

Hibiscus Limeade

Amount Per Serving	
Calories 100	Calories from Fat 0
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Total Fat 0g	
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	26g
Dietary Fiber	1g
Sugars	21g
Protein	0g

Cold Brew Coffee

Amount Per Serving	
Calories 15	Calories from Fat 0
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Total Fat 0g	
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	0g

Morning Meditation

Amount Per Serving	
Calories 160	Calories from Fat 5
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Total Fat 0.5g	
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	42g
Dietary Fiber	1g
Sugars	34g
Protein	1g

Kale Tonic

Amount Per Serving	
Calories 140	Calories from Fat 0
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Total Fat 0g	
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	22mg
Total Carbohydrate	30g
Dietary Fiber	2g
Sugars	30g
Protein	1g

Million Dollar Bacon

Amount Per Serving

Calories 560 **Calories from Fat** 130

Total Fat 14g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 25mg

Sodium 430mg

Total Carbohydrate 34g

Dietary Fiber 0g

Sugars 24g

Protein 6g

Elote Street Corn Hash

Amount Per Serving

Calories 980 **Calories from Fat** 450

Total Fat 53g

Saturated Fat 21g

Trans Fat 0g

Cholesterol 450mg

Sodium 2100mg

Total Carbohydrate 98g

Dietary Fiber 12g

Sugars 17g

Protein 41g

“Everything” Smoked Salmon Benedict

Amount Per Serving

Calories 680 **Calories from Fat** 320

Total Fat 35g

Saturated Fat 12g

Trans Fat 0g

Cholesterol 420mg

Sodium 1930mg

Total Carbohydrate 51g

Dietary Fiber 4g

Sugars 6g

Protein 38g

Açai Bowl

Amount Per Serving

Calories 770 **Calories from Fat** 240

Total Fat 26g

Saturated Fat 3.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 520mg

Total Carbohydrate 124g

Dietary Fiber 18g

Sugars 51g

Protein 23g

Rainbow Toast

Amount Per Serving

Calories 590 Calories from Fat 150

Total Fat 17g

Saturated Fat 8g

Trans Fat 0g

Cholesterol 50mg

Sodium 430mg

Total Carbohydrate 97g

Dietary Fiber 7g

Sugars 50g

Protein 16g
