

Eat Fit PJs Coffee and Drinks Nutrition Facts

Name	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Eat Fit Americano (Single)	0	0	0	10	0	0	0	0
Eat Fit Americano (Double)	0	0	0	20	0	0	0	0
Eat Fit Americano (Triple)	5	0	0	30	0	0	0	0
Eat Fit Café Au Lait (12 oz, Fat-Free Milk)	40	0	0	50	6	0	6	4
Eat Fit Café Au Lait (16 oz, Fat-Free Milk)	50	0	0	65	7	0	7	5
Eat Fit Café Au Lait (20 oz, Fat-Free Milk)	60	0	0	80	8	0	9	6
Eat Fit Café Latte (12 oz, Fat-Free Milk)	80	0	0	105	11	0	12	8
Eat Fit Café Latte (16 oz, Fat-Free Milk)	110	0	0	140	15	0	16	11
Eat Fit Café Latte (20 oz, Fat-Free Milk)	140	0.5	0	180	20	0	20	13
Eat Fit Cappuccino (12 oz, Fat-Free Milk)	60	0	0	85	8	0	9	6
Eat Fit Cappuccino (16 oz, Fat-Free Milk)	90	0	0	125	13	0	13	9
Eat Fit Cappuccino (20 oz, Fat-Free Milk)	110	0.5	0	150	15	0	16	11
Eat Fit Espresso (Single)	0	0	0	10	0	0	0	0
Eat Fit Espresso (Double)	0	0	0	15	0	0	0	0

Name	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Eat Fit Espresso (Triple)	5	0	0	25	0	0	0	0
Eat Fit Hot Coffee (12 oz)	0	0	0	5	0	0	0	0
Eat Fit Hot Coffee (16 oz)	0	0	0	10	0	0	0	1
Eat Fit Hot Coffee (20 oz)	5	0	0	10	0	0	0	1
Eat Fit Hot Mocha (12 oz, Fat-Free Milk)	30	0	0	40	8	0	4	3
Eat Fit Hot Mocha (16 oz, Fat-Free Milk)	40	0	0	50	12	0	5	4
Eat Fit Hot Mocha (20 oz, Fat-Free Milk)	50	0	0	65	15	0	7	5
Eat Fit Hot Tea (12 oz)	0	0	0	0	0	0	0	0
Eat Fit Hot Tea (16 oz)	0	0	0	0	0	0	0	0
Eat Fit Hot Tea (20 oz)	0	0	0	0	0	0	0	0
Eat Fit Iced Coffee (12 oz, Fat-Free Milk)	15	0	0	20	1	0	1	1
Eat Fit Iced Coffee (16 oz, Fat-Free Milk)	15	0	0	25	1	0	1	2
Eat Fit Iced Coffee (20 oz, Fat-Free Milk)	15	0	0	25	1	0	1	2
Eat Fit Iced Latte (12 oz, Fat-Free Milk)	90	0	0	115	13	0	13	9
Eat Fit Iced Latte (16 oz, Fat-Free Milk)	120	0	0	150	17	0	17	12

Name	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Eat Fit Iced Latte (20 oz, Fat-Free Milk)	150	0.5	0	190	21	0	22	14
Eat Fit Iced Mocha (12 oz, Fat-Free Milk)	15	0	0	20	4	0	1	1
Eat Fit Iced Mocha (16 oz, Fat-Free Milk)	25	0	0	35	8	0	3	3
Eat Fit Iced Mocha (20 oz, Fat-Free Milk)	25	0	0	35	8	0	3	3
Eat Fit Iced Tea (12 oz)	0	0	0	0	0	0	0	0
Eat Fit Iced Tea (16 oz)	0	0	0	0	0	0	0	0
Eat Fit Iced Tea (20 oz)	0	0	0	0	0	0	0	0
Eat Fit Macchiato (Single, Fat-Free Milk)	10	0	0	20	1	0	1	1
Eat Fit Macchiato (Double, Fat-Free Milk)	25	0	0	40	3	0	3	2
Eat Fit Macchiato (Triple, Fat-Free Milk)	25	0	0	50	3	0	3	2
Eat Fit Mocha Cappuccino (12 oz, Fat-Free Milk)	60	0	0	85	13	0	9	6
Eat Fit Mocha Cappuccino (16 oz, Fat-Free Milk)	80	0	0	115	18	0	12	8
Eat Fit Mocha Cappuccino (20 oz, Fat-Free Milk)	100	0.5	0	140	23	0	14	10
Eat Fit Mocha Latte (12 oz, Fat-Free Milk)	60	0	0	75	12	0	8	5

Name	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Eat Fit Mocha Latte (16 oz, Fat-Free Milk)	70	0	0	90	16	0	9	6
Eat Fit Mocha Latte (20 oz, Fat-Free Milk)	100	0	0	130	22	0	14	9
Eat Fit Mocha Velvet Ice (12 oz, Fat-Free Milk)	90	3	2.5	75	15	1	5	2
Eat Fit Mocha Velvet Ice (16 oz, Fat-Free Milk)	130	4.5	4	105	22	2	7	2
Eat Fit Mocha Velvet Ice (20 oz, Fat-Free Milk)	170	6	5	135	28	2	8	3
Eat Fit Protein Mocha Velvet Ice (12 oz, Fat-Free Milk)	170	4.5	3.5	160	17	2	6	17
Eat Fit Protein Mocha Velvet Ice (16 oz, Fat-Free Milk)	230	6	5	210	23	2	8	21
Eat Fit Protein Mocha Velvet Ice (20 oz, Fat-Free Milk)	290	8	6	260	29	3	10	25
Eat Fit Protein Vanilla Velvet Ice (12 oz, Fat-Free Milk)	170	4.5	3.5	160	15	2	6	17
Eat Fit Protein Vanilla Velvet Ice (16 oz, Fat-Free Milk)	230	6	5	210	22	2	8	21
Eat Fit Protein Vanilla Velvet Ice (20 oz, Fat-Free Milk)	290	8	6	260	28	3	10	25

Name	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Eat Fit Skinny Vanilla Latte (12 oz, Fat-Free Milk)	60	0	0	75	12	0	8	5
Eat Fit Skinny Vanilla Latte (16 oz, Fat-Free Milk)	70	0	0	90	16	0	9	6
Eat Fit Skinny Vanilla Latte (20 oz, Fat-Free Milk)	100	0	0	130	22	0	14	9
Eat Fit Vanilla Velvet Ice (12 oz, Fat-Free Milk)	90	3	2.5	75	15	1	5	2
Eat Fit Vanilla Velvet Ice (16 oz, Fat-Free Milk)	130	4.5	4	105	22	2	7	2
Eat Fit Vanilla Velvet Ice (20 oz, Fat-Free Milk)	170	6	5	135	28	2	8	3
Eat Fit White Chocolate Cappuccino (12 oz, Fat-Free Milk)	60	0	0	75	12	0	8	5
Eat Fit White Chocolate Cappuccino (16 oz, Fat-Free Milk)	70	0	0	90	16	0	9	6
Eat Fit White Chocolate Cappuccino (20 oz, Fat-Free Milk)	100	0	0	130	22	0	14	9