

# REFUEL & RECOVER

UNIQUE BLENDS FOR RECOVERY | 20oz. - \$6.00

## STRAWBERRY SLAM 320 CAL

Strawberries, Banana & more Strawberries  
with 20g Vanilla Whey Protein

## CHOCOLATE THINNY MINT 320 CAL

Choice of Liquid, Organic Chocolate, Mint  
& 'Get Lean' with 30g Chocolate Whey Protein

## JAVA JOLT 300 CAL

Choice of Liquid, Organic Coffee  
& Organic Chocolate with 20g Vanilla Whey Protein

## BERRY, BERRY GOOD 310 CAL

Strawberries, Blueberries, Blackberries, Raspberries  
& Banana with 20g Vanilla Whey Protein

## CHOCOLATE FROSTY 340 CAL

Choice of Liquid & Organic Chocolate  
with 20g Chocolate & 20g Vanilla Whey Protein

## MANGO CRUSHER 320 CAL

Mangoes, Pineapple, Strawberries  
& Banana with 20g Vanilla Whey Protein

## HAWAIIAN HARVEST 330 CAL

Pineapple, Coconut & Banana  
with 20g Vanilla Whey Protein

## BLACK & TAN CHAI 380 CAL

Choice of Liquid & Organic Chai Spices  
with 20g Vanilla & 20g Chocolate Whey Protein

# TRIM & LOW-CAL

FOR THE CALORIE CONSCIOUS | 20oz. - \$7.00

## BANILLA 250 CAL

Unsweetened Almond Milk, Banana & Vanilla  
with 30g Vanilla Whey Protein

## STRAWBERRY LEAN 190 CAL

Unsweetened Almond Milk, Strawberries, Pineapple  
& Orange with 20g Vanilla Whey Protein

## SKINNY DELIGHT 270 CAL

Unsweetened Almond Milk, Banana & PB Lite  
with 30g Vanilla Whey Protein

## THE CAFFEINATOR 280 CAL

Unsweetened Almond Milk, Espresso Beans, Organic Coffee  
& Organic Chocolate with 30g Vanilla Whey Protein

## 6 PACK ATTACK 330 CAL

Choice of Liquid, Organic Chocolate & Banana  
with 30g Chocolate Whey Protein

## THE METAMORPHOSIS 210 CAL

Choice of Liquid, Banana, Strawberries  
& 'Get Lean' with 20g Vanilla Whey Protein

## MANGO-LICIOUS 300 CAL

Mangoes, Pineapple, Banana & 'Get Lean'  
with 15g Vanilla Whey Protein

## RAZZLE DAZZLE 220 CAL

Unsweetened Almond Milk, Blueberries, Banana  
& Vanilla with 20g Vanilla Whey Protein


## PB CUP LITE 270 CAL

Choice of Liquid, Organic Chocolate & PB Lite  
with 10g Chocolate & 10g Vanilla Whey Protein

## TROPICAL SHREDDER 280 CAL

Unsweetened Almond Milk, Pineapple, Mangoes,  
Coconut & Banana with 20g Vanilla Whey Protein

 <20g Sugar

 <10g Sugar

SUBSTITUTE WHEY PROTEIN WITH PLANT IN ANY SHAKE - ADD \$1.00



# REFUEL & DETOX

• DELICIOUS VEGGIE FUSIONS | 20oz. - \$6.00 •

## I LOVE VEGGIES 330 CAL

Pineapple, Coconut, Spinach, Kale, Avocado,  
Lemon & Banana with 20g Vanilla Whey Protein

## TENDER GREENS 360 CAL

Choice of Liquid, Kale, Spinach, Banana, Flax Seed Oil,  
Vanilla & Honey with 20g Vanilla Whey Protein

# MEAL REPLACEMENT

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

## PEANUT BUTTER CUP 530 CAL

Choice of Liquid, Organic Chocolate & Peanut Butter  
with 20g Chocolate & 20g Vanilla Whey Protein

## NUTS & BERRIES 340 CAL

Unsweetened Almond Milk, Peanut Butter, Strawberries,  
Lemon, Coconut & Honey with 20g Vanilla Whey Protein

## BANANA NUT BLAST 520 CAL

Choice of Liquid, Peanut Butter & Banana  
with 40g Vanilla Whey Protein

## VANILLA BEAN 340 CAL

Choice of Liquid, Banana, Yogurt, Vanilla, 'Get Regular'  
& Flax Seed Oil with 30g Vanilla Whey Protein

## FOR EVERY DAY 470 CAL

Choice of Liquid, Banana, Blueberries, Kale, Peanut Butter,  
Flax Seed Oil & 'Get Regular' with 20g Vanilla Whey Protein

## PERFECT PINA 410 CAL

Pineapple, Coconut, Strawberries, Coconut, Flax Seed Oil  
& 'Get Regular' with 30g Vanilla Whey Protein

SUBSTITUTE WHEY PROTEIN WITH PLANT IN ANY SHAKE - ADD \$1.00

# ADD-INS

## SHAPERS & BUILDERS

• ACHIEVE YOUR GOALS •

### WHEY PROTEIN - \$1.25

20g Vanilla or Chocolate

### PLANT PROTEIN - \$2.00

20g Vanilla or Chocolate

## WHOLE-FOODS

• ROOT YOUR GOALS - \$1.00 •

EXTRA FRUIT OR VEGGIES

FLAX SEED OIL

PEANUT BUTTER OR PB LITE

ESPRESSO BEANS

## CORE SUPPLEMENTS

• CUSTOMIZE YOUR GOALS - \$.75 •

CREATINE OR GLUTAMINE

5g for Increased Strength & Stamina

GET ENERGIZED

Short & Long Term Energy Naturally

GET LEAN

For Fat Burning & Natural Weight Loss

GET REGULAR

Your Daily Dose of Fiber & Probiotics