

REFUEL & RECOVER

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

STRAWBERRY SLAM

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

JAVA JOLT

Choice of Liquid, Colombian Coffee, Dark & Milk Chocolate with 20g Vanilla Whey Protein

BERRY, BERRY GOOD

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

CHOCOLATE FROSTY

Choice of Liquid & Chocolate with 40g Chocolate Whey Protein

MANGO BERRY BURST

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

HAWAIIAN HARVEST

Pineapple, Coconut & Banana with 20g Vanilla Whey Protein

CHOCOLATE THINNY MINT

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

CRACKER JAX

Choice of Liquid, Salted Caramel, PB Lite & Oatmeal with 20g Vanilla Whey Protein

BLACK & TAN CHAI

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

MO' MASS

Choice of Liquid, Peanut Butter, Oatmeal & Banana with Vanilla or Chocolate 'Daily Mass' Builder

ORGANIC COOKIE CRUNCH

Choice of Liquid, Yogurt & Organic Sandwich Cookies with 30g Vanilla Whey Protein

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

REFUEL & DETOX

DELICIOUS VEGGIE FUSIONS | 20oz. - \$7.00

RED VELVET CUPCAKE

Unsweetened Almond Milk, Yogurt, Chocolate, Beets & Vanilla with 20g Chocolate Whey Protein

I LOVE VEGGIES

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

MEAL REPLACEMENT

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

PEANUT BUTTER CUP (OR LITE)

Choice of Liquid, Chocolate & Peanut Butter (PB Lite) with 20g (10g) Chocolate & 20g (10g) Vanilla Whey Protein

BANANA NUT BLAST

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

LIFESTYLE SHAKES

LESS SUGAR & LOWER CALORIES | 20oz. - \$7.00

PEANUT BUSTER

Unsweetened Almond Milk, Cacao, PB Lite, Vanilla & Hemp Seeds with 20g Vanilla Whey Protein

STRAWBERRY LEAN

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

THE CAFFEINATOR

Unsweetened Almond Milk, Espresso Beans, Colombian Coffee & 'Get Energized' with 30g Vanilla Whey Protein

 Low Sugar (< 20g)  Ridiculously Low Sugar (< 10g)

PRE-WORKOUT

FUEL YOUR WORKOUT | 16oz. - \$2.50

PRECOVERY

Not a Shake! Cherry Flavored Pre-Workout Drink with BCAAs. Promotes Strength, Stamina & Muscle Recovery

ADD-INS

ACHIEVE YOUR GOALS

WHEY PROTEIN - \$1.25

20g Vanilla or Chocolate

PLANT PROTEIN - \$2.00

20g Vanilla or Chocolate

DAILY MASS BUILDER - \$1.25

40g Vanilla or Chocolate

WHOLE-FOODS

ROOT YOUR GOALS - \$1.00

CHIA, FLAX OR HEMP SEEDS

EXTRA FRUIT OR VEGGIES

PEANUT OR ALMOND BUTTER

OATMEAL OR GRANOLA

ORGANIC SANDWICH COOKIES

FLAX SEED OIL • PB LITE

ESPRESSO BEANS

CORE SUPPLEMENT STACKS

CUSTOMIZE YOUR GOALS - \$1.00

MOVE BETTER

Get Flexible & Flax Seed Oil

SHRED BETTER

Get Lean & Creatine

Get Energized • Get Essentials • Get Greens

Get Recovered • Get Regular • Glutamine

ALL INDIVIDUAL SUPPLEMENTS - \$.75 EACH

