

Prime Up

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 649	
% Daily Value *	
Total Fat 37 g	57 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 72 mg	3 %
Potassium 811 mg	23 %
Total Carbohydrate 46 g	15 %
Dietary Fiber 11 g	43 %
Sugars 22 g	
Protein 40 g	79 %
Vitamin A	20 %
Vitamin C	19 %
Calcium	31 %
Iron	28 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Immunity Boost

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 248	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 661 mg	19 %
Total Carbohydrate 61 g	20 %
Dietary Fiber 5 g	21 %
Sugars 44 g	
Protein 3 g	7 %
Vitamin A	30 %
Vitamin C	129 %
Calcium	6 %
Iron	4 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

You Glow!

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 350	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 531 mg	15 %
Total Carbohydrate 73 g	24 %
Dietary Fiber 9 g	35 %
Sugars 51 g	
Protein 4 g	9 %
Vitamin A	60 %
Vitamin C	78 %
Calcium	14 %
Iron	9 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Detox

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 221	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 43 mg	2 %
Potassium 653 mg	19 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 6 g	25 %
Sugars 27 g	
Protein 4 g	7 %
Vitamin A	25 %
Vitamin C	73 %
Calcium	11 %
Iron	6 %
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	