

REFUEL & recover

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

STRAWBERRY SLAM 320 CAL

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

JAVA JOLT 340 CAL

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

CHOCOLATE FROSTY 340 CAL

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

HAWAIIAN HARVEST 330 CAL

Pineapple, Coconut & Banana with 20g Vanilla Whey Protein

I LOVE VEGGIES 330 CAL

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

CHOCOLATE THINNY MINT 320 CAL

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

TROPICAL TRIUMPH 320 CAL

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

MANGO CRUSHER 320 CAL

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

BLACK & TAN CHAI 380 CAL

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

TENDER GREENS 360 CAL

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

TRIM & low-cal

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

BANILLA 250 CAL

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

SKINNY DELIGHT 270 CAL

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

BODY SHREDDER 280 CAL

Choice of Liquid, Banana, 5g Creatine & 'Get Regular' with 30g Vanilla or Chocolate Whey Protein

MANGO-LICIOUS 300 CAL

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

PB CUP LITE 270 CAL

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

STRAWBERRY LEAN 190 CAL

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

THE CAFFEINATOR 280 CAL

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

THE METAMORPHOSIS 210 CAL

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

RAZZLE DAZZLE 220 CAL

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

TROPICAL SHREDDER 280 CAL

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

 <10g Sugar  <20g Sugar
 Veggie Detox



MEAL *replacement*

A LOW-GLYCEMIC MEAL-IN-A-CUP | 20oz. - \$7.00

PEANUT BUTTER CUP 530 CAL

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

BANANA NUT BLAST 520 CAL

Choice of Liquid, Peanut Butter & Banana with 40g 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

CHOCOLATE ELVIS 540 CAL

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

GO NUTS! 480 CAL

Almond Milk, Peanut Butter, PB Lite, Oats, Honey & 'Get Energized' with 20g Vanilla Whey Protein

VANILLA BEAN 340 CAL

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

PERFECT PIÑA 410 CAL

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

BANANA SPLIT 310 CAL

Choice of Liquid, Strawberries, Banana, Organic Chocolate & 5g Glutamine with 20g Vanilla Whey Protein

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

PEANUT BUTTER OR PB LITE

FLAX SEED OIL

ESPRESSO BEANS

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

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

TOTAL NUTRITION, FOR NATURAL TOTAL FITNESS!

