor, frozen pineapple, ice)	1-16oz smoothie	267	1	61.5	2	3		✓	✓	Milk, Whey	
Strawberry Pina Colada (Liquid yogurt mix, pina colada flavor, frozen strawberries, frozen pineapple, ice)	1-16oz smoothie	249	1	58	1	2		✓	✓	Milk, Whey	
Strawberry Banana( Liquid yogurt mix, berry mix, frozen strawberries, frozen bananas, ice)	1-16oz smoothie	223	1	51.5	2	2		✓	✓	Milk, Whey	
Strawberry Bomb (Liquid yogurt mix, berry mix, frozen strawberries, ice)	1-16oz smoothie	201	1	45	2	3		✓	✓	Milk, Whey	
White Symphony (Liquid yogurt mix, white chocolate flavor, ice)	1-16oz smoothie	306	10	48	1	6		✓	✓	Milk,Whey,Soy	
Double Mocha (Liquid yogurt mix, mocha flavor, ice)	1-16oz smoothie	282	10	48	1	0		✓	✓	Milk,Whey	

<b>Add a Scoop™ Supplements</b>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Energy	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Immune Support	1 scoop	15	0	4	0	0	✓	✓	✓	Kosher/Halal
Trim & Fit	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Whey Protein	1 scoop	45	0	0	0	10		✓	✓	Kosher/Halal
<b>Acai Bowl (add your own toppings)</b>	<b>1-16oz smoothie</b>	<b>0</b>								
Acai	6oz	226	6	42	3	1	✓	✓	✓	
Dragon fruit Acai	6 oz	226	6	42	3	1	✓	✓	✓	
<b>Base Options</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Apple juice	4 oz	56	0	14	0	0	✓	✓	✓	
Coconut milk	4 oz	27	3	1	0	1	✓	✓	✓	Tree nut
Milk	4 oz	76	4	6	0	4		✓	✓	Milk
Orange Juice	4 oz	54	0	13	0	0.5	✓	✓	✓	
Yogurt Base	4oz	59	1	10.5	0	2		✓	✓	Milk, Whey
<b>Add ons</b>										
Blueberries	2 oz	32	0	8	1	0	✓	✓	✓	
Strawberries	2 oz	20	0	5	1	0	✓	✓	✓	
Peaches	2 oz	30	0	7	1	1	✓	✓	✓	
Flax Seed	1 oz	112	8	6	5	4	✓	✓	✓	
Coconut Flakes	2 oz	282	18	27	2	2	✓	✓	✓	Tree nut
Oats	1 oz	109	2	19	3	4	✓	✓	✓	
Spinach	1 cup	8	0	1	0	1	✓	✓	✓	
<b>Smoothie Bowl Add ons</b>										
Almond slices (topping)	1oz	160	14	6	3	6	✓	✓	✓	Tree Nuts
Apple slices (topping)	1oz	16	0	4	1	0				
Banana (topping)	1/2 each	62	0	15	2	1	✓	✓	✓	
Chocolate Chips	1oz									
Granola (topping)	1 oz	128	4	20	1	3	✓	✓	✓	Soy
Honey	1 tablespoon	68	0	17	0	0		✓	✓	
Mixed Berries(topping)	1 oz	16	0	4	1	0	✓	✓	✓	
Pecans (topping)	1oz	180	18	5	2	2	✓	✓	✓	Tree Nuts
Strawberries (topping)	1 oz	8	0	2	1	0	✓	✓	✓	
Sunflower Seeds (topping)	1oz	160	14	6	3	5	✓	✓	✓	May be coated in Peanut Oil
Shredded Coconut (topping)	1 oz	141	9	14	1	1	✓	✓	✓	Tree nut
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame										