

Greens **FIRST** Breakfast Comparison



Greens First Wellness Shake



Fast-Food Breakfast Sandwich



Compare

RETAIL PRICE	■ \$3.06 (Together)	■ \$4.99 (\$1.93 More)
CALORIES	■ 87 Calories	■ 620 Calories (5X More)
TOTAL PROTEIN	■ 5.5 Grams	■ 19 Grams
FRUITS & VEGGIES	■ 15 Servings (AP)	■ 0 Servings
TOTAL FAT	■ 2.5 Grams	■ 41 Grams (15X More)
SATURATED FAT	■ 0 Grams	■ 13 Grams (13X More)
TOTAL CARBS	■ 9.8 Grams	■ 49 Grams (10X More)
CHOLESTEROL	■ 0 Milligrams	■ 225 Milligrams (28X More)
SODIUM	■ 64 Milligrams	■ 1370 Milligrams (18X More)