

ON-THE-GO GOODNESS

①

Pour liquid of your choice into cup with smoothie ingredients; fill to top.

②

Add contents to blender; blend until smooth.

③

Transfer into a cup and enjoy.

 **HELLO
FRESH**
READY-TO-BLEND SMOOTHIE



NET WT. 9.4 OZ (269G)

Nutrition Facts

1 serving per container

Serving size 1 Container (269g)

Amount Per Serving

Calories 340

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 56g 20%

Dietary Fiber 9g 32%

Total Sugars 37g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2.7mg 15%

Potassium 810mg 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.

INGREDIENTS: SWEET CHERRIES, BANANAS (BANANAS, ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR, CITRIC ACID), DATES (DATES RICE FLOUR), ACAI (ACAI PULP, LESS THAN 0.05% OF CITRIC ACID), RASPBERRIES, BLUEBERRIES, DRAGON FRUIT, KALE, CASHEWS
CONTAINS: TREE NUTS (CASHEWS)

Distributed by: Grocery Delivery E-Services U.S.A., INC. New York, NY 10005

This product is produced in a facility that also processes: eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

CASHEWS • BANANAS • DRAGON FRUIT • AÇAÍ • CHERRIES • BLUEBERRIES • RASPBERRIES • KALE

ON-THE-GO
GOODNESS

 **HELLO
FRESH**
READY-TO-BLEND SMOOTHIE

TROPICAL GREENS



NET WT. 8.5 OZ (242G)

① Pour liquid of your choice into cup with smoothie ingredients; fill to top.

② Add contents to blender; blend until smooth.

③ Transfer into a cup and enjoy.

Nutrition Facts

1 serving per container
Serving size 1 Container (242g)

Amount Per Serving
Calories 340

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 51g	19%
Dietary Fiber 8g	29%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 3.6mg	20%
Potassium 820mg	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.

INGREDIENTS: PINEAPPLE, SPINACH, BANANAS (BANANAS, ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR, CITRIC ACID), MANGOS, CASHEWS, DATES (DATES, RICE FLOUR), FLAXSEED
CONTAINS: TREE NUTS (CASHEWS)

Distributed by: Grocery Delivery
E-Services USA, INC. New York, NY 10005

This product is produced in a facility that also processes: eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

PINEAPPLE • CASHEWS • FLAXSEEDS • MANGO • PINEAPPLE • SPINACH • BANANAS • DATES

ON-THE-GO
GOODNESS

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Transfer into a cup and enjoy.

**HELLO FRESH**
READY-TO-BLEND SMOOTHIE

COCOA BANANA NUT



NET WT. 9.1 OZ (259G)

Nutrition Facts

1 serving per container
Serving size 1 Container (259g)

Amount Per Serving
Calories 600

% Daily Value*

Total Fat 32g **41%**

Saturated Fat 16g **80%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 78g **28%**

Dietary Fiber 16g **57%**

Total Sugars 45g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mg 0%

Calcium 110mg 8%

Iron 2.8mg 15%

Potassium 1220mg 25%

*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.

INGREDIENTS: BANANAS (BANANAS, ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR, CITRIC ACID), DATES (DATES, RICE FLOUR), ALMONDS, DRIED COCONUT FLAKES, COCOA NIBS, FLAXSEED CONTAINS: TREE NUTS (ALMONDS, COCONUT)

Distributed by: Grocery Delivery E-Services USA, INC. New York, NY 10005

This product is produced in a facility that also processes: eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

COCOA NIBS • FLAXSEEDS • ALMONDS • COCONUT • COCOA NIBS • BANANAS • DATES • ALMONDS