

FIT FOODZ CAFE

Calories are fixed to the website totals. Macros were minimally adjusted from the supplied macro list so that Protein x 4 + Carb x 4 + Fat x 9 equals the listed calories exactly.

Liquid calorie additions: Almond Milk +30 (16 oz) / +40 (24 oz) | Skim Milk +70 / +90 | Coconut Water +34 / +45

1. Dubai

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	392	32 g	25.5 g	18 g
16 oz	Skim Milk	432	40 g	36.5 g	14 g
16 oz	Coconut Water	396	33 g	34.5 g	14 g
24 oz	Almond Milk	492	46.5 g	27 g	22 g
24 oz	Skim Milk	542	55 g	40 g	18 g
24 oz	Coconut Water	497	45 g	36.5 g	19 g

2. Fit Cloud

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	399	30 g	40.5 g	13 g
16 oz	Skim Milk	439	35.5 g	49.5 g	11 g
16 oz	Coconut Water	403	28.5 g	47.5 g	11 g
24 oz	Almond Milk	512	43.5 g	44 g	18 g
24 oz	Skim Milk	562	52 g	57 g	14 g
24 oz	Coconut Water	517	42 g	53.5 g	15 g

3. Berry Acai

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	180	3 g	33 g	4 g
16 oz	Skim Milk	220	8.5 g	42 g	2 g
16 oz	Coconut Water	184	1.5 g	40 g	2 g
24 oz	Almond Milk	220	5 g	41 g	4 g
24 oz	Skim Milk	270	11 g	52 g	2 g
24 oz	Coconut Water	225	3.5 g	50.5 g	1 g

4. Chocolate Peanut Butter

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	230	28.5 g	6.5 g	10 g
16 oz	Skim Milk	270	34 g	15.5 g	8 g
16 oz	Coconut Water	234	27 g	13.5 g	8 g
24 oz	Almond Milk	360	43.5 g	15 g	14 g
24 oz	Skim Milk	410	50 g	25.5 g	12 g
24 oz	Coconut Water	365	42 g	24.5 g	11 g

5. French Toast

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	235	28 g	19.5 g	5 g
16 oz	Skim Milk	275	33.5 g	28.5 g	3 g
16 oz	Coconut Water	239	26.5 g	26.5 g	3 g
24 oz	Almond Milk	390	43.5 g	36 g	8 g
24 oz	Skim Milk	440	50 g	46.5 g	6 g
24 oz	Coconut Water	395	42 g	45.5 g	5 g

6. Blueberry Cheesecake

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	316	28 g	19.5 g	14 g
16 oz	Skim Milk	356	36 g	30.5 g	10 g
16 oz	Coconut Water	320	29 g	28.5 g	10 g
24 oz	Almond Milk	389	43.5 g	24.5 g	13 g
24 oz	Skim Milk	439	49.5 g	35.5 g	11 g
24 oz	Coconut Water	394	41.5 g	34.5 g	10 g

7. Peanut Butter Banana Crunch

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	205	6.5 g	29 g	7 g
16 oz	Skim Milk	245	12 g	38 g	5 g
16 oz	Coconut Water	209	5 g	36 g	5 g
24 oz	Almond Milk	285	9.5 g	41.5 g	9 g
24 oz	Skim Milk	335	18 g	54.5 g	5 g
24 oz	Coconut Water	290	7.5 g	51.5 g	6 g

8. S'mores

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	290	28.5 g	17 g	12 g
16 oz	Skim Milk	330	34 g	26 g	10 g
16 oz	Coconut Water	294	27 g	24 g	10 g

Size	Liquid	Calories	Protein	Carbs	Fat
24 oz	Almond Milk	411	44 g	25 g	15 g
24 oz	Skim Milk	461	50 g	36 g	13 g
24 oz	Coconut Water	416	42 g	35 g	12 g

9. Slim Down

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	221	23.5 g	11.5 g	9 g
16 oz	Skim Milk	261	29 g	20.5 g	7 g
16 oz	Coconut Water	225	22 g	18.5 g	7 g
24 oz	Almond Milk	326	37 g	17.5 g	12 g
24 oz	Skim Milk	376	45.5 g	30.5 g	8 g
24 oz	Coconut Water	331	35.5 g	27 g	9 g

10. Almond Butter Cookie

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	250	27 g	13 g	10 g
16 oz	Skim Milk	290	34.5 g	24.5 g	6 g
16 oz	Coconut Water	254	27.5 g	22.5 g	6 g
24 oz	Almond Milk	356	43.5 g	23 g	10 g
24 oz	Skim Milk	406	50 g	33.5 g	8 g
24 oz	Coconut Water	361	42 g	32.5 g	7 g

11. Blue Radiance

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	348	20 g	44.5 g	10 g
16 oz	Skim Milk	388	25.5 g	53.5 g	8 g
16 oz	Coconut Water	352	18.5 g	51.5 g	8 g
24 oz	Almond Milk	421	32 g	48.5 g	11 g
24 oz	Skim Milk	471	40.5 g	61.5 g	7 g
24 oz	Coconut Water	426	30.5 g	58 g	8 g

12. Glow-Berry Matcha

Size	Liquid	Calories	Protein	Carbs	Fat
16 oz	Almond Milk	416	21.5 g	37.5 g	20 g
16 oz	Skim Milk	456	27 g	46.5 g	18 g
16 oz	Coconut Water	420	20 g	44.5 g	18 g

Size	Liquid	Calories	Protein	Carbs	Fat
24 oz	Almond Milk	502	33.5 g	42.5 g	22 g
24 oz	Skim Milk	552	42 g	55.5 g	18 g
24 oz	Coconut Water	507	34 g	54.5 g	17 g

Important: These macro values are mathematically reconciled to the fixed website calories using the standard 4/4/9 calorie formula. They are not a substitute for a laboratory nutrition analysis or a full ingredient-by-ingredient recipe calculation.