

REFUEL & RECOVER

RECOVERY BLENDS | 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

MANGONIFICENT

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

HAWAIIAN HARVEST

Pineapple, Coconut & Banana 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, Vanilla & Organic Sandwich Cookies with 30g Vanilla Whey Protein

SUNNY DAZE

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

ORANGE CREAMSICLE

Oranges, Tangerines, Pineapple & Banana with 20g Vanilla Whey Protein

LIFESTYLE SHAKES

LOW SUGAR | 20oz. - \$7.00

CHOCOLATE BROWNIE

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

RAZZLE DAZZLE

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

TROPICAL SHREDDER

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

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:  <20g Sugar  <10g Sugar :
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REFUEL & DETOX

VEGGIE FUSIONS | 20oz. - \$7.00

CARROT CAKE

Carrots, Oranges, Black Tea, Ginger & Spices with 20g Vanilla Whey Protein

I LOVE VEGGIES

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

MEAL REPLACEMENT

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

PEANUT BUTTER CUP

Choice of Liquid, Chocolate & Peanut Butter with 20g Chocolate & 20g Vanilla Whey Protein

VANILLA BERRY PARFAIT

Vanilla Yogurt, Raspberries, Strawberries, Blueberries, Blackberries & Granola with 30g Vanilla Whey Protein

PRE-WORKOUT

WORKOUT FUEL | 16oz. - \$2.50

PRECOVERY

Cherry Flavored Pre-Workout Drink with BCAAs

ADD-INS

SHAPERS & BUILDERS

ACHIEVE YOUR GOALS

WHEY PROTEIN - \$1.25

20g Vanilla or Chocolate

PLANT PROTEIN - \$2.00

20g Vanilla or Chocolate

SUBSTITUTE PROTEIN - \$1.00

Substitute Whey Protein with Plant Protein in Any Shake

DAILY MASS BUILDER - \$1.25

40g Vanilla or Chocolate

WHOLE-FOODS

ROOT YOUR GOALS - \$1.00

CHIA SEEDS · FLAX SEED OIL

EXTRA FRUIT OR VEGGIES

PEANUT OR ALMOND BUTTER

OATMEAL OR GRANOLA

ORGANIC SANDWICH COOKIES

ESPRESSO BEANS

ASK ABOUT OUR

GLUTEN FREE* & VEGAN OPTIONS

*Not a Certified Gluten Free Facility