

REFUEL & RECOVER

UNIQUE BLENDS FOR RECOVERY - 20oz

Strawberry Slam

Strawberries, Banana & Lemon Extract with 20g Vanilla

Java Jolt

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

Berry, Berry Good

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

Chocolate Frosty

Choice of Milk and Chocolate with 40g Chocolate Protein

Mango Crusher

Mangos, Strawberries, Banana & Lemon Extract with 20g Vanilla Whey Protein

Hawaiian Harvest

Pineapple, Coconut & Banana with 20g Vanilla Whey Protein

Chocolate Thinny Mint

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

Organic Cookie Crunch

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

LIFESTYLE SHAKES

LESS SUGAR & LOWER CALORIES - 20oz

Chocolate Brownie

Unsweetened Almond Milk, Cocoa, Vanilla & Chia Seeds with 30g Vanilla Whey Protein

Peanut Buster

Unsweetened Almond Milk, Cocoa, Peanut Butter Lite, Vanilla & Hemp Seeds with 20g Vanilla Whey Protein

Pineapple Shredder

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

Razzle Dazzle

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

Skinny Delight

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

Strawberry Lean

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

The Caffeinator

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

REFUEL & DETOX

VEGGIE FUSION - 20oz

I Love Veggies

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

Mango Veggies

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

Tender Greens

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

MEAL REPLACEMENT

A LOW-GLYCEMIX MEAL IN A CUP - 20oz

Peanut Butter Cup (Or Lite)

Choice of Milk, Chocolate & Peanut Butter (Lite) with 40g (20g) Chocolate Whey Protein

Banana Nut Blast

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

Trail Mix

Choice of Milk, Cinnamon, Oats, Almond Butter, Raisins & Banana with 30g Vanilla Whey Protein

Vanilla Bean

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

ADD-INS

Shapers & Builders

ACHIEVE YOUR GOALS

PREcovery - \$2.50
Pre-workout Support mixed with Water

Whey Protein - \$1.75

Plant Protein - \$2.25

Creatine or L-Glutamine - \$1.50

Whole Foods

CUSTOMIZE YOUR GOALS

Flax Seed Oil

Peanut or Almond Butter

Extra Fruit or Veggies

Oatmeal or Granola

PB Lite

Organic Sandwich Cookies

Espresso Beans

TIMING IS EVERYTHING

...you have 30 minutes to recover