

Beet-Mango-Blueberry-Ginger-Soy Smoothie

Serving Size: 1 recipe

Recipe: ½ cup beet, raw, pieces ♦ ½ cup mango, sliced ♦ ½ cup blueberries, frozen, unsweetened ♦ ½ tsp ginger root, sliced ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	0.5	0.5	0.5	1.5	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	248 kcal		
Calories from Fat	46 kcal		
Total Fat	5.513 g	65 g	8 %
Saturated Fat	0.781 g	20 g	4 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	150 mg	2400 mg	6 %
Total Carbohydrate	41.874 g	300 g	14 %
Dietary Fiber	11.146 g	25 g	45 %
Sugars	26.949 g		
Protein	14.083 g	50 g	28 %
Total Vitamin A Activity	1468 IU	5000 IU	29 %
Vitamin C	37.188 mg	60 mg	62 %
Calcium	341 mg	1000 mg	34 %
Iron	2.414 mg	18 mg	13 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	7 %
Vitamin K	30.721 mcg	80 mcg	38 %
Thiamin	5.436 mg	1.5 mg	362 %
Riboflavin	5.900 mg	1.7 mg	347 %
Niacin	32.425 mg	20 mg	162 %
Vitamin B6	5.607 mg	2.0 mg	280 %
Folic Acid	274 mcg	400 mcg	69 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	1.070 mg	10 mg	11 %
Phosphorus	254 mg	1000 mg	25 %
Magnesium	85 mg	400 mg	21 %
Zinc	2.787 mg	15 mg	19 %
Selenium	19.055 mcg	70 mcg	27 %
Copper	0.453 mg	2.0 mg	23 %
Manganese	0.861 mg	2.0 mg	43 %
Potassium	916 mg	3500 mg	26 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Beet-Orange-Cherry-Ginger Smoothie

Serving Size: 1 recipe

Recipe: ½ cup beet, raw, pieces ♦ 1 small orange, approx. ½ cup ♦ 1 cup cherries, fresh, sweet ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0	0	0	1.5	0	0.5	2.0	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	208 kcal		
Calories from Fat	9 kcal		
Total Fat	1.029 g	65 g	2 %
Saturated Fat	0.159 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	63 mg	2400 mg	3 %
Total Carbohydrate	47.185 g	300 g	16 %
Dietary Fiber	9.631 g	25 g	39 %
Sugars	33.391 g		
Protein	8.303 g	50 g	17 %
Total Vitamin A Activity	337 IU	5000 IU	7 %
Vitamin C	65.404 mg	60 mg	109 %
Calcium	81 mg	1000 mg	8 %
Iron	1.645 mg	18 mg	9 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	1 IU	30 IU	2 %
Vitamin K	3.374 mcg	80 mcg	4 %
Thiamin	5.435 mg	1.5 mg	362 %
Riboflavin	5.405 mg	1.7 mg	318 %
Niacin	31.612 mg	20 mg	158 %
Vitamin B6	5.473 mg	2.0 mg	274 %
Folic Acid	242 mcg	400 mcg	60 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.234 mg	10 mg	12 %
Phosphorus	171 mg	1000 mg	17 %
Magnesium	57 mg	400 mg	14 %
Zinc	2.207 mg	15 mg	15 %
Selenium	13.324 mcg	70 mcg	19 %
Copper	0.284 mg	2.0 mg	14 %
Manganese	0.417 mg	2.0 mg	21 %
Potassium	931 mg	3500 mg	27 %

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Bok Choy-Kiwi-Strawberry Smoothie

Serving Size: 1 recipe

Recipe: 1 cup bok choy, fresh, raw ♦ 1 cup kiwi, green, cut pieces ♦ 1 cup strawberries, frozen, unsweetened ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	1	1	0	0	2	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	229 kcal		
Calories from Fat	15 kcal		
Total Fat	1.776 g	65 g	3 %
Saturated Fat	0.143 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	74 mg	2400 mg	3 %
Total Carbohydrate	52.057 g	300 g	17 %
Dietary Fiber	12.889 g	25 g	52 %
Sugars	27.086 g		
Protein	8.645 g	50 g	17 %
Total Vitamin A Activity	3384 IU	5000 IU	68 %
Vitamin C	289.412 mg	60 mg	482 %
Calcium	188 mg	1000 mg	19 %
Iron	3.200 mg	18 mg	18 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	5 IU	30 IU	15 %
Vitamin K	109.252 mcg	80 mcg	137 %
Thiamin	5.413 mg	1.5 mg	361 %
Riboflavin	5.463 mg	1.7 mg	321 %
Niacin	32.829 mg	20 mg	164 %
Vitamin B6	5.599 mg	2.0 mg	280 %
Folic Acid	261 mcg	400 mcg	65 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.202 mg	10 mg	12 %
Phosphorus	212 mg	1000 mg	21 %
Magnesium	84 mg	400 mg	21 %
Zinc	2.475 mg	15 mg	17 %
Selenium	14.594 mcg	70 mcg	21 %
Copper	0.468 mg	2.0 mg	23 %
Manganese	0.980 mg	2.0 mg	49 %
Potassium	1241 mg	3500 mg	35 %

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Bok Choy-Orange-Pineapple Smoothie

Serving Size: 1 recipe

Recipe: 1 cup bok choy, fresh, raw ♦ 2 small oranges, approx. 1 cup ♦ 1 cup pineapple chunks, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	2	2	0	0	0	0	0	0	1

Nutrient	Amount Reported	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	170 kcal		
Calories from Fat	8 kcal		
Total Fat	0.911 g	65 g	1 %
Saturated Fat	0.107 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	59 mg	2400 mg	2 %
Total Carbohydrate	38.420 g	300 g	13 %
Dietary Fiber	7.414 g	25 g	30 %
Sugars	26.054 g		
Protein	7.436 g	50 g	15 %
Total Vitamin A Activity	3439 IU	5000 IU	69 %
Vitamin C	161.442 mg	60 mg	269 %
Calcium	147 mg	1000 mg	15 %
Iron	1.559 mg	18 mg	9 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	0 IU	30 IU	2 %
Vitamin K	33.005 mcg	80 mcg	41 %
Thiamin	5.529 mg	1.5 mg	369 %
Riboflavin	5.428 mg	1.7 mg	319 %
Niacin	32.289 mg	20 mg	161 %
Vitamin B6	5.666 mg	2.0 mg	283 %
Folic Acid	237 mcg	400 mcg	59 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.226 mg	10 mg	12 %
Phosphorus	149 mg	1000 mg	15 %
Magnesium	57 mg	400 mg	14 %
Zinc	2.184 mg	15 mg	15 %
Selenium	13.333 mcg	70 mcg	19 %
Copper	0.334 mg	2.0 mg	17 %
Manganese	1.717 mg	2.0 mg	86 %
Potassium	706 mg	3500 mg	20 %

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Cilantro-Orange-Pineapple Smoothie

Serving Size: 1 recipe

Recipe: 1 cup cilantro, fresh ♦ 1 small orange, approx. ½ cup ♦ 1 cup pineapple chunks, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	1.5	1.5	0	0	0	0	0	0	1

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	164 kcal		
Calories from Fat	7 kcal		
Total Fat	0.854 g	65 g	1 %
Saturated Fat	0.091 g	20 g	0 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	28 mg	2400 mg	1 %
Total Carbohydrate	37.481 g	300 g	12 %
Dietary Fiber	7.162 g	25 g	29 %
Sugars	25.368 g		
Protein	6.727 g	50 g	13 %
Total Vitamin A Activity	1391 IU	5000 IU	28 %
Vitamin C	134.262 mg	60 mg	224 %
Calcium	89 mg	1000 mg	9 %
Iron	1.282 mg	18 mg	7 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	1 IU	30 IU	3 %
Vitamin K	50.755 mcg	80 mcg	63 %
Thiamin	5.512 mg	1.5 mg	367 %
Riboflavin	5.405 mg	1.7 mg	318 %
Niacin	32.118 mg	20 mg	161 %
Vitamin B6	5.554 mg	2.0 mg	278 %
Folic Acid	201 mcg	400 mcg	50 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.255 mg	10 mg	13 %
Phosphorus	130 mg	1000 mg	13 %
Magnesium	49 mg	400 mg	12 %
Zinc	2.148 mg	15 mg	14 %
Selenium	13.126 mcg	70 mcg	19 %
Copper	0.372 mg	2.0 mg	19 %
Manganese	1.674 mg	2.0 mg	84 %
Potassium	613 mg	3500 mg	18 %

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Collards-Muskmelon-Watermelon-Soy Smoothie

Serving Size: 1 recipe

Recipe: 1 cup collards, fresh, raw ♦ ½ cup muskmelon cubes, fresh ♦ ½ cup watermelon cubes, fresh ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0.5	0	0.5	1.0	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	168 kcal		
Calories from Fat	40 kcal		
Total Fat	4.732 g	65 g	7 %
Saturated Fat	0.690 g	20 g	3 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	109 mg	2400 mg	5 %
Total Carbohydrate	22.550 g	300 g	8 %
Dietary Fiber	7.048 g	25 g	28 %
Sugars	12.456 g		
Protein	13.766 g	50 g	28 %
Total Vitamin A Activity	6039 IU	5000 IU	121 %
Vitamin C	48.955 mg	60 mg	82 %
Calcium	371 mg	1000 mg	37 %
Iron	1.924 mg	18 mg	11 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	5 %
Vitamin K	194.220 mcg	80 mcg	243 %
Thiamin	5.431 mg	1.5 mg	362 %
Riboflavin	5.875 mg	1.7 mg	346 %
Niacin	32.005 mg	20 mg	160 %
Vitamin B6	5.539 mg	2.0 mg	277 %
Folic Acid	235 mcg	400 mcg	59 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	0.998 mg	10 mg	10 %
Phosphorus	225 mg	1000 mg	23 %
Magnesium	72 mg	400 mg	18 %
Zinc	2.629 mg	15 mg	18 %
Selenium	19.030 mcg	70 mcg	27 %
Copper	0.324 mg	2.0 mg	16 %
Manganese	0.567 mg	2.0 mg	28 %
Potassium	836 mg	3500 mg	24 %

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Kale-Orange-Pineapple-Soy Smoothie

Serving Size: 1 recipe

Recipe: 1 cup kale, fresh, raw ♦ 1 small orange, approx. ½ cup ♦ 1 cup pineapple chunks, fresh ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	1.5	1.5	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	269 kcal		
Calories from Fat	43 kcal		
Total Fat	5.097 g	65 g	8 %
Saturated Fat	0.707 g	20 g	4 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	118 mg	2400 mg	5 %
Total Carbohydrate	47.870 g	300 g	16 %
Dietary Fiber	10.634 g	25 g	43 %
Sugars	27.235 g		
Protein	15.753 g	50 g	32 %
Total Vitamin A Activity	11114 IU	5000 IU	222 %
Vitamin C	211.073 mg	60 mg	352 %
Calcium	456 mg	1000 mg	46 %
Iron	3.218 mg	18 mg	18 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	8 %
Vitamin K	556.801 mcg	80 mcg	696 %
Thiamin	5.642 mg	1.5 mg	376 %
Riboflavin	5.975 mg	1.7 mg	351 %
Niacin	32.781 mg	20 mg	164 %
Vitamin B6	5.812 mg	2.0 mg	291 %
Folic Acid	234 mcg	400 mcg	59 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	1.302 mg	10 mg	13 %
Phosphorus	266 mg	1000 mg	27 %
Magnesium	104 mg	400 mg	26 %
Zinc	2.922 mg	15 mg	19 %
Selenium	19.186 mcg	70 mcg	27 %
Copper	0.665 mg	2.0 mg	33 %
Manganese	2.478 mg	2.0 mg	124 %
Potassium	1129 mg	3500 mg	32 %

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Kale-Orange-Soy Smoothie

Serving Size: 1 recipe

Recipe: 1 cup kale, fresh, raw ♦ 1 small orange, approx. ½ cup ♦ 1 cup soy milk, unsweetened, organic, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	0.5	0.5	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	186 kcal		
Calories from Fat	41 kcal		
Total Fat	4.899 g	65 g	8 %
Saturated Fat	0.692 g	20 g	3 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	123 mg	2400 mg	5 %
Total Carbohydrate	26.222 g	300 g	9 %
Dietary Fiber	8.324 g	25 g	33 %
Sugars	10.983 g		
Protein	14.862 g	50 g	30 %
Total Vitamin A Activity	11018 IU	5000 IU	220 %
Vitamin C	132.203 mg	60 mg	220 %
Calcium	440 mg	1000 mg	44 %
Iron	2.740 mg	18 mg	15 %
Vitamin D	120 IU	400 IU	30 %
Vitamin E	2 IU	30 IU	8 %
Vitamin K	555.646 mcg	80 mcg	695 %
Thiamin	5.511 mg	1.5 mg	367 %
Riboflavin	5.923 mg	1.7 mg	348 %
Niacin	31.956 mg	20 mg	160 %
Vitamin B6	5.627 mg	2.0 mg	281 %
Folic Acid	204 mcg	400 mcg	51 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	0.951 mg	10 mg	10 %
Phosphorus	252 mg	1000 mg	25 %
Magnesium	86 mg	400 mg	21 %
Zinc	2.741 mg	15 mg	18 %
Selenium	19.021 mcg	70 mcg	27 %
Copper	0.500 mg	2.0 mg	25 %
Manganese	0.949 mg	2.0 mg	47 %
Potassium	950 mg	3500 mg	27 %

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Kale-Coconut-Green Tea Smoothie

Serving Size: 1 recipe

Recipe: 1 cup kale, fresh, raw ♦ ¾ cup coconut milk, canned, unsweetened, ~14g fat per 1/3 cup ♦ 1 tsp matcha green tea powder ♦ 1 tsp cardamom ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	0	0	0	0	0	0	0	0	0.75	0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	409 kcal		
Calories from Fat	303 kcal		
Total Fat	36.167 g	65 g	56 %
Saturated Fat	31.662 g	20 g	158 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	33 mg	2400 mg	1 %
Total Carbohydrate	24.676 g	300 g	8 %
Dietary Fiber	3.437 g	25 g	14 %
Sugars	8.326 g		
Protein	5.172 g	50 g	10 %
Total Vitamin A Activity	10302 IU	5000 IU	206 %
Vitamin C	82.687 mg	60 mg	138 %
Calcium	39 mg	1000 mg	4 %
Iron	3.268 mg	18 mg	18 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	2 IU	30 IU	6 %
Vitamin K	547.561 mcg	80 mcg	684 %
Thiamin	0.117 mg	1.5 mg	8 %
Riboflavin	0.422 mg	1.7 mg	25 %
Niacin	1.839 mg	20 mg	9 %
Vitamin B6	0.237 mg	2.0 mg	12 %
Folic Acid	162 mcg	400 mcg	40 %
Vitamin B12	0.000 mcg	6 mcg	0 %
Pantothenic Acid	0.601 mg	10 mg	6 %
Phosphorus	166 mg	1000 mg	17 %
Magnesium	131 mg	400 mg	33 %
Zinc	1.702 mg	15 mg	11 %
Selenium	7.433 mcg	70 mcg	11 %
Copper	0.620 mg	2.0 mg	31 %
Manganese	7.629 mg	2.0 mg	381 %
Potassium	1594 mg	3500 mg	46 %

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Parsley-Grape Smoothie

Serving Size: 1 recipe

Recipe: 1 cup parsley, fresh ♦ 2 cups grapes, green, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	2.0	0	0	0	2.0	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	263 kcal		
Calories from Fat	12 kcal		
Total Fat	1.415 g	65 g	2 %
Saturated Fat	0.301 g	20 g	2 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	59 mg	2400 mg	2 %
Total Carbohydrate	62.426 g	300 g	21 %
Dietary Fiber	6.846 g	25 g	27 %
Sugars	47.260 g		
Protein	8.549 g	50 g	17 %
Total Vitamin A Activity	5254 IU	5000 IU	105 %
Vitamin C	112.416 mg	60 mg	187 %
Calcium	131 mg	1000 mg	13 %
Iron	5.231 mg	18 mg	29 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	2 IU	30 IU	8 %
Vitamin K	1028.092 mcg	80 mcg	1285 %
Thiamin	5.547 mg	1.5 mg	370 %
Riboflavin	5.558 mg	1.7 mg	327 %
Niacin	32.199 mg	20 mg	161 %
Vitamin B6	5.601 mg	2.0 mg	280 %
Folic Acid	229 mcg	400 mcg	57 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	0.964 mg	10 mg	10 %
Phosphorus	191 mg	1000 mg	19 %
Magnesium	67 mg	400 mg	17 %
Zinc	2.656 mg	15 mg	18 %
Selenium	12.699 mcg	70 mcg	18 %
Copper	0.584 mg	2.0 mg	29 %
Manganese	0.362 mg	2.0 mg	18 %
Potassium	1085 mg	3500 mg	31 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Parsley-Grape-Kiwi Smoothie

Serving Size: 1 recipe

Recipe: 1 cup parsley, fresh ♦ 1 cup grapes, green, fresh ♦ 1 kiwi fruit, green fresh, approx. 1/3 cup ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	1.25	0	0	0	1.25	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	201 kcal		
Calories from Fat	13 kcal		
Total Fat	1.532 g	65 g	2 %
Saturated Fat	0.240 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	58 mg	2400 mg	2 %
Total Carbohydrate	45.210 g	300 g	15 %
Dietary Fiber	7.557 g	25 g	30 %
Sugars	30.088 g		
Protein	8.249 g	50 g	16 %
Total Vitamin A Activity	5214 IU	5000 IU	104 %
Vitamin C	160.071 mg	60 mg	267 %
Calcium	140 mg	1000 mg	14 %
Iron	4.902 mg	18 mg	27 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	10 %
Vitamin K	1033.853 mcg	80 mcg	1292 %
Thiamin	5.462 mg	1.5 mg	364 %
Riboflavin	5.469 mg	1.7 mg	322 %
Niacin	32.151 mg	20 mg	161 %
Vitamin B6	5.515 mg	2.0 mg	276 %
Folic Acid	244 mcg	400 mcg	61 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.015 mg	10 mg	10 %
Phosphorus	185 mg	1000 mg	18 %
Magnesium	68 mg	400 mg	17 %
Zinc	2.647 mg	15 mg	18 %
Selenium	12.686 mcg	70 mcg	18 %
Copper	0.482 mg	2.0 mg	24 %
Manganese	0.323 mg	2.0 mg	16 %
Potassium	1012 mg	3500 mg	29 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Spinach-Blueberry-Coconut Smoothie

Serving Size: 1 recipe

Recipe: 1 cup spinach, fresh, raw ♦ 1 cup blueberries, frozen, unsweetened ♦ 1 cup coconut milk, full fat ♦ 1 tsp cinnamon, ground ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™, Wahls Paleo Plus™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	0	1.0	0	1.0	0	0	0	0	0	1.0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	624 kcal		
Calories from Fat	415 kcal		
Total Fat	49.503 g	65 g	76 %
Saturated Fat	42.264 g	20 g	211 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	63 mg	2400 mg	3 %
Total Carbohydrate	47.863 g	300 g	16 %
Dietary Fiber	12.474 g	25 g	50 %
Sugars	29.763 g		
Protein	10.192 g	50 g	20 %
Total Vitamin A Activity	2927 IU	5000 IU	59 %
Vitamin C	16.787 mg	60 mg	28 %
Calcium	94 mg	1000 mg	9 %
Iron	3.714 mg	18 mg	21 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	9 %
Vitamin K	183.629 mcg	80 mcg	230 %
Thiamin	5.438 mg	1.5 mg	363 %
Riboflavin	5.430 mg	1.7 mg	319 %
Niacin	33.821 mg	20 mg	169 %
Vitamin B6	5.554 mg	2.0 mg	278 %
Folic Acid	239 mcg	400 mcg	60 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.256 mg	10 mg	13 %
Phosphorus	272 mg	1000 mg	27 %
Magnesium	123 mg	400 mg	31 %
Zinc	3.492 mg	15 mg	23 %
Selenium	21.384 mcg	70 mcg	31 %
Copper	0.747 mg	2.0 mg	37 %
Manganese	2.958 mg	2.0 mg	148 %
Potassium	1008 mg	3500 mg	29 %

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Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Spinach-Honeydew-Kiwi-Almond Smoothie

Serving Size: 1 recipe

Recipe: 1 cup spinach, fresh, raw ♦ 1 cup honeydew melon cubes, fresh ♦ 1 kiwi fruit, green, approx. 1/3 cup ♦ 1 cup almond milk, unsweetened, with added calcium and vitamin D ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	1.25	0	0	0	1.25	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	182 kcal		
Calories from Fat	35 kcal		
Total Fat	4.186 g	65 g	6 %
Saturated Fat	0.390 g	20 g	2 %
Trans Fat	0.001 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	246 mg	2400 mg	10 %
Total Carbohydrate	32.832 g	300 g	11 %
Dietary Fiber	6.992 g	25 g	28 %
Sugars	20.404 g		
Protein	8.452 g	50 g	17 %
Total Vitamin A Activity	3458 IU	5000 IU	69 %
Vitamin C	102.993 mg	60 mg	172 %
Calcium	525 mg	1000 mg	52 %
Iron	2.100 mg	18 mg	12 %
Vitamin D	100 IU	400 IU	25 %
Vitamin E	17 IU	30 IU	58 %
Vitamin K	177.607 mcg	80 mcg	222 %
Thiamin	5.407 mg	1.5 mg	360 %
Riboflavin	5.886 mg	1.7 mg	346 %
Niacin	32.213 mg	20 mg	161 %
Vitamin B6	5.548 mg	2.0 mg	277 %
Folic Acid	243 mcg	400 mcg	61 %
Vitamin B12	7.406 mcg	6 mcg	123 %
Pantothenic Acid	1.012 mg	10 mg	10 %
Phosphorus	193 mg	1000 mg	19 %
Magnesium	82 mg	400 mg	20 %
Zinc	3.427 mg	15 mg	23 %
Selenium	14.126 mcg	70 mcg	20 %
Copper	0.318 mg	2.0 mg	16 %
Manganese	0.575 mg	2.0 mg	29 %
Potassium	982 mg	3500 mg	28 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.

Spinach-Strawberry-Peach Smoothie

Serving Size: 1 recipe

Recipe: 1 cup spinach, fresh, raw ♦ 1 cup strawberries, fresh ♦ 1 cup peach slices, fresh ♦ 1 tbsp nutritional yeast ♦ water/ice as desired

Diet Category: Wahls™, Wahls Paleo™

Wahls Food Groups per Serving:

Leafy cups	Sulfur cups	Color					Meat/Fish				Coconut		Yeast tbsp
		Green cups	Red cups	Blue cups	Orange cups	Total cups	Organ oz	Omega-3 oz	Other oz	Total oz	Oil tbsp	Milk cups	
0.5	0	0	1.0	0	1.0	2.0	0	0	0	0	0	0	1.0

Nutrient	Per Serving	Daily Value ¹	Percent Daily Value
Dietary Components			
Calories	146 kcal		
Calories from Fat	12 kcal		
Total Fat	1.391 g	65 g	2 %
Saturated Fat	0.129 g	20 g	1 %
Trans Fat	0.000 g		
Cholesterol	0 mg	300 mg	0 %
Sodium	33 mg	2400 mg	1 %
Total Carbohydrate	30.805 g	300 g	10 %
Dietary Fiber	7.998 g	25 g	32 %
Sugars	20.088 g		
Protein	7.817 g	50 g	16 %
Total Vitamin A Activity	3332 IU	5000 IU	67 %
Vitamin C	103.266 mg	60 mg	172 %
Calcium	72 mg	1000 mg	7 %
Iron	2.212 mg	18 mg	12 %
Vitamin D	0 IU	400 IU	0 %
Vitamin E	3 IU	30 IU	10 %
Vitamin K	152.042 mcg	80 mcg	190 %
Thiamin	5.382 mg	1.5 mg	359 %
Riboflavin	5.424 mg	1.7 mg	319 %
Niacin	32.858 mg	20 mg	164 %
Vitamin B6	5.452 mg	2.0 mg	273 %
Folic Acid	231 mcg	400 mcg	58 %
Vitamin B12	4.406 mcg	6 mcg	73 %
Pantothenic Acid	1.008 mg	10 mg	10 %
Phosphorus	176 mg	1000 mg	18 %
Magnesium	69 mg	400 mg	17 %
Zinc	2.398 mg	15 mg	16 %
Selenium	13.367 mcg	70 mcg	19 %
Copper	0.296 mg	2.0 mg	15 %
Manganese	0.971 mg	2.0 mg	49 %
Potassium	857 mg	3500 mg	24 %

¹ Daily Values are reference amounts established by the U.S. Food and Drug Administration (FDA) and used to calculate the Percent Daily Values that appear on food labels. Values are based on a 2,000 calorie diet. Daily Values have not been established for all nutrients.

Nutrient composition of this recipe was calculated using Nutrition Data System for Research software 2012 developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, MN.