



## HOW SHAKEOLOGY® COMPARES

### Shakeology vs. blended coffee drink



VS



Café Latte Shakeology  
16 oz. with ice and water

Starbucks® Coffee Frappuccino  
16 oz. with 2% milk

7g  
Sugars

50g  
Sugars

Calories – 150  
Sodium – 185 mg  
Protein –16 g

Calories – 230  
Sodium – 220 mg  
Protein – 3 g

### Shakeology vs. sweet treat



VS



- ¾ cup brewed coffee, chilled
- ¼ cup nonfat milk
- 1 scoop Vanilla Shakeology
- 1 tsp. ground cinnamon
- 1 cup ice

Cinnamon Roll Shakeology  
16 oz.

Cinnabon® Classic Roll  
1 serving

158  
Calories

880  
Calories

Sugars – 10 g  
Sodium – 235 mg  
Total Fat – 2 g

Sugars – 58 g  
Sodium – 820 mg  
Total Fat – 37 g

### Shakeology vs. fruit and yogurt



VS



Strawberry Shakeology  
16 oz. with ice and water

Panera® Strawberry Granola Parfait  
1 serving

15g  
Total Carbohydrates

43g  
Total Carbohydrates

Sugars – 7 g  
Calories – 130  
Total Fat – 1.5 g

Sugars – 30 g  
Calories – 310  
Total Fat – 11 g

### Shakeology vs. to-go breakfast



VS



Chocolate Vegan Shakeology  
16 oz. with ice and water

Starbucks® Double Smoked Bacon, Cheddar, and Egg  
1 serving

4g  
Total Fat

27g  
Total Fat

Price: ~\$4.33  
Calories – 170  
Cholesterol – 0 mg

Price: ~\$4.45  
Calories – 540  
Cholesterol – 73 mg

### Shakeology vs. protein bar



VS



Shakeology Sunshine Bars  
1 serving  
[Click here for recipe](#)

Clif Bar® Chocolate Almond Fudge  
1 serving

12g  
Protein

10g  
Protein

Calories – 182  
Total Carbohydrates – 25 g  
Sugars – 10 g

Calories – 250  
Total Carbohydrates – 42 g  
Sugars – 23 g

### Shakeology vs. green smoothie



VS



Greenberry Shakeology  
16 oz. with ice and water

Naked® Green Machine Smoothie  
15.2 oz.

6g  
Sugars

53g  
Sugars

Vitamin A – 100% DV  
Vitamin C – 300% DV  
Vitamin B12 – 100% DV

Vitamin A – 90% DV  
Vitamin C – 70% DV  
Vitamin B12 – 20% DV