Healthy Menu Recommendations

| CRISP&GREEN | Signature Salads  
Grain bowls  
Greens & Grains Bowls  
Salads  
Check Nutrition Information on base blend. Start with those that have around **30 grams** carbohydrates or less and **20 grams** of protein or more. Examples:  
- Get Fit Blend-Lean Vanilla  
- Feel Energized Blend-The Activator Recovery Chocolate  
- Manage Weight Blend-Slim-n-Trim Vanilla  
Sweeten with fruit or stevia in place of juice blends.  
Recommended enhancers:  
- Fitness Enhancers (protein powders)  
- Wellness Enhancers of Super Grains  
- Fiber Blend  
Suggested nutrition for final smoothie:  
- Total Carbohydrates: <50 grams  
- Total Protein: 25-30 grams  
- Fiber: >5 grams  
- Saturated Fat: <3 grams  
- Example: The Activator Chocolate + Dairy Whey Blend + Banana (20 oz):  
  - Total Carbohydrates: 46 grams  
  - Fiber: 7 grams  
  - Protein: 30 grams  
  - Saturated Fat: 3.5 grams  
Check Nutrition Information. Choose Splenda for all smoothies instead of sugar. Any Fresh Add Ins are ok.  
- Detox Island Green  
- Peanut Paradise with Pea  
- Peanut Paradise with Whey  
- Sunrise Sunset  
- Paradise Point  
- Mango Magic  
- Jetty  
Other menu recommendation: Mixed Berry Greek Yogurt Bowl

| FORAGE FOOD & KITCHEN |  

| Smoothie King |  

| tropical CAFE |  

| UWHealth |