

# NUTRITIONAL CHART

INGREDIENT PRIME PETITE KIDS

# of calories per serving size



**BASE**

White Rice ☺  
Brown Rice ☺  
Zoodles ☺

447	298	149
327	218	109
58	44	25

**TOPPING**

Cabbage  
Cucumber  
Carrot  
Edamame  
Jalapeno Pepper  
Mushroom  
Onion  
Scallion  
Tomato  
Mango  
Pineapple

27	20	7
17	13	4
46	35	12
167	125	42
4	4	2
25	19	6
48	36	12
2	2	2
33	25	8
68	51	17
57	42	14



**EXTRA**

Avocado  
Krab Salad  
Seaweed Salad

189	142	47
510	340	85
70	50	23



**PROTEIN**

Ahi Tuna  
Salmon  
Shrimp  
Chicken  
Steak  
Tofu

238	149	89
415	259	104
224	140	56
374	234	93
561	259	104
93	70	23

**SAUCE**

Hawaiian Sesame\* ☺  
Moku Teriyaki ☺  
Poke Sauce ☺  
Triple Citrus\* ☺☺  
Spicy Moku ☺  
Yum Yum ☺  
Island Sweet Chili ☺☺

77	67	34
89	79	46
67	57	24
76	62	38
180	160	80
190	170	90
80	60	30



**CRUNCH**

Chow Mein Noodles  
Coconut ☺  
Crispy Onion  
Furikake ☺  
Peanuts ☺  
Toasted Sesame Seed ☺  
Wasabi Peas  
Walnuts ☺

37	37	17
8	8	4
29	29	14
13	13	6
41	41	20
17	17	8
30	30	14
46	46	22



**BASE**

Acia ☺  
Pitaya ☺  
Coconut Banana  
Blueberry Peanut Butter  
Yogurt ☺

493	185
456	182
577	333
534	330
200	80



**TOPPING**

Banana  
Blueberry  
Kiwi  
Mango  
Pineapple  
Strawberry

105	50
65	30
69	32
68	30
57	26
40	18

**CRUNCH**

Coconut ☺  
Coca Nibs ☺  
Chia Seeds ☺  
Granola  
Peanuts ☺  
Walnuts ☺

16	8
24	12
69	33
13	6
82	40
92	44



**DRIZZLE**

Almond Butter  
Honey  
Nutella  
Peanut Butter

101	56
64	32
100	50
94	42

