



NUTRITION GUIDE



CLEAN JUICE

FOR THE MOST CURRENT NUTRITIONAL INFORMATION
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CLEAN JUICE

ORGANIC

ISN'T A TREND.

IT'S A RETURN TO

TRADITION

CLEAN JUICE

CLEAN FOOD, SERVED FRESH, JUST THE
WAY GOD INTENDED IT TO BE.

KEEPING YOU

HEALTHY IN BODY
& STRONG IN SPIRIT.

3 JOHN 1:2

USDA-CERTIFIED ORGANIC—
NO HARMFUL CHEMICALS
NO HIDDEN ADDITIVES
NO ARTIFICIAL SWEETENERS
NO GMOS



MENU ITEM

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE CELERY ONE	50	3	0	0	0	0	6	13	2	6	2
THE DETOXIFYING ONE	160	5	1	0	0	0	138	38	8	25	3
THE ENERGY ONE	160	8	1	0	0	0	93	37	9	23	3
THE GLOW ONE	140	10	1	0	0	0	37	31	7	19	4
THE HARDCORE ONE	70	7	1	0	0	0	34	16	4	6	3
THE IMMUNITY ONE	160	7	1	0	0	0	80	39	9	27	3
THE PROTECTION ONE	120	5	1	0	0	0	29	30	4	20	2
THE WAKE UP ONE	160	5	1	0	0	0	4	37	7	27	3

12 oz FRESH JUICES

YOUNG, WILD & ORGANIC

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE YOUNG ONE	170	3	0	0	0	0	2	43	5	28	2
THE WILD ONE	190	59	7	2	0	0	140	31	5	17	4
THE SLUSHIE ONE	100	0	0	0	0	0	67	25	2	17	1
THE STRAWBERRY BANANA ONE	120	27	3	3	0	0	2	34	3	25	1
THE KIDS CHEESY WRAP	390	180	20	9	0	40	500	39	1	0	15
THE PEANUT BUTTER APPLE WRAP	340	118	5	1	0	0	125	10	2	3	2

KIDS MENU



MENU ITEM

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE COFFEE ONE	170	40	4	1	0	0	72	33	5	19	4
THE HEALTHY HEART ONE	270	141	16	4	0	0	221	34	5	27	4
THE LONGEVITY ONE	170	2	0	0	0	0	41	41	5	28	1
THE SO BASIC ONE	260	60	7	3	0	0	176	50	7	33	5
THE TROPICAL ONE	270	129	14	12	0	0	88	55	6	34	3
THE PEANUT BUTTER ONE	370	84	8	1	0	0	2	67	9	37	8

16 oz SMOOTHIES



MENU ITEM

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE COFFEE ONE	290	73	8	2	0	0	108	54	7	31	6
THE HEALTHY HEART ONE	350	210	23	5	0	0	258	38	8	28	6
THE LONGEVITY ONE	200	2	0	0	0	0	57	49	6	35	1
THE SO BASIC ONE	370	93	10	3	0	0	211	68	10	43	8
THE TROPICAL ONE	350	129	14	12	0	0	105	76	8	48	4
THE PEANUT BUTTER ONE	490	116	13	5	0	0	210	86	15	38	14

24 oz SMOOTHIES

NO WHEY!?

YES WHEY!

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE CHOCOLATE ONE	320	80	9	3	0	35	204	47	7	28	20
THE DOUBLE ONE	290	67	7	2	0	35	177	42	5	28	18
THE INTENSE ONE	290	97	11	1	0	35	109	34	8	19	17
THE CREAMSICLE ONE	330	27	3	1	0	35	99	65	6	46	16
THE RECOVERY ONE	340	72	8	3	0	35	203	56	7	37	18
THE YOUTHFUL ONE	360	171	19	15	0	35	203	56	7	35	17

16 oz PROTEIN SMOOTHIES (WHEY)



MENU ITEM

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE CHOCOLATE ONE	430	117	13	4	0	35	239	63	10	34	24
THE DOUBLE ONE	370	100	11	3	0	35	212	55	7	34	20
THE INTENSE ONE	470	139	15	2	0	35	131	77	16	46	19
THE CREAMSICLE ONE	400	28	3	1	0	35	99	84	9	58	17
THE RECOVERY ONE	450	104	12	3	0	35	238	74	10	47	21
THE YOUTHFUL ONE	480	178	20	15	0	35	238	86	11	62	19

24 oz PROTEIN SMOOTHIES (WHEY)



plant based

MENU ITEM

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE CHOCOLATE ONE	320	86	10	3	0	0	176	47	8	27	16
THE DOUBLE ONE	280	74	8	2	0	0	149	42	6	27	14
THE INTENSE ONE	280	104	12	1	0	0	82	34	9	18	14
THE CREAMSICLE ONE	320	33	4	1	0	0	71	65	7	45	13
THE RECOVERY ONE	335	78	9	3	0	0	175	56	8	36	14
THE YOUTHFUL ONE	350	178	20	15	0	0	175	56	8	34	13

16 oz PROTEIN SMOOTHIES (HEMP)

HEMP *vs.* WHEY

Hemp protein is **plant-based** derived from the Hemp plant. Whey protein is **an animal source** derived from milk.

Both provide all of the essential amino acids, but in varying amounts, and both can be consumed to add protein to your diet!

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE CHOCOLATE ONE	420	123	14	4	0	0	211	63	12	33	20
THE DOUBLE ONE	370	106	12	3	0	0	184	55	8	33	16
THE INTENSE ONE	470	146	16	2	0	0	104	77	18	45	15
THE CREAMSICLE ONE	400	34	4	1	0	0	71	84	10	56	14
THE RECOVERY ONE	440	111	12	3	0	0	210	74	11	46	17
THE YOUTHFUL ONE	480	185	21	15	0	0	210	86	12	61	16

24 oz PROTEIN SMOOTHIES (HEMP)

AÇAÍ

A SUPERFOOD PACKED WITH ANTIOXIDANTS THAT PROVIDES NUMEROUS AMAZING HEALTH BENEFITS.



MENU ITEM

Total Calories
Calories from Fat
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carbs (g)
Dietary Fiber (g)
Sugars (g)
Protein (g)

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE BEACH BOWL	490	251	28	21	0	0	42	78	10	39	4
THE BERRY BOWL	540	97	11	6	0	0	159	108	12	59	6
THE GREEN BOWL	500	98	11	6	0	0	181	97	9	55	5
THE NUTTY BOWL	560	131	15	7	0	0	149	104	16	51	9
THE COLD-BREW BOWL	450	119	13	6	0	0	107	77	10	37	7
THE DRAGON FRUIT BOWL	540	256	28	21	0	0	161	84	12	40	6

AÇAÍ BOWLS



MENU ITEM

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE PROTEIN BOWL	360	270	30	7	0	207	664	13	6	1	21
THE BALANCED BOWL	350	227	25	5	0	195	579	22	6	5	18
THE YUMMUS BOWL	410	259	29	5	0	10	621	40	9	21	14

SALADS



MENU ITEM

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE BREAKFAST WRAP	620	362	40	13	0	225	604	46	5	1	22
THE BBQ WRAP	455	158	18	6	0	75	954	57	1	11	25
THE CALI WRAP	425	158	18	6	0	75	724	43	1	0	25
THE VEGGIE WRAP	430	226	25	3	0	0	457	51	7	1	7
THE SWEET & SAVORY WRAP	620	273	30	8	0	75	821	64	4	20	27

WRAPS



MENU ITEM

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE EGG SALAD SANDWICH	450	203	23	5	0	190	638	49	8	7	21
THE CALI SANDWICH	535	230	26	8	0	75	808	51	8	6	31
THE BUFFALO CHICKEN SANDWICH	420	207	23	9	0	80	1407	45	4	6	33
THE ULTIMATE GRILLED CHEESE	480	225	25	11	0	40	924	47	5	6	25
THE CHICKEN PESTO SANDWICH	543	206	23	8	0	75	924	55	4	14	30

SANDWICHES (SPROUTED GRAIN)

MENU ITEM

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE EGG SALAD SANDWICH	390	185	21	6	0	190	758	47	6	3	13
THE CALI SANDWICH	475	212	24	9	0	75	928	49	6	2	23
THE BUFFALO CHICKEN SANDWICH	440	189	21	10	0	80	1527	43	2	2	25
THE ULTIMATE GRILLED CHEESE	430	180	20	10	0	35	924	46	3	2	13
THE CHICKEN PESTO SANDWICH	480	188	21	9	0	75	1044	53	2	10	22

SANDWICHES (GLUTEN-FREE)

MENU ITEM

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE EGG SALAD SANDWICH	470	176	20	4	0	190	1338	61	6	3	21
THE CALI SANDWICH	560	179	20	7	0	75	1624	67	2	10	30
THE BUFFALO CHICKEN SANDWICH	520	180	20	8	0	80	2107	57	2	2	33
THE ULTIMATE GRILLED CHEESE	470	171	19	8	0	35	1504	60	3	2	21
THE CHICKEN PESTO SANDWICH	560	179	20	7	0	75	1624	67	2	10	30

SANDWICHES (SOURDOUGH)



MENU ITEM

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE AVOCADO TOAST	280	164	18	3	0	0	203	27	6	4	6
THE HUMMUS TOAST	250	129	14	3	0	10	681	27	4	4	12
THE PROTEIN TOAST	360	209	23	4	0	185	263	28	6	5	12
THE PEANUT BUTTER TOAST	470	192	21	6	0	0	181	57	6	24	15
THE LOADED AVOCADO TOAST	330	207	23	4	0	5	511	31	7	4	10

TOASTS (SPROUTED GRAIN)



MENU ITEM

Total Calories
 Calories from Fat
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Total Carbs (g)
 Dietary Fiber (g)
 Sugars (g)
 Protein (g)

THE AVOCADO TOAST	350	173	19	4	0	0	483	46	6	3	3
THE HUMMUS TOAST	360	160	17	5	0	10	1031	49	5	3	10
THE PROTEIN TOAST	430	218	24	6	0	185	543	47	6	4	9
THE PEANUT BUTTER TOAST	540	201	22	7	0	0	461	76	6	23	12
THE LOADED AVOCADO TOAST	400	216	24	6	0	5	791	50	7	3	7

TOASTS (GLUTEN-FREE)

SUPERFOOD SLUSHIES



MENU ITEM

MENU ITEM	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE IMMUNITY ONE 2.0	180	6	1	0	0	0	86	44	9	30	3
THE DRAGONFRUIT LEMONADE ONE	220	1	0	0	0	0	35	55	7	42	2
THE CUCUMBER PINEAPPLE ONE	180	1	0	0	0	0	36	46	3	38	1

REFRESHERS



MENU ITEM

MENU ITEM	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
KIWI GREEN	140	0	0	0	0	0	36	1	27	1
SWEET GREEN	90	0	0	0	0	55	22	0	21	1
RED	130	0	0	0	0	110	33	1	29	2
SPICY PEACH	170	0	0	0	0	20	45	0	39	1
ORANGE	130	0	0	0	0	85	32	1	21	2
GREEN	35	0	0	0	0	130	6	0	4	0
BLUE	70	0	0	0	0	10	19	0	17	0

SHOTS SHOTS SHOTS



MENU ITEM	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
ACV	30	0	0	0	0	0	6	0	5	0
IMMUNE BOOSTER	20	0	0	0	0	20	5	0	3	0
WORKOUT	30	0	0	0	0	0	8	0	6	0

WELLNESS SHOTS



MENU ITEM

	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CACAO	310	20	3.5	0	0	150	30	3	19	7
WHITE	310	20	3.5	0	0	150	28	2	19	7

CASHEW MILKS



CERTIFIED ORGANIC BY CCOF

HEALTHY IN BODY | STRONG IN SPIRIT

WWW.CLEANJUICE.COM

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE,
BUT CALORIE NEEDS VARY.

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