

FRUITY SMOOTHIES

24 GRAMS OF PROTEIN • 21 VITAMINS & MINERALS
LOW SUGAR • 200-250 CALORIES

- 1 - APPLE PIE
- 2 - BAHAMA MAMA ^{GF}
- 3 - BANANA STRAWBERRY ^{GF}
- 4 - BLUE MONKEY ^{GF}
- 5 - ELVIS (PB & BANANA) ^{GF}
- 6 - FRUITY PEBBLES ^{GF}
- 7 - KEY LIME PIE ^{GF}
- 8 - ORANGE JULIUS ^{GF}
- 9 - PINEAPPLE WHIP ^{GF}
- 10 - STRAWBERRY CHEESECAKE ^{GF}
- 11 - VERY BERRY DAY ^{GF}

ACAI BOWLS

31 - VERY BERRY BOWL ^{GF}

ACAI, Strawberries, Blueberries
Berry Meal Replacement & Vanilla Protein Powder
Topped with Granola, Coconut & Banana
24gr of protein, 21 Vitamins, 350 Calories

32 - CHOCOLATE PEANUT BUTTER BOWL ^{GF}

ACAI, Strawberries, Blueberries
Chocolate Meal Replacement & PB Protein Powder
Topped with Granola, Coconut & Banana
24gr of protein, 21 Vitamins, 350 Calories

INDULGE SMOOTHIES

24 GRAMS OF PROTEIN • 21 VITAMINS & MINERALS
LOW SUGAR • 200-250 CALORIES

- 12 - BANANA PEANUT BUTTER WAFFLE
- 13 - BIRTHDAY CAKE ^{GF}
- 14 - CARROT CAKE
- 15 - COCONUT CREAM PUFF ^{GF}
- 16 - CINNABON ^{GF}
- 17 - COOKIE DOUGH
- 18 - PEANUT BUTTER CUP
- 19 - SAMOA COOKIE
- 20 - SNICKER-DOODLE

OATEIN BOWLS

33 - VERY BERRY BOWL ^{GF}

Oats, Protein Strawberries and Blueberries

34 - COOKIE BAR ^{GF}

Oats, Protein, Lemon, Coconut, Cheesecake

35 - MONKEY BLUES ^{GF}

Oats, Protein, Banana, Blueberries, Cinnamon

36 - CHOCOLATE PEANUT BUTTER ^{GF}

Oats, Protein, PB Cocoa Nibs

CHOCO-HOLICS SMOOTHIES

24 GRAMS OF PROTEIN • 21 VITAMINS & MINERALS
LOW SUGAR • 200-250 CALORIES

- 21 - BUTTERFINGER
- 22 - CHOCO DIPPED STRAWBERRY
- 23 - GERMAN CHOCOLATE CAKE
- 24 - MINT CHOCOLATE
- 25 - SNICKERS

JAVA SMOOTHIES

- 26 - TIRAMISU ^{GF}
- 27 - CARAMEL MACCHIATO ^{GF}

POST WORKOUT

30 Grams Whey & Casein Protein
4,000mg BCAA's • 3,000mg L Glutamine

- 28 - CHOCOLATE LOVERS ^{GF}
- 29 - MINT CHOCOLATE
- 30 - CHOCOLATE PB BANANA ^{GF}

BOOSTS

Prolessa - Fat Burner Shot
Collagen Booster
Simply Probiotics
Extra Fiber (5gr)
Extra Protein (5 gr)