

REFUEL & RECOVER

unique blends for recovery | 20 oz

STRAWBERRY

SLAM *(cal 320)*

strawberry, banana, more strawberry, vanilla whey protein

BERRY TRIM *(cal 290)*

mixed berries, banana, Get Lean, vanilla whey protein

MANGO BERRY

BURST *(cal 330)*

mango, pineapple, strawberry, more mango, banana, vanilla whey protein

HAWAIIAN

HARVEST *(cal 330)*

pineapple, coconut, banana, vanilla whey protein

JAVA JOLT *(cal 340)*

choice of liquid, organic coffee, organic chocolate, vanilla whey protein

MATCHA

CHAI TEA *(cal 320)*

almond milk, matcha green tea, organic chai spices, cardamom, ginger, vanilla whey protein

CHOCOLATE

FROSTY *(cal 340)*

choice of liquid, organic chocolate, chocolate & vanilla whey protein

MO' MASS *(cal 650)*

choice of liquid, peanut butter, oats, banana, 5g creatine, vanilla or chocolate Daily Mass Builder

CRACKER JAX *(cal 340)*

choice of liquid, organic caramel, sea salt, PB Lite & Oats, vanilla whey protein

LIGHT & LEAN

less sugar and fewer calories | 20 oz

TROPICAL SHREDDER

(cal 280) 

almond milk, pineapple, mango, coconut, banana, vanilla whey protein

THE CAFFEINATOR

(cal 280)

almond milk, espresso beans, organic coffee, vanilla whey protein

SLENDERBERRY

(cal 210) 

almond milk, pineapple, raspberry, banana, beet, orange, vanilla whey protein

STRAWBERRY LEAN

(cal 190)

unsweetened almond milk, strawberries, pineapple, orange, vanilla whey protein

 Lite Option Available  Low Sugar <20g  Ridiculously Low Sugar <10g



MEAL REPLACEMENT

low-glycemic meals in a cup | 20 oz

PEANUT BUTTER

CUP (cal 530) 🕒

choice of liquid, organic chocolate, peanut butter, chocolate & vanilla whey protein

BANANA NUT

BLAST (cal 520) 🕒 📄

choice of liquid, peanut butter, banana, vanilla whey protein

REFUEL & DETOX

delicious veggie fusions | 20 oz

I LOVE VEGGIES (cal 330) 🕒

choice of pineapple or mango, coconut, spinach, kale, avocado, lemon, banana, vanilla whey protein

TENDER GREENS (cal 360) 📄

choice of liquid, kale, spinach, banana, flax seed oil, vanilla, honey, vanilla whey protein

PRE-WORKOUT

fuel your workout | 16 oz

PRECOVERY (cal 60)

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

CUSTOMIZE YOUR SMOOTHIE

achieve your goals

WHEY / PLANT PROTEIN

1 scoop vanilla or chocolate

DAILY MASS BUILDER

1 scoop vanilla or chocolate

WHOLE FOODS

root your goals

flax seed oil • extra fruit or veggies • espresso beans • peanut or almond butter pb lite • oats • agave nectar • honey

CORE SUPPLEMENT STACKS

customize your goals

MOVE BETTER

Get Flexible & flax seed oil

SHRED BETTER

Get Lean & creatine

INDIVIDUAL SUPPLEMENTS

Get Energized • Get Essentials • Get Recovered • Get Regular glutamine • creatine • organic super greens

