

# 16 oz. Smoothie and Shake Menu

## Peanut Butter Banana Protein Blast \$5.50

Whey protein powder, banana, Greek yogurt, peanut butter, skim milk  
*Calories 641, protein 63g, saturated fat 6g*

## Strawberry Fruitopia \$5.50

Strawberries, banana, Simply™ orange juice, Greek yogurt  
*Calories 420, protein 26g, saturated fat .04g*

## Wheatgrass Metabolism Booster \$5.50

Simply™ orange juice, cranberry juice, apples, strawberries, wheatgrass powder  
*Calories 235, protein 5g, saturated fat .04g, 100% DRV Vitamin C*

## Blueberry B6 \$5.50

Blueberries, banana, honey, skim milk  
*High in antioxidants, fiber, and vitamin B6, C, and K!*  
*Calories 335, Protein 10g, saturated fat 0g*

## Banangoberry \$5.50

1 full cup of mangos, strawberries, banana, Simply™ orange juice and milk

## Custom Fruit Smoothie \$6.00

2 Fruit, liquid, 1 add-in

Liquid: Skim, Whole or Soy Milk, Simply™ Orange Juice, Cranberry Juice, Water  
Fruit: Banana, strawberries, apples

Extras for a bit extra:

|                     |        |   |
|---------------------|--------|---|
| Peanut Butter       | \$.50  | <i>(2 tablespoons, 190 cal, 7g protein, 3.5 sat. fat)</i> |
| Greek yogurt        | \$2.00 | <i>(3/4 cup, 90 cal, 17g protein, 0 sat. fat)</i>         |
| Wheat grass powder  | \$1.35 | <i>(1 Teaspoon, 35 cal, 2g protein, 0 sat. fat)</i>       |
| Whey protein powder | \$1.35 | <i>(34g/1scoop, 140 cal, 25g protein, 2.5g sat. fat)</i>  |
| Chocolate Syrup     | \$.50  | <i>(2 Tablespoons, 100 cal, 0g protein, 0 sat. fat)</i>   |
| Banana              | \$.50  | <i>(100 cal, 1g protein, 0 sat. fat)</i>                  |
| Strawberry          | \$.50  | <i>(1 cup, 45 cal, .5g protein, 0 sat. fat)</i>           |

# Nutritional Information for Smoothie/Shake Ingredients

## **Wheatgrass** (source wiki.com)

Proponents of wheatgrass make many claims for its health properties, ranging from promotion of general well-being to cancer prevention and heavy metal detoxification. These claims have not been satisfactorily substantiated in the scientific literature,[1] although there is some evidence in support of the beneficial effects of chlorophyll in the human diet.[6][7] Some research exists that relates diets high in chlorophyll, present in higher concentrations in green leafy vegetables, to lower rates of colon cancer.[6]

There are a number of other small studies and pilots on the possible benefits of wheatgrass juice. According to Memorial Sloan Kettering Cancer Center,[8] there may be a need for further study of wheatgrass therapy for ulcerative colitis; they cite a small pilot study which showed regular wheatgrass juice therapy significantly reduced rectal bleeding and overall disease activity.[9]

It has been argued that wheatgrass helps blood flow, digestion and general detoxification of the body. These claims have not been reliably substantiated. However, in one pilot study of children with thalassemia (a hereditary form of anemia which often requires blood transfusions), of the patients who were given 100 ml of wheatgrass juice daily, half showed reduced need for transfusions. No adverse effects were observed.[10] Another small study of transfusion-dependent patients suffering from myelodysplastic syndrome responded similarly to wheatgrass therapy; that is, the intervals between needed transfusions were increased. In addition, the chelation effect (removal of heavy metals from the blood) was studied for the same patients; the wheatgrass therapy showed a significant iron chelation effect.[11]

In another pilot, breast cancer patients who drank wheatgrass juice daily showed a decreased need for blood- and bone marrow-building medications during chemotherapy, without diminishing the effects of the therapy.[12]

The food has demonstrated in vitro cytotoxicity to HL-60 (Human promyelocytic leukemia cells).[13]

## **Whey Protein** (source wiki.com)

The use of whey protein as a source of amino acids and its effect on reducing the risks of diseases such as heart disease and cancer is the focus of ongoing research.[3] Whey is an abundant source of branched-chain amino acids (BCAAs),[17] which are used to fuel working muscles and stimulate protein synthesis.[18] In particular, leucine plays a key role in initiating the transcription pathway that fires up protein synthesis.[19] When leucine is ingested in high amounts, such as with whey protein supplementation, there is greater stimulation of protein synthesis, which may speed recovery and adaptation to stress (exercise).[20][21]

Whey protein contains the amino acid cysteine, which can be used to make glutathione. However, this amino acid is not essential for the synthesis of glutathione, and some studies have suggested that the amount of cysteine in the diet may have little effect on glutathione synthesis.[22] However, another study suggested that large amounts of whey protein can increase cellular glutathione levels.[23] Glutathione is an antioxidant that defends the body against free radical damage and some toxins, and studies in animals have suggested that milk proteins might reduce the risk of cancer.

## **Greek Yogurt** (source wiki.com)

Strained yoghurt, yoghurt cheese, labneh, or Greek yoghurt is yoghurt which has been strained in a cloth or paper bag or filter to remove the whey, giving a consistency between that of yoghurt and cheese, while preserving yoghurt's distinctive sour taste. Like many yoghurts, strained yoghurt is often made from milk which has been enriched by boiling off some of the water content, or by adding extra butterfat and powdered milk. Very high in protein and very low in fat.

## **Strawberries** (source wiki.com)

One cup (144 g) of strawberries contains approximately 45 calories (188 kJ) and is an excellent source of vitamin C and flavonoids.