

REFUEL & RECOVER

Unique Blends for Recovery | 20oz. \$6.00

STRAWBERRY SLAM | 350 CAL

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

*JAVA JOLT | 470 CAL

Rich Colombian Coffee, Milk & Dark Chocolate Blended with 20g Vanilla Whey Protein

BERRY, BERRY GOOD | 350 CAL

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

*CHOCOLATE FROSTY | 420 CAL

Creamy Chocolate & 40g Chocolate Whey Protein to Satisfy Any Chocoholic

MANGO CRUSHER | 350 CAL

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

HAWAIIAN HARVEST | 360 CAL

Crushed Pineapple, Coconut & Banana with 20g Vanilla Whey Protein

*MO' MASS | 600 CAL

Natural Peanut Butter, Oatmeal & Banana with 40g of Vanilla or Chocolate Daily Mass Builder

I LOVE VEGGIES | 370 CAL

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

*PEANUT BUTTER CUP | 610 CAL

Rich Chocolate & Natural Peanut Butter with 40g of Chocolate Whey Protein

TRIM & LOW-CAL

For the Calorie Conscious | 20oz. \$6.00

*PB CUP LITE | 280 CAL

Chocolate & Lite Peanut Butter with 20g Chocolate Whey Protein

BERRY TRIM | 330 CAL

Raspberries, Strawberries, Blueberries, Blackberries, Banana & Fat Burner with 15g Vanilla Whey Protein

*BODY SHREDDER | 330 CAL

Banana, 5g Creatine & Fiber with 30g Vanilla or Chocolate Whey Protein

MOCHA MELT | 350 CAL

Colombian Coffee, Rich Chocolate & Fat Burner Blended with 20g Vanilla Whey Protein

*SKINNY MINNY | 260 CAL

Lite Peanut Butter & Fiber-Rich Banana with 20g Vanilla Whey Protein

KIDS SMOOTHIES

Balanced Nutrition | 12oz. \$4.50

*JR CHOCOLATE FROSTY | 200 CAL

Small Shake with Big Taste. Rich Chocolate & 10g Chocolate Whey Protein

STRAWBERRY SHORTCAKE | 210 CAL

Scrumptious Blend of Strawberries & Potassium-Rich Banana with 10g Vanilla Whey Protein

***Smoothies that come with your choice of Skim or Almond milk**

SUPPLEMENTS

Achieve Your Goals .50 ea.

CREATINE

Improves strength & exercise performance

VITAMIN C

Supports healthy immune function

BCAA

Repairs & reduces muscle soreness

FIBER

Regulates digestive system

ECHINACEA

Powerful immune system stimulator

FAT BURNER

Increases metabolism, curbs appetite & converts fat to energy

ANTIOXIDANT

Neutralizes & eliminates damaging oxidizing agents from your body

GLUTAMINE

Prevents muscle breakdown while supporting new muscle growth

ADD-INS

ENERGY \$.50

CAFFEINE \$.50

OATMEAL \$1.00

MULTIVITAMIN \$.50

WHEY PROTEIN \$1.25

PLANT PROTEIN \$1.75

DAILY MASS BUILDER \$1.25

PEANUT BUTTER \$1.00

LITE PEANUT BUTTER \$1.00

EXTRA FRUIT/VEGGIES \$1.00