



## **Refuel & Recover**

*Unique Blends for Recovery 20 oz. \$8*

STRAWBERRY SLAM

Strawberries, Banana, and more Strawberries with Vanilla Whey Protein

HAWAIIAN HARVEST

Pineapple, Coconut, and Banana with Vanilla Whey Protein

JAVA JOLT

Choice of Liquid, Organic Coffee, and Organic Chocolate with Vanilla Whey Protein

I LOVE VEGGIES

Pineapple, Spinach, Kale, Avocado, Lemon, and Banana with Vanilla Whey Protein

PB CUP LITE

Choice of Liquid, Organic Chocolate, PB Lite with Chocolate and Vanilla Whey Protein

BANANA NUT BLAST LITE

Choice of Liquid, Banana, and PB Lite with Vanilla Whey Protein

## **Pre-Workout**

*Fuel Your Workout 16 oz. \$2.50*

*PREcovery*

*Not a shake! Cherry-flavored pre-workout drink with BCAAs. Promotes strength, stamina, and muscle recovery.*



## **Add-Ins**

### **Achieve Your Goals**

Whey/Plant Protein - \$1.75/\$2

Extra scoop, vanilla or chocolate

Creatine or Glutamine - \$1.25

Increase stamina, strength, or size

Core Supplements - \$0.75

Get Energized, Get Essentials, or Get Lean

Substitute Whey Protein with Plant Protein in  
any Shake for \$1

**If you have a food allergy, please notify us.**

