

REFUEL & RECOVER

UNIQUE BLENDS FOR RECOVERY
20oz. - \$7.75 | 12oz. - \$6.50

- STRAWBERRY SLAM 320|250 CAL
Strawberry, Banana, Vanilla Whey Protein
- CHOCOLATE FROSTY 340|170 CAL
Almond Milk, Organic Chocolate,
Chocolate & Vanilla Whey Protein
- HAWAIIAN HARVEST 330|240 CAL
Pineapple, Coconut, Banana, Vanilla Whey Protein
- I LOVE VEGGIES 330|190 CAL 
Pineapple, Coconut, Spinach, Kale, Avocado,
Lemon, Banana, Vanilla Whey Protein
- SPINACH SALAD 350|210 CAL  
Spinach, Strawberry, Peanut Butter, Oats,
Vanilla Whey Protein
- CHOCOLATE THINNY MINT 290|180 CAL
Almond Milk, Organic Chocolate, Mint,
'Get Lean', Chocolate Whey Protein
- TROPICAL TRIUMPH 310|250 CAL
Strawberry, Pineapple, Coconut, Banana
Vanilla Whey Protein
- MANGO CRUSHER 280|220 CAL
Mango, Pineapple, Strawberry, Banana,
Vanilla Whey Protein
- BLACK & TAN CHAI 370|220 CAL
Almond Milk, Organic Chai Spices,
Chocolate & Vanilla Whey Protein
- BERRY BERRY GOOD 310|250 CAL
Strawberry, Blueberry, Blackberry, Raspberry,
Banana, Vanilla Whey Protein
- THE DREAMSICLE DELIGHT 270|250 CAL
Almond Milk, Mango, Pineapple, Banana, Orange
Honey, Vanilla, Yogurt, Vanilla Whey Protein

TRIM & LOW-CAL

FOR THE CALORIE CONSCIOUS
20oz. - \$7.75 | 12oz. - \$6.50

- BANILLA 240|170 CAL 
Almond Milk, Vanilla, Banana,
Vanilla Whey Protein
- SKINNY DELIGHT 300|200 CAL 
Almond Milk, Banana, PB Lite,
Vanilla Whey Protein
- MANGO-LICIOUS 300|170 CAL
Mango, Pineapple, Banana, 'Get Lean',
Vanilla Whey Protein
- PB CUP LITE 290|290 CAL 
Almond Milk, Organic Chocolate, PB Lite,
Chocolate & Vanilla Whey Protein
- STRAWBERRY LEAN 190|140 CAL 
Almond Milk, Strawberry, Pineapple,
Orange, Vanilla Whey Protein
- THE CAFFEINATOR 300|250 CAL 
Almond Milk, Espresso Beans,
Organic Coffee, Organic Chocolate,
Vanilla Whey Protein
- THE METAMORPHOSIS 210|160 CAL 
Almond Milk, Banana, Strawberry,
'Get Lean', Vanilla Whey Protein
- RAZZLE DAZZLE 210|160 CAL 
Almond Milk, Blueberry, Vanilla,
Banana, Vanilla Whey Protein
- TROPICAL SHREDDER 270|190 CAL 
Almond Milk, Pineapple, Mango,
Coconut, Banana, Vanilla Whey Protein

SUBSTITUTE WHEY PROTEIN
WITH PLANT - ADD \$1.00

MEAL REPLACEMENT

A LOW-GLYCEMIC MEAL-IN-A-CUP
20oz. - \$7.75 | 12oz. - \$6.50

- PEANUT BUTTER CUP 530|260 CAL
Almond Milk, Organic Chocolate,
Peanut Butter, Chocolate & Vanilla Whey Protein
- BANANA NUT BLAST 520|260 CAL 
Almond Milk, Peanut Butter, Banana,
Vanilla Whey Protein
- FOR EVERY DAY 470|310 CAL 
Almond Milk, Banana, Blueberry, Kale,
Peanut Butter, Flax Seed Oil, 'Fiber Plus',
Vanilla Whey Protein
- CHOCOLATE ELVIS 530|270 CAL 
Almond Milk, Peanut Butter, Banana,
Chocolate Whey Protein
- PB & JAM 490|260 CAL
Almond Milk, Strawberry, Peanut Butter,
Oats, Vanilla Whey Protein
- VANILLA BEAN 330|210 CAL 
Almond Milk, Banana,
Yogurt, Vanilla, 'Fiber Plus',
Flax Seed Oil, Vanilla Whey Protein
- PERFECT PIÑA 410|310 CAL
Pineapple, Coconut, Strawberry, Flax Seed Oil,
'Fiber Plus', Vanilla Whey Protein
- BANANA SPLIT 300|260 CAL
Almond Milk, Strawberry, Banana,
Organic Chocolate, 5g Glutamine,
Vanilla Whey Protein

OAT MILK IS AVAILABLE
AT NO EXTRA CHARGE

ADD-INS

SHAPERS & BUILDERS

ACHIEVE YOUR GOALS

WHEY PROTEIN - \$1.50
20g Vanilla or Chocolate

PLANT PROTEIN - \$2.00
20g Vanilla or Chocolate

WHOLE-FOODS

ROOT YOUR GOALS - \$1.00

EXTRA FRUIT OR VEGGIES

PEANUT BUTTER OR PB LITE

FLAX SEED OIL

ESPRESSO BEANS

CORE SUPPLEMENTS

CUSTOMIZE YOUR GOALS - \$1.00

CREATINE OR GLUTAMINE

5g for Increased Strength & Stamina

RAW ENERGY

Short & Long-Term Energy, Naturally

GET LEAN

For Fat Burning & Natural Weight Loss

FIBER PLUS

Your Daily Dose of Fiber & Probiotics

-  Low Sugar <20g
-  Ridiculously Low Sugar 10g
-  Veggie Detox

OUR PROMISE:

TO ONLY USE WHOLE-FOOD
INGREDIENTS, FREE OF ANY
ARTIFICIAL ADDITIVES OR SYNTHETIC
SWEETENERS. WE WANT EVERY
CALORIE TO BE NUTRIENT-DENSE AND
NATURAL, REplete WITH THE
PHYTONUTRIENTS OF WHOLE-FOODS
- NECESSARY FOR REBUILDING A NEW
AND BETTER YOU!

YOUR BODY HAS
30 MINUTES
TO REFUEL AFTER YOU
EXERCISE OR YOU
WORKED OUT FOR
NOTHING.

CALORIES-IN MUST
EQUAL CALORIES-OUT
AFTER A WORKOUT.

CARBOHYDRATES
ARE **NOT** EVIL

**PROTEIN
REPAIRS
MUSCLE**

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AND BETTER YOU!

NATURAL
WHOLE-FOODS FOR
NATURAL
TOTAL FITNESS

ONE 20oz SHAKE
CAN PROVIDE 5-9 SERVINGS
OF FRUIT & VEGGIES

NO ARTIFICIAL
ANYTHING!

OUR SHAKES
ARE MADE FROM
100%
CRUSHED
FRUIT

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AND BETTER YOU!

100% NATURAL
SHAKES
ARE PERFECT FOR
YOUR CHILD.

PROTEIN
HELPS KIDS
GROW STRONG

HEALTHY SNACKS
OR MEALS
FOUND HERE

NUTRITION
YOUR CHILD
NEEDS

OUR PROMISE:

TO ONLY USE WHOLE-FOOD INGREDIENTS, FREE OF ANY ARTIFICIAL ADDITIVES OR SYNTHETIC SWEETENERS. WE WANT EVERY CALORIE TO BE NUTRIENT-DENSE AND NATURAL, REplete WITH THE PHYTONUTRIENTS OF WHOLE-FOODS - NECESSARY FOR REBUILDING A NEW AND BETTER YOU!

**MORE LEAN MUSCLE
= HIGHER METABOLISM**

**HIGHER METABOLISM
= EFFICIENT FAT BURNING**

**PROTEIN
+
EXERCISE
=
LEAN
MUSCLE**

**EFFICIENT FAT BURNING
= FITTER (& HAPPIER) YOU**