

NUTRITIONAL GUIDE OLIVER GREEN February 2023

Salads	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Avocado Caesar	505	18	6	7	40
Middle Eastern Salad	540	57	18	20	24
Green Pesto	518	34	5	19	27
Tokyo Greens	391	30	6	15	21

Warm bowls	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Salmon Taoc Bowl	748	92	12	32	25
Mighty Mushroom	639	76	16	27	24
The Mexican	758	97	13	23	27
Miso bowl	563	46	12	19	32

Extra protein / avocado	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
7-minute Bio Egg	64	0	0	6	4
Smokey Tempeh	99	5	1	8	6
Roasted Tofu	85	1	1	8	6
Roasted Salmon	198	0	0	18	14
1/2 Avocado	159	1	0	2	16

Smoothies	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Man-go Green	245	21	16	3	10
Green Machine	158	17	12	2	1
Energizer	315	65	50	3	4
Strawberry Breakfast smoothie	457	76	50	8	11
Very Berry	465	46	31	5	12
Nutty Cacao	552	64	43	12	26
Coffee Date	356	74	57	3	4
Almond Protein	657	71	50	33	27
Scoop plant protein	99	1	0	20	2

Breakfast	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
OGs Acai Bowl	608	57	42	13	34
Overnight Oats	385	48	22	10	16
Turkish Breakfast Bowl	545	55	5	21	26
Egg Breakfast Bowl	417	44	4	22	22
Avocado Toast	490	40	3	13	30

Wraps	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Middle Eastern Wrap	617	65	15	19	28
Burrito Wrap	625	68	6	21	27
Sweet Potato Wrap	528	77	14	16	14
Moroccan Chickpea Wrap	559	73	6	22	16