

Green Works Salads and Smoothies									Updated	Fall 2020
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Build-Your-Own Salad										
Greens	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Romaine	2 Cups	6	0.1	0.9	0.6	0.3	✓	✓	✓	
Spinach	2 Cups	18	0.2	2	1.3	2				
Lettuce, mixed greens	2 Cups	5	0	1	1	0	✓	✓	✓	
Vegetables										
Bell Peppers	1oz	6	0	1	1	0	✓	✓	✓	
Carrots, shredded	1oz	11	0	3	1	0	✓	✓	✓	
Cucumbers	1oz	4	0	1	1	0	✓	✓	✓	
Dried Cranberries	1oz	92	0	23	4	0	✓	✓	✓	
Jalapenos, pickled	1oz	8	0	2	1	0	✓	✓	✓	
Mushrooms	1oz	7	0	1	1	0	✓	✓	✓	
Onions, red	1oz	10	0	2	1	0	✓	✓	✓	
Black Olives	2oz	100	10	4	0	0	✓	✓	✓	
Strawberries, sliced	1oz	9	0	2	1	0	✓	✓	✓	
Tomatoes	1oz	5	0	1	1	0	✓	✓	✓	
Proteins	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Egg, hard boiled	1 egg	77	5	0.5	0	6		✓	✓	Egg
Bacon	1/2 oz	82	7	0	0	4			✓	Pork
Chicken	2oz.	80	1.5	0	0	12			✓	Soy
Ham	2oz.	60	1.5	2	0	10			✓	Pork
Turkey	2oz.	110	9	2	0	8			✓	
Cheese	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Cheddar	1oz	114	9	0	0	4		✓	✓	Milk
Feta	1oz	75	6	1	0	4		✓	✓	Milk
Mozzarella	1oz	81	6	1	0	15		✓	✓	Milk
Parmesan	1oz	129	9	1	0	8		✓	✓	Milk
Nuts/Seeds/Croutons (1 Tablespoon)	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Almonds, sliced	1oz	160	14	6	3	6	✓	✓	✓	Tree Nuts
Croutons	1/2oz	60	2	10	0	2		✓		Wheat,Milk
Pecans, chopped	1oz	180	18	5	2	2	✓	✓	✓	Tree Nuts
Sunflower Seeds	1oz	160	14	6	3	5	✓	✓	✓	May be coated in Peanut Oil
Dressing	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Caesar	1oz	130	13	2	0	1		✓	✓	Milk,Soy,Egg
Italian	1oz	80	8	2	0	0	✓	✓	✓	Soy

Italian, Lite	1oz	40	3	3	0	0	0	✓	✓	Milk,Soy
Olive Oil	1oz	240	28	0	0	0	✓	✓	✓	
Ranch	1oz.	137	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg
Raspberry Vinaigrette	1oz	35	0	8	0	0	✓	✓	✓	
Smoothies										
Fruit Smoothies (recipes created with you)	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Wild Berry Blast	16oz	466	2.5	108	0	5		✓	✓	Milk
Strawberry Banana	16oz	377	2.5	87	0	5		✓	✓	Milk
Blueberry	16oz	495	3	109	3	8			✓	Need More Information
Extreme Peach	16oz	446	2	102	0	4		✓	✓	Milk
Pina Colada	16oz	385	1.5	95	0	25		✓	✓	Milk
Strawberry Bomb	16oz	331	2.5	75	0	5		✓	✓	Milk
Latte Smoothies	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Double Fudge Mocha	16oz	300	11	48	0	5		✓	✓	Milk,Soy
White Chocolate Symphony	16oz	440	11	84	0	5		✓	✓	Milk,Soy
Liquid Yogurt Mix (Only)	8oz	110	2	21	0	4		✓	✓	Milk, Whey
Latte Powder Scoops	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Double Fudge Mocha (Only)	1 scoop	160	8	25	1	2		✓	✓	Milk
White Chocolate Symphony (Only)	1 scoop	190	9	27	0	1		✓	✓	Milk, Soy
Add a Scoop™	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Energy	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Green Blend	1 scoop	15	0	3	3	3	✓	✓		Wheat, Kosher/Halal
Immune Support	1 scoop	15	0	4	0	0	✓	✓	✓	Kosher/Halal
Matcha Green Tea	1 scoop	30	0	7	0	0	✓	✓	✓	Kosher/Halal
Trim & Fit	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Whey Protein	1 scoop	45	0	0	0	10		✓	✓	Kosher/Halal
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame										