

Pre-Surgery Program

Disco (Super Green)

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	136
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 141 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	14 %
Total Sugars 11 g	
Includes 0g Added Sugar	0 %
Protein 8 g	16 %
Vitamin D 0 mcg	0 %
Calcium 247 mg	19 %
Iron 5.04 mg	28 %
Potassium 811 mg	17 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS PINEAPPLE, CUCUMBER, COLLARD GREENS, SPINACH, BOK CHOY, DANDELION GREENS, E3 LIVE, MINT

Berry Bright Smoothie

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	484
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 1 g	6 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 7 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 84 mg	3 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 12 g	47 %
Total Sugars 38 g	
Includes 0g Added Sugar	0 %
Protein 22 g	43 %
Vitamin D 0mcg	0 %
Calcium 132 mg	11 %
Iron 4.5 mg	25 %
Potassium 672 mg	14 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS FILTERED WATER, STRAWBERRY, BLUEBERRY, POMEGRANATE JUICE, BANANA, ALMOND BUTTER, DATE, HEMP SEED, SPROUT LIVING EPIC ORGANIC PLANT PROTEIN® ORIGINAL, LEMON, VANILLA BEAN

Kale/Quinoa Salad

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
Calories	206
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	5 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 2 g	
Cholesterol 0 mg	0 %
Sodium 359 mg	15 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 6 g	24 %
Total Sugars 5 g	
Includes 0g Added Sugar	0 %
Protein 8 g	16 %
Vitamin D 0mcg	0 %
Calcium 143 mg	11 %
Iron 1.08 mg	6 %
Potassium 381 mg	8 %
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INGREDIENTS KALE SALAD (LACINATO KALE, GREEN APPLE, PISTACHIO, DIJON MUSTARD, MAPLE SYRUP, LEMON, EXTRA VIRGIN OLIVE OIL, SESAME OIL, SEA SALT), QUINOA SALAD (QUINOA, RED BELL PEPPER, LEMON, CILANTRO, GREEN ONION, GARLIC, GINGER, SEA SALT, PEPPER)



Pre-Surgery Program

Blueberry Chia Pudding

Nutrition Facts	
1 serving per container Serving size 6.3 oz.	
Amount per serving	
Calories	330
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 5 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 65 mg	3 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 9 g	36 %
Total Sugars 20 g	
Includes 0g Added Sugar	0%
Protein 7g	14%
Vitamin D 0mcg	0 %
Calcium 143 mg	11 %
Iron 2.16 mg	12 %
Potassium 314 mg	6 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS UNSWEETENED CASHEW MILK, CHIA SEED, ALMOND BUTTER, MAPLE SYRUP, VANILLA BEAN, BLUEBERRY, LEMON JUICE, LEMON ZEST, DATE, ALMOND, WALNUT, PECAN, SEA SALT

Tiger Eye Chocolate Smoothie

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	523
% Daily Value *	
Total Fat 25 g	38 %
Saturated Fat 3 g	14 %
Trans Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 14 g	
Cholesterol 0 mg	0 %
Sodium 124 mg	5 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 13 g	50 %
Total Sugars 24 g	
Includes 0g Added Sugar	0 %
Protein 26 g	52 %
Vitamin D 0mcg	0 %
Calcium 197 mg	15 %
Iron 3.74 mg	21 %
Potassium 828 mg	17 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS BANANA, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON), ALMOND BUTTER, DATE, CACAO, SPROUT LIVING EPIC PLANT PROTEIN® ORIGINAL, HEMP SEED, MACA, VANILLA BEAN, CINNAMON

MVP Soup (Mushroom Veggie Power)

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 341 mg	14 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	15 %
Total Sugars 4 g	
Includes 0g Added Sugar	0 %
Protein 3 g	7 %
Vitamin D 0 mcg	0 %
Calcium 104 mg	8 %
Iron 1.26 mg	7 %
Potassium 454 mg	10 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS FILTERED WATER, MUSHROOMS (CREMINI, SHIITAKE, BUTTON), BROCCOLI, KALE, CARROT, CELERY, CAULIFLOWER, CABBAGE, ONION, SPINACH, GINGER, GARLIC, EXTRA VIRGIN OLIVE OIL, CUMIN, SEA SALT, BLACK PEPPER, CAYENNE



Pre-Surgery Program

Arugula & Local Mushroom Salad

Nutrition Facts	
1 serving per container Serving size 7.9 oz.	
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 5 g	25 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 263 mg	11 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	21 %
Total Sugars 2 g	
Includes 0g Added Sugar	0 %
Protein 9 g	19 %
Vitamin D 0mcg	0 %
Calcium 130 mg	10 %
Iron 3.24 mg	18 %
Potassium 425 mg	9 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS QUINOA, ARUGULA, LOCAL MUSHROOM, TOMATO, PINE NUT, AVOCADO OIL, THYME, GARLIC, SEA SALT, BLACK PEPPER

Allergy Shot

Nutrition Facts	
8 serving per container Serving size 1 oz.	
Amount per serving	
Calories	12
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans Fat</i> 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Total Sugars 2 g	
Includes 0 g Added Sugar	0 %
Protein 0 g	0 %
Vitamin D 0mcg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
Potassium 21 mg	<1 %
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INGREDIENTS ELDERBERRY SYRUP (ELDERBERRY, CINNAMON, GINGER, RAW HONEY, FILTERED WATER) TART CHERRY, BRAGG® ACV, LEMON, FILTERED WATER



Day-Of Surgery

Golden Glow

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	55
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 75 mg	3 %
Total Carbohydrate 13g	5 %
Dietary Fiber 0 g	0 %
Total Sugars 9 g	
Includes 0 g Added Sugar	0 %
Protein 0 g	0 %
Vitamin D 0mcg	0 %
Calcium 26 mg	2 %
Iron 0.36 mg	2 %
Potassium 106 mg	2 %
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INGREDIENTS FILTERED WATER, LEMON, ORANGE, PRESSED TURMERIC, PRESSED GINGER, MAPLE SYRUP, CARDAMOM



Post-Surgery Program

Arugula & Local Mushroom Salad

Nutrition Facts	
1 serving per container Serving size 7.9 oz.	
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 5 g	25 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 263 mg	11 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	21 %
Total Sugars 2 g	
Includes 0g Added Sugar	
Protein 9 g	19 %
Vitamin D 0mcg	0 %
Calcium 130 mg	10 %
Iron 3.24 mg	18 %
Potassium 425 mg	9 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS QUINOA, ARUGULA, LOCAL MUSHROOM, TOMATO, PINE NUT, AVOCADO OIL, THYME, GARLIC, SEA SALT, BLACK PEPPER

Berry Bright Smoothie

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	484
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 1 g	6 %
Trans Fat 0g	
Polyunsaturated Fat 7 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 84 mg	3 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 12 g	47 %
Total Sugars 38 g	
Includes 0g Added Sugar	
Protein 22 g	43 %
Vitamin D 0mcg	0 %
Calcium 132 mg	11 %
Iron 4.5 mg	25 %
Potassium 672 mg	14 %
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INGREDIENTS FILTERED WATER, STRAWBERRY, BLUEBERRY, POMEGRANATE JUICE, BANANA, ALMOND BUTTER, DATE, HEMP SEED, SPROUT LIVING EPIC ORGANIC PLANT PROTEIN® ORIGINAL, LEMON, VANILLA BEAN

Disco (Super Green)

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	136
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 141 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	14 %
Total Sugars 11 g	
Includes 0g Added Sugar	
Protein 8 g	16 %
Vitamin D 0 mcg	0 %
Calcium 247 mg	19 %
Iron 5.04 mg	28 %
Potassium 811 mg	17 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS PINEAPPLE, CUCUMBER, COLLARD GREENS, SPINACH, BOK CHOY, DANDELION GREENS, E3 LIVE, MINT



Post-Surgery Program

Tiger Eye Chocolate Smoothie

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	523
% Daily Value *	
Total Fat 25 g	38 %
Saturated Fat 3 g	14 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 14 g	
Cholesterol 0 mg	0 %
Sodium 124 mg	5 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 13 g	50 %
Total Sugars 24 g	
Includes 0g Added Sugar	0 %
Protein 26 g	52 %
Vitamin D 0mcg	0 %
Calcium 197 mg	15 %
Iron 3.74 mg	21 %
Potassium 828 mg	17 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS BANANA, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON), ALMOND BUTTER, DATE, CACAO, SPROUT LIVING EPIC PLANT PROTEIN® ORIGINAL, HEMP SEED, MACA, VANILLA BEAN, CINNAMON

Lentil Soup

Nutrition Facts	
1 serving per container Serving size 13.6 oz.	
Amount per serving	
Calories	175
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 411 mg	18 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 12 g	49 %
Total Sugars 5 g	
Includes 0g Added Sugar	0 %
Protein 13 g	25 %
Vitamin D 0mcg	0 %
Calcium 52 mg	4 %
Iron 3.60 mg	20 %
Potassium 689 mg	15 %
* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.	

INGREDIENTS FILTERED WATER, LENTIL, CARROT, CELERY, TOMATO PASTE, ONION, GARLIC, EXTRA VIRGIN OLIVE OIL, BRAGG® APPLE CIDER VINEGAR, SEA SALT, PEPPER, CUMIN

Quinoa Salad

Nutrition Facts	
1 serving per container Serving size 6.7 oz.	
Amount per serving	
Calories	127
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 10 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 246 mg	10 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	14 %
Total Sugars 1 g	
Includes 0 g Added Sugar	0 %
Protein 5 g	10 %
Vitamin D 0 mcg	0 %
Calcium 13 mg	1 %
Iron 0.18 mg	11 %
Potassium 50 mg	1 %
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INGREDIENTS QUINOA, RED BELL PEPPER, LEMON, CILANTRO, GREEN ONION, GARLIC, GINGER, SEA SALT PEPPER



Post-Surgery Program

Immunity Shot

Nutrition Facts	
8 serving per container Serving size 1 oz.	
Amount per serving	
Calories	18
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	<1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Total Sugars 0 g	
Includes 0g Added Sugar	0 %
Protein 0 g	0 %
Vitamin D 0mcg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
Potassium 49 mg	1 %
<small>* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 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.</small>	

INGREDIENTS GINGER, TURMERIC,
LEMON

