

The Break

										Updated	Fall 2022
SUB-The Break Smoothies and Acai	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Fruit Smoothies (common recipes created with liquid yogurt mix)	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Rippin' Strawberry Banana (Strawberries, Banana, Yogurt)	16oz	258	2	55	4	5		✓	✓	Milk	
Cowabunga Blueberry (Blueberries, Yogurt)	16oz	146.5	2.5	27	1	4			✓		
Strawberry Wipe Out (Strawberries, Yogurt)	16oz	194	2	40	0	4		✓	✓	Milk	
Stoked Sunrise (Strawberries, Banana, Peaches, Orange Juice)	16oz	286	0	69.5	5	2	✓	✓	✓		
White Chocolate Strawberry (White Chocolate, Strawberries, Yogurt)	16oz	387	11	67	1.5	5				Milk (whey), Soy	
White Chocolate Blueberry (White Chocolate, Blueberries, Yogurt)	16oz	339.5	11.5	54	1	5					
Base Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Apple Juice	4 oz	56	0	14	0	0	✓	✓	✓		
Pineapple Juice	4oz	68	0	16	1	1	✓	✓	✓		
Orange Juice	4 oz	54	0	13	0	0.5	✓	✓	✓		
Yogurt Base	4oz	59	1	10.5	0	2		✓	✓	Milk, Whey	
Add ins											
Banana	1 small	92	0	22	2.5	1					
Blueberries	2 oz	28.5	0.5	6	1	0	✓	✓	✓		
Peaches	2.5 oz	38	0	8.5	1	1					
Strawberries Sliced	2.5 oz	76	0	19	1.5	0	✓	✓	✓		
Liquid Yogurt Mix (Only)	8oz	110	2	21	0	4		✓	✓	Milk, Whey	
White Chocolate Symphony (Only)	1 scoop	190	9	27	0	1		✓	✓	Milk, Soy	
Add a Scoop™ Supplements	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	
Acai Bowl (add your own toppings)											
Acai	6oz	226	6	42	3	1	✓	✓	✓		
Dragon fruit Acai	6 oz	226	6	42	3	1	✓	✓	✓		
Smoothie Bowl Add ons											
Almond slices	1oz	160	14	6	3	6	✓	✓	✓	Tree Nuts	
Banana	1/2 each	62	0	15	2	1	✓	✓	✓		
Chocolate Chips	1oz										
Granola	1 oz	128	4	20	1	3	✓	✓	✓	Soy	
Blueberries	2 oz	32	0	8	1	0	✓	✓	✓		
Strawberries	2 oz	20	0	5	1	0	✓	✓	✓		
Pecans	1oz	180	18	5	2	2	✓	✓	✓	Tree Nuts	
Sunflower Seeds	1oz	160	14	6	3	5	✓	✓	✓	May be coated in Peanut Oil	
Shredded Coconut	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											