# 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) 凹

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
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## **MEAL REPLACEMENT**

## low-glycemic meals in a cup | 20 oz

### **PEANUT BUTTER**

**CUP** (cal 530) (L)

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

### **BANANA NUT**

BLAST (cal 520) (L) (2)

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

## REFUEL & DETOX

### delicious veggie fusions | 20 oz

I LOVE VEGGIES (cal 330) (L

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

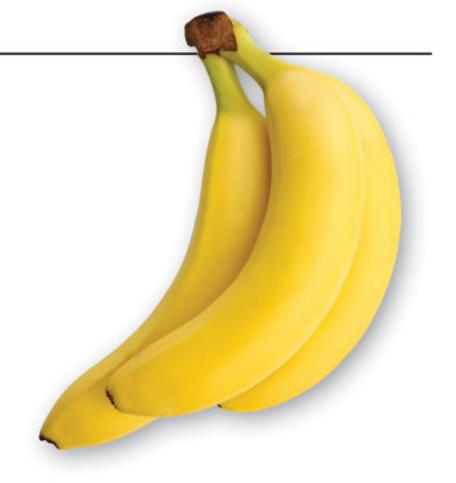
1 scoop vanilla or chocolate

### **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**

### **SHRED BETTER**

Get Flexible & flax seed oil

Get Lean & creatine

### INDIVIDUAL SUPPLEMENTS

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