

REFUEL + RECOVER

UNIQUE BLENDS FOR RECOVERY - 20oz.

STRAWBERRY SLAM

Strawberries & Banana
with 20g Vanilla Whey Protein

JAVA JOLT

Choice of Milk, 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 Milk & Chocolate
with 40g Chocolate Whey Protein

MANGO CRUSHER

Mangoes, Pineapple, Strawberries & Banana
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

REFUEL + DETOX

VEGGIE FUSION - 20oz.

I LOVE VEGGIES

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

MANGO VEGGIES

Mangoes, 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

BEVERAGES

\$1.75

FRESH BREWED COFFEE OR NATURAL TEA

LIFESTYLE SHAKES

LOWER SUGAR & LESS CALORIES - 20oz.

CHOCOLATE BROWNIE

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

PEANUT BUSTER

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


STRAWBERRY LEAN

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

THE CAFFEINATOR

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

 low sugar

 ridiculously low sugar

MEAL REPLACEMENT

A LOW-GLYCEMIC MEAL-IN-A-CUP - 20oz.

PEANUT BUTTER CUP (OR LITE)

Choice of Milk, Chocolate & Peanut Butter (PB 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, Apple Cinnamon Granola, 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

CORE SUPPLEMENTS

GET ENERGIZED • GET ESSENTIALS
GET FLEXIBLE • GET LEAN
GET RESISTANCE

ALL INDIVIDUAL SUPPLEMENTS
AVAILABLE FOR \$1.00 EACH

SHAPERS & BUILDERS

PROTEIN :

WHEY - \$1.75

PLANT - \$2.25*

*Substitute Plant for Whey in any shake for \$1 extra

CREATINE

OR GLUTAMINE - \$1.50

PRECOVERY - \$2.50

Cherry Flavored Pre-Workout Support
Mixed with Water

WHOLE-FOODS

PEANUT OR
ALMOND BUTTER

OATMEAL
OR GRANOLA

ORGANIC
SANDWICH
COOKIES

FLAX SEED OIL

EXTRA FRUIT
OR VEGGIES

PB LITE

ESPRESSO BEANS