



Avo Nutrition Guide

Acai												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
The Mango Acai	343	12	3	0	0	40	74	28	4	9		
The Amor Acai	357	23	18	0	0	12	44	5	4	3		
The Tiki Acai	433	21	6	0	0	40	78	26	6	13		

Rice Bowls												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
The Jambalaya	410	9	2	0	72	63	475	6	7	19		
The Power Plant	618	32	3	0	0	60	509	3	7	17		
The Teriyaki	428	5	1	0		85	667	22	9	15		
The Texican	497	12	3		13	84	231	9	10	16		

Salads												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
The Clean Green	290	26	2	0	0	13	864	4	6	6		
The El Fresco	413	26	2	0	0	39	345	13	10	10		
The Upgrade	563	34	7	0	25	60	714	40	9	13		
The Super	516	34	3	0	0	43	492	7	11	16		

Sandwiches												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
The Harvest	547	17	5	0	59	69	1386	4	8	35		
The Avo-Core	550	19	3	0	41	68	826	2	7	32		
The Mediterranean	597	12	2	0	90	78	1102	9	10	50		
The Vital Veggie	485	13	1	0	0	75	4110	6	8	22		

Smoothies												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
The Peanut Butter Cup	467	19	3	0	0	75	970	39	10	12		
The Mango Lassi	261	1	0	0	0	66	1127	48	5	2		
The Extreme Greens	256	1	0	0	0	63	43	38	6	3		
The Almond Berry	238	4	0	0	0	51	200	33	6	3		
The Matcha Bliss	323	4	0	0	0	68	1290	41	6	12		
The Coco Berry	148	1	0	0		36	23	27	4	1		

Sauces												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
Chipotle Yogurt	15	0	0	0	1	1	78	1	0	2		
Honeydew Cucumber Vinaigrette	58	6	0	0	0	2	267	1	0	0		
Lemon Chia Vinaigrette	87	9	1	0	0	1	145	0	1	0		
Pomegranate-Acai Vinaigrette	62	6	1	0	0	2	175	2	0	0		
Salsa Verde Vinaigrette	87	9	1	0	0	1	136	0	0	0		
Teriyaki Sauce	57	0	0	0	0	14	649	12	0	2		
Pico De Gallo	16	0	0	0	0	4	3	2	1	1		

Breakfast Wraps												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
The Country Fresh	485	23	9	0	486	35	867	4	1	36		
Turkey Sausage Wrap	593	26	11	0	363	60	1209	3	5	33		
The Sunwise	501	18	11	0	202	49	763	3	2	21		

Proteins												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Sugar, Total (g)	Dietary Fiber, Total (g)	Protein (g)	Calcium	Iron
Chicken	84	2	0	0	50	0	193	0	0	16		
Sweet Soy Tofu	28	1	0	0	0	3	406	2	0	3		
Turkey Sausage	28	2	0	0	39	3	349	1	0	9		
Hard Boiled Egg	59	5	1	0	187	0	62	1	0	6		
Prawns	28	0	0	0	40	0.24	406	2	0	5		

Cold Pressed Juices												
Recipe Name	Calories (kcal)	Fat, Total (g)	Saturated Fat (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber, Total (g)	Sugar, Total (g)	Protein (g)	Vitamin A (RAE)(MCG)	Vitamin C (mg)	Calcium	Iron
The Alchemist	79	0	0	42	19	4	11	2	230	32	78	2
The Revitalizer	160	1	0	146	38	8	24	4	7	21	57	3
The Energizer	141	1	0	7	29	6	23	2	26	38	44	3
The Goldmine	152	1	0	7	38	5	24	3	22	119	86	2
The Protector	154	1	0	54	38	8	24	3	478	83	119	2