

NUTRITIONAL INFORMATION

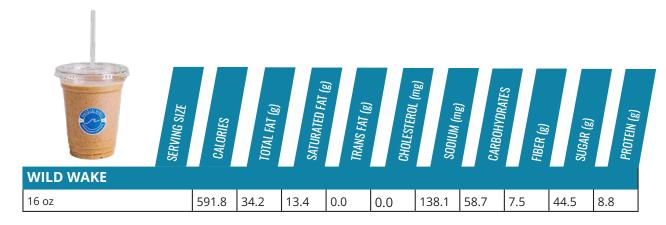


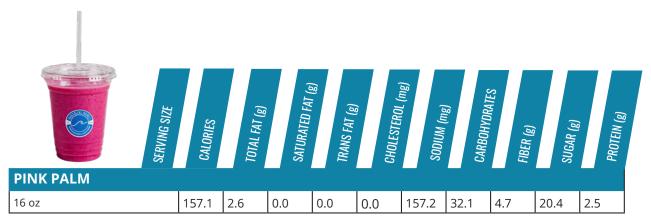
SERVING SIZE	GALORIES	TOTAL FAT (g)	SATURATED FAT (2)	TRANS FAT (g)	CHOLESTEROL (~_)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)		PROTEIN (g)
NAUTI BOWL										
Dinghy Bowl - 12 oz	726	38	6	0.0	0.0	63	73	11	40	22
Cruiser Bowl - 16 oz	786	39	6	0.0	0.0	76	85	12	51	23
Yacht Bowl - 24 oz	1080	48	7	0.0	0.0	142	142	16	84	28

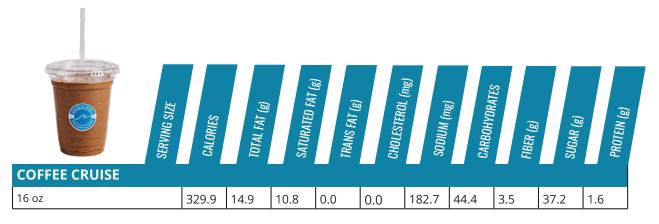
SERVING SIZE	CALORIES	TOTAL FAT (g)		TRANS FAT (g)	CHOLESTEROL (SOBIUM (m.c.)	CARBOHYNBATTS	FIBER (g)	SUGAR (g)	PROTEIN (g)
PADDLE BOWL										
Dinghy Bowl - 12 oz	425	18	11	0.0	0.0	65	61	5	42	5
Cruiser Bowl - 16 oz	519	21	15	0.0	0.0	78	75	5	55	5
Yacht Bowl - 24 oz	899	37	24	0.0	0.0	146	129	8	92	9

SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (R)	TRANS FAT (g)	CHOLESTEROI (m.)	SODIUM (mex)	CARBOHYDRATTS	FIBER (g)	SUGAR (g)	PROTEIN (g)
SUNRISE BOWL										
Dinghy Bowl - 12 oz	411	12	7	0.0	0.0	67	71	5	46	5
Cruiser Bowl - 16 oz	493	15	9	0.0	0.0	81	84	5	58	5
Yacht Bowl - 24 oz	847	28	17	0.0	0.0	153	137	8	92	9



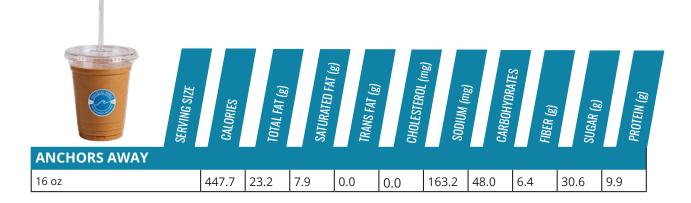






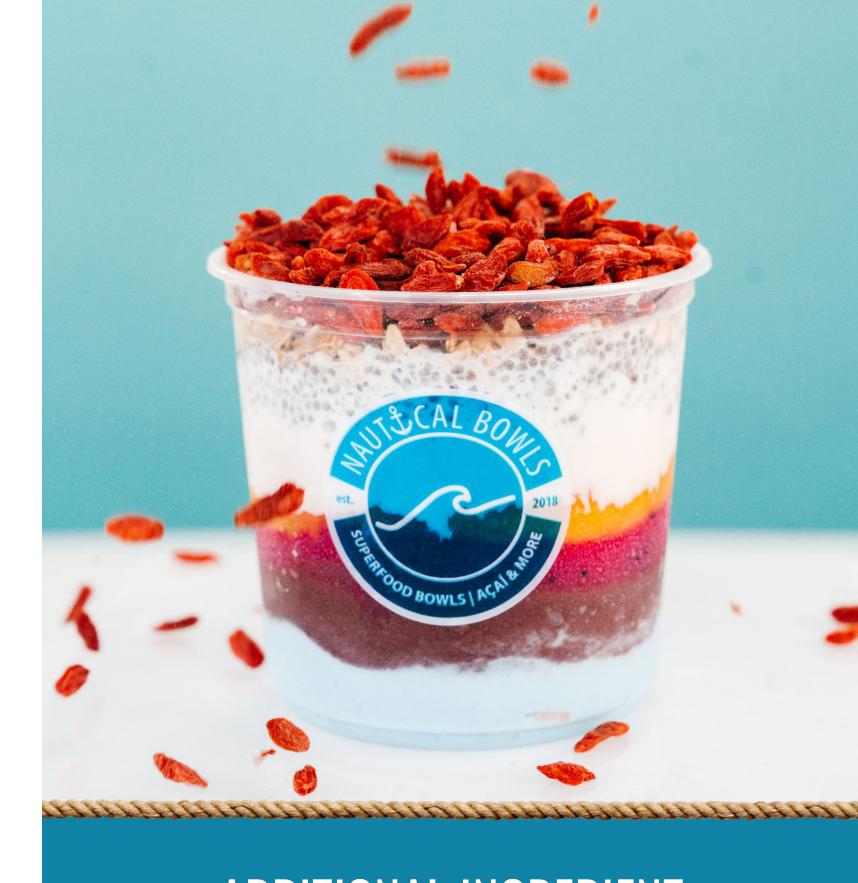






*Add protein powder to any smoothie for over 19g of extra protein!





ADDITIONAL INGREDIENT
INFORMATION AND HEALTH BENEFITS

GRANOLA FRUIT DRY DRIZZLES GRANOLA

BASES

AÇAÍ

Açaí berries are a Brazilian

"superfruit." Açaí is incredibly
rich in antioxidants, containing
three times the amount found





MANGO

This fruit is not only delicious but also boasts an impressive nutritional profile. It is also low in calories.



COCONUT

Coconut is low in carbs and rich in amino acids, healthy fats, and fiber.



PITAYA

Also known as dragon fruit, is rich in antioxidants, vitamin C, polyunsaturated (good) fatty acids, and several B vitamins for carbohydrate metabolism.

BASES

BLUE MAJIK

Also known as spirulina, is packed with powerful antioxidants. Blue majik has a complete amino acid profile and is rich in protein, vitamin B and A, iron, copper and more.



CACAO

Cacao is simply chocolate in its raw, purest form before it has been processed! It is derived from the seeds (also known as cacao beans) that come from the pods of the cacao fruit tree.



Despite their tiny size, chia seeds are one of the most nutritious foods on the planet. They're loaded with fiber, protein, omega-3 fatty acids and various micronutrients. Our chia pudding comes in three flavors: peanut butter cacao, spirulina, and vanilla.



GRANOLA

FRUIT



HONEY OAT GRANOLA

Granola provides protein and important micro-nutrients like iron, vitamin D, folate and zinc.



BANANAS

Bananas are fairly rich in fiber and resistant starch. They are also a good dietary source of potassium and magnesium.



BLUEBERRIES

Blueberries have the highest antioxidant capacity of all the popular fruits and vegetables.



STRAWBERRIES

Strawberries are a good source of vitamin C, manganese, folate (vitamin B9) and potassium.



ALMONDS

High in healthy monounsaturated fats, fiber, and protein. They're among the world's best sources of vitamin E.



CHIA SEEDS

One of the most nutritious foods on the planet, they're loaded with fiber, protein, omega-3 fatty acids and various micro-nutrients.



HEMP SEEDS

This plant-based protein source is rich in healthy fats, essential fatty acids, vitamin E, phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc.



COCONUT BUTTER CRUMBLES

Made from the whole coconut, it contains saturated fat. It also has protein, fiber, potassium, magnesium and iron.



COCONUT FLAKES

Coconuts contain polyphenol antioxidants and high amounts of in electrolytes, fiber, manganese, potassium, and phosphorus.



CACAO NIBS

Highly nutritious, they provide an

impressive amount of protein,

DRY

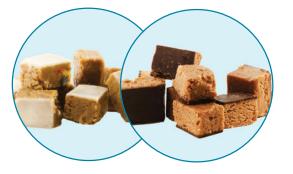
GOJI BERRIES

Goji berries are loaded with important nutrients and antioxidants.



PUMPKIN SEEDS

Rich in vitamins and minerals like manganese and vitamin K, protein, unsaturated fatty acids, vitamins, and minerals.



PROTEIN CRUMBLES

Rich in vitamins and minerals like manganese and vitamin K, protein, unsaturated fatty acids, vitamins, and minerals.

Flavors: PB Cacao & Birthday Cake



ALMOND BUTTER

High in healthy mono-unsaturated fats, fiber, protein and various important nutrients, and among the world's best sources of vitamin E.



DRY

CASHEW CACAO BUTTER

Cacao butter is a great source of vitamin E.



HONEY

Honey contains a number of antioxidants, including phenolic compounds like flavonoids.



PEANUT BUTTER

Peanut butter is a rich source of protein, dietary fiber, healthy fats, vitamin E and more.



NAUT&CAL BOWLS

SUPER FOODS | SUPER MEAL | SUPER LIFE