



Fresh Monkee

NUTRITION GUIDE

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HIGH FIBER | LOW SUGAR | PROTEIN PACKED | ALL NATURAL | SIMPLE INGREDIENTS | SERVED FRESH

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOL. (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
ANTIOXIDANT BERRY											
16 oz.	200	15	1.5	0	0	15	85	34	7	24	12
24 oz.	320	20	2.5	0	0	25	150	51	11	35	22
32 oz.	460	30	3.5	0.5	0	40	210	70	16	48	35
BANANA SPLIT											
16 oz.	180	45	5	3	0	10	150	24	5	15	11
24 oz.	310	100	11	7	0	20	240	36	7	22	19
32 oz.	420	150	16	10	0	30	350	44	9	26	26
BLUEBERRY PIE											
16 oz.	170	35	4	0	0	15	180	25	5	15	11
24 oz.	280	50	6	0	0	25	300	40	8	23	19
32 oz.	360	70	8	0	0	30	410	48	10	28	27
CARAMEL COFFEE BUZZ											
16 oz.	210	80	9	4.5	0	40	240	18	<1	3	15
24 oz.	300	80	9	4.5	0	45	340	34	1	3	20
32 oz.	390	110	12	5	0	60	500	39	2	4	30
CHOCOLATE COCONUT											
16 oz.	130	50	6	5	0	10	95	13	3	5	9
24 oz.	240	110	12	11	0	15	170	20	6	6	16
32 oz.	290	140	15	13	0	25	240	23	7	7	22
CHOCOLATE DIPPED STRAWBERRY MOON											
16 oz.	190	45	5	1	0	10	230	29	7	13	12
24 oz.	330	90	10	2	0	20	390	48	12	18	22
32 oz.	410	120	13	2	0	30	540	57	14	21	30
CHOCOLATE PUMPKIN											
16 oz.	220	60	7	2	0	15	210	28	3	16	12
24 oz.	410	140	15	4	0	20	360	50	4	31	21
32 oz.	480	150	17	4.5	0	30	500	54	5	33	28
CHUNKEE MONKEE											
16 oz.	200	90	10	1.5	0	10	270	15	3	6	15
24 oz.	370	190	21	3	0	20	470	23	6	8	28
32 oz.	460	200	22	3	0	30	600	36	8	15	35
CINNAMON TOAST											
16 oz.	170	45	5	1	0	15	200	20	3	11	12
24 oz.	320	100	11	2.5	0	25	340	36	4	20	21
32 oz.	380	120	13	2.5	0	35	470	38	5	21	29

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COFFEE BUZZ											
16 oz.	150	70	8	3.5	0	30	260	7	<1	3	12
24 oz.	190	80	9	4	0	40	350	9	1	3	18
32 oz.	260	110	12	4.5	0	50	520	11	2	4	27
CRAVE											
16 oz.	250	110	12	1.5	0	15	280	22	6	11	17
24 oz.	450	220	24	3	0	30	450	34	10	16	31
32 oz.	530	240	27	3.5	0	40	580	39	11	19	40
DIRTY FILTHY MONKEE											
16 oz.	220	100	11	2.5	0	15	310	14	2	5	18
24 oz.	450	200	22	6	0	25	520	31	4	12	34
32 oz.	510	230	25	6	0	30	690	34	5	13	43
DIRTY MONKEE											
16 oz.	230	90	10	3	0	15	300	18	2	10	17
24 oz.	470	180	20	7	0	25	490	40	4	23	32
32 oz.	540	210	23	7	0	35	660	43	4	25	41
FILTHY MONKEE											
16 oz.	230	220	13	2.5	0	15	350	12	3	<1	20
24 oz.	480	240	27	5	0	25	610	25	6	2	40
32 oz.	550	260	29	6	0	35	790	27	7	2	49
GO BANANAS											
16 oz.	250	90	10	1.5	0	15	250	28	3	14	15
24 oz.	490	190	21	3	0	25	440	52	6	26	29
32 oz.	570	220	24	3	0	35	580	57	7	28	38
HAZELNUT MONKEE											
16 oz.	200	60	7	2	0	15	240	22	2	15	12
24 oz.	390	140	16	4.5	0	25	380	39	4	29	22
32 oz.	450	160	18	5	0	35	550	42	5	31	30
HAZELNUT SMORES											
16 oz.	220	70	8	2	0	15	270	26	1	18	12
24 oz.	460	140	16	4.5	0	25	440	57	3	41	22
32 oz.	530	170	19	4.5	0	35	590	61	3	43	30
LIME GREEN MANGO											
24 oz.	320	40	4.5	0.5	0	0	65	71	10	58	5
32 oz.	410	45	5	0.5	0	0	80	92	12	77	6

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MAUI COLADA											
16 oz.	200	50	6	5	0	10	60	28	3	22	9
24 oz.	330	110	12	11	0	20	105	42	5	32	17
32 oz.	450	160	18	16	0	30	150	53	7	39	24
MINT COOKIE											
16 oz.	240	90	10	2.5	0	15	230	27	2	17	13
24 oz.	520	190	21	6	0	30	370	61	4	40	24
32 oz.	600	220	24	7	0	40	510	65	4	42	32
NUTMEG STATE											
16 oz.	140	20	2.5	0	0	15	170	18	2	8	11
24 oz.	230	40	4.5	0	0	25	280	29	3	11	20
32 oz.	290	55	6	.5	0	35	390	32	4	12	27
ORANGE CREAM											
16 oz.	110	15	1.5	0	0	10	120	14	2	11	10
24 oz.	170	25	3	0	0	25	210	17	3	14	17
32 oz.	230	35	4	0	0	30	290	25	4	19	23
PB JELLY TIME											
16 oz.	260	90	10	1	0	15	260	28	8	14	15
24 oz.	490	190	21	2.5	0	25	440	47	13	23	28
32 oz.	590	220	24	3	0	35	560	57	16	28	36
STRAWBERRY LEMONADE											
16 oz.	140	10	1	0	0	10	35	26	4	20	9
24 oz.	220	15	1.5	0	0	20	60	40	6	32	16
32 oz.	270	15	1.5	0	0	30	80	45	7	35	22
STRAWBERRY MOON											
16 oz.	120	20	2.5	0	0	10	140	17	4	10	9
24 oz.	190	30	3.5	0	0	20	220	25	6	14	17
32 oz.	250	45	5	0	0	30	310	30	7	17	23
SUNRISE											
16 oz.	140	5	0.5	0	0	10	30	25	4	19	9
24 oz.	210	10	1	0	0	20	55	36	5	27	16
32 oz.	270	10	1	0	0	25	70	45	7	34	21
ULTIMATE GREEN											
24 oz.	290	30	3.5	0	0	0	40	66	9	44	5
32 oz.	390	40	4.5	0	0	0	50	89	12	60	7

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MASS PB COOKIE											
32 oz.	880	350	39	14	0	120	450	71	11	31	66
MASS STRAWBERRY OATS											
32 oz.	620	170	19	10	0	110	310	59	9	30	54
PROTEIN ICED COFFEE											
24 oz.	170	30	3.5	0	0	30	360	7	1	<1	24
32 oz.	250	45	5	1	0	45	530	9	2	2	38
PUPPY SHAKE											
16 oz.	130	60	7	1	0	0	50	15	3	7	4
MONKEE BALLZ											
1 ball	130	90	10	2.5	0	0	55	8	2	4	5

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