

Blended Recovery

UNIQUE BLENDS FOR RECOVERY | 20oz. - \$9.00

STRAWBERRY SLAM

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

PB JOLT

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

BERRY, BERRY GOOD

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

CHOCOLATE FROSTY

Choice of Liquid & Organic Chocolate
with 20g Chocolate & 20g Vanilla 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, Organic Chocolate, Mint & 'Get Lean'
with 30g Chocolate Whey Protein

ANTIOXIDANT BLAST

Acai, Pomegranate, Blackberries, Blueberries & Banana
with 20g Vanilla Whey Protein

MO' MASS

Choice of Liquid, Peanut Butter, Oats, Banana & 5g Creatine
with Vanilla or Chocolate 'Daily Mass' Builder

ORGANIC COOKIE CRUNCH

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

APPLE BLOSSOM

Apples, Strawberries & Banana with 20g Vanilla Whey Protein

FLORIDA KEY LIME SUBLIME

Limes & Yogurt with 20g Vanilla Whey Protein

Blended Lifestyle

LOWER CALORIES, HEALTHY LIFESTYLE | 20oz. - \$9.00

BANILLA ☺

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

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 30g Vanilla Whey Protein

TROPICAL SHREDDER ☺

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

SLENDERBERRY ☺

Unsweetened Almond Milk, Pineapple,
Raspberries, Banana, Beets & Orange
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,
Organic Coffee & Organic Chocolate
with 30g Vanilla Whey Protein

STRAWBERRY LIMEADE

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

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

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

Blended Detox

DELICIOUS VEGGIE FUSIONS | 20oz. - \$9.00

I LOVE VEGGIES

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

APPLE ZINGER

Apples, Spinach & Lemon
with 20g Vanilla Whey Protein

CARROT C+

Carrots, Garden Vegetables, Orange
& Banana with 20g Vanilla Whey Protein

PUMPKIN PATCH

Unsweetened Almond Milk,
Pumpkin, Organic Chai Spices,
Yogurt & Cinnamon
with 30g Pumpkin Whey Protein

SQUASHED VEGGIES

Butternut Squash, Mangoes,
Carrots, Garden Vegetables,
Spinach, Kale, Avocado,
Lemon & Banana
with 20g Vanilla Whey Protein

Blended Meals

A LOW-GLYCEMIC MEAL-IN-A-CUP | 20oz. - \$9.00

PEANUT BUTTER CUP (or LITE)

Choice of Liquid, Organic 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

TRAIL MIX

Choice of Liquid, Apple Cinnamon Granola, Almond Butter,
Raisins & Banana with 30g Vanilla Whey Protein

VANILLA BEAN

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

HOME RUN

Choice of Liquid, Organic Caramel, Sea Salt & PB Lite
with 20g Vanilla Whey Protein

APPLE SPICED OATS

Choice of Liquid, Apples, Apple Cinnamon Granola, Cinnamon
& Raisins with 20g Vanilla Whey Protein

BERRY SUNRISE

Strawberries, Blueberries, Blackberries, Raspberries,
Peanut Butter, Banana & Flax Seed Oil with 20g Vanilla Whey Protein

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

DAILY MASS BUILDER - \$1.25
40g Vanilla or Chocolate

PLANT PROTEIN - \$2.00
20g Vanilla or Chocolate

COLLAGEN PEPTIDES - \$2.00
For Skin, Bone & Muscle Health

Whole-Foods

ROOT YOUR GOALS - \$1.00

CHIA, FLAX OR HEMP SEEDS • FLAX SEED OIL
EXTRA FRUIT OR VEGGIES • COCONUT FLAKES
PEANUT OR ALMOND BUTTER • PB LITE
OATMEAL OR GRANOLA • ESPRESSO BEANS
ORGANIC SANDWICH COOKIES
CHOCOLATE CHIPS • BEE POLLEN (\$2.00)

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 Recovered
Get Regular • Glutamine • Organic Super Greens

INDIVIDUAL SUPPLEMENTS AVAILABLE FOR \$.75 EACH

Blended Bowls

A SUPER-HEALTHY TREAT - \$10.00

SUPER ANTIOXIDANT

Acai, Pomegranate & Blueberries
blended with Yogurt & topped with Coconut,
Hemp Seeds, Peanut Butter, Banana,
Cacao Nibs & a drizzle of Honey

THE ULTIMATE POWER

Raspberries, Strawberries, Blueberries,
Blackberries & 20g Vanilla Whey Protein
blended with Yogurt & topped with
Berry Coconut Granola, Peanut Butter,
Banana, Coconut & a drizzle of Honey

THE AMAZING ACAI

Acai, Pomegranate & Blueberries
blended with Yogurt & topped with
Berry Coconut Granola, Almond Butter,
Banana, Chia Seeds, Cacao Nibs,
Coconut & a drizzle of Honey

TROPICAL VEGGIE BLISS

Mangoes, Pineapple, Kale, Spinach & Lemon
blended with Yogurt & topped with
Berry Coconut Granola, Banana, Coconut
& a drizzle of Honey

CHOCOLATE COVERED STRAWBERRIES

Strawberries, Organic Chocolate, Vanilla
& more Strawberries blended with Yogurt
& topped with Berry Coconut Granola, Banana,
Coconut, Cacao Nibs & a drizzle of Honey

ADD ANY EXTRA WHOLE-FOOD ITEMS FOR \$1.00 EACH