



STEP 1: ALOE SHOT

Soothes + supports a healthy digestive system
MANGO | CRANBERRY | MANDARIN

STEP 2: ENERGY

5 cal, 0 sugar, 85 mg caffeine unless noted

- LEVEL 1 1. ORIGINAL 5. CINNAMON
2. LEMON 6. CHAI
3. RASPBERRY 7. NRG [40 mg]
4. PEACH 8. POMEGRANATE [25 mg]

ENERGY + BOOST

Added protein, energy, hydration, collagen and/or other boosters

- LEVEL 2 9. PEACHY KEEN 11. SUNNY DEE
10. POM BOMB 12. RUSSIAN TEA
LEVEL 3 13. STARS BURST 19. BLACKBERRY SPLASH
14. PEACH BUM 20. BEAU-TEA + BEAST
15. VALLEY SUNRISE 21. BLUE LAGOON
16. FALCON 22. STRAWBERRY SUNSHINE
17. HAWK 23. WATERMELON CRAWL
18. NURD-TEA 24. SMASHIN MANGO MELON
LEVEL 4 25. PRIDE 28. UNICORN
26. POSITIVI-TEA 29. SOUR KID BUNCH
27. MERMAID 30. BOM POP

PROTEIN COFFEE [ICED OR HOT]

100 cal, 15g protein, 1g sugar, 80 mg caffeine

HOUSE BLEND | MOCHA

MAKE IT FAT-REDUCING - add our donut shot like "creamer"
ADD 1-2 SCOOPS TO ANY SHAKE - boost your protein + energy

- 1. SALTED CARAMEL MOCHA 4. VANILLA LATTE
2. HAZELNUT CREAM 5. COFFEE TOFFEE DONUT
3. S'MORE GALORE 6. BROWN SUGAR CINNAMON

IMMUNE BOOST

IMMUNITY SHOT IMMUNI-TEA

STEP 3: SHAKE

VANILLA

- 1. FRENCH VANILLA 12. SALTED CARAMEL
2. DULCE 13. CARAMEL APPLE*
3. CAFÉ LATTÉ 14. RUN ON THE BEACH*
4. COOKIES & CREAM 15. ORANGE CRUSH*
5. FRENCH TOAST 16. FRUITY PEBBS
6. MINT CHIP 17. LEMON ICE BOX
7. ORANGE DREAM 18. CHERRY-DIPPED CONE
8. WILD BERRY 19. STRAWBERRY CHEESECAKE
9. BANANA 20. STRAWBERRY BANANA
10. BLUEBERRY MUFFIN* 21. MANGO PINEAPPLE
11. PIÑA COLADA 22. PRALINES & CREAM

PEANUT BUTTERY

- 23. PB LOVER 28. PB & J
24. PB BANANA 29. PB MINT
25. PB COOKIE 30. HUNKA-HUNKA
26. PB CUP 31. MONSTER COOKIE*
27. SNICKS 32. MONKEY BIZ*

CHOCOLATE

- 33. DUTCH CHOCOLATE 41. CHOCO-CHERRY
34. CHOCOLATE COOKIE 42. CHOCO-COVERED STRAWBERRY
35. CARAMEL MOCHA 43. CHOCO-BANANA
36. CHOCO-CARAMEL 44. BANANA SPLIT
37. THINNY MINT 45. CARAMEL ROLL
38. TWIST CONE 46. ROCKY ROAD
39. CAKE BATTER 47. MOCHA MUDSLIDE*
40. ORANGE TOOTSIE 48. FROZEN HOT CHOCOLATE*

ADD-A-BAR [EXTRA DELISH + ADDED PROTEIN]

- 49. COOKIE DOUGH* 52. BUTTA-FINGER*
50. LEMON CHOC BAR* 53. BROWNIE CHUNK*
51. MINT CHIP CHUNK* 54. CHOCO CHERRY CHUNK*

* added protein, energy, fiber or other boosters. (Upcharge.)

FAT-REDUCING

- MINI DONUT
VANILLA CARAMEL CHILL
STRAWBERRY SHORTCAKE
ICED COFFEE TOFFEE
FLUFFER NUTTER FRAPPE
S'MORE
TWIXTED

LAVA [ENERGY]

- POM POM LEMON BOMB
FRUITY LAVA PEBBS
KEY LIME PIE
BLUE RAZZ MATAZZ
ORANGE TOOTSIE POP
BLACKBERRY LEMONADE
CHOCO-POM BERRY

SWEAT + RECOVER

All NSF certified.

PREPARE: MANGO or WATERMELON

HYDRATE + ELECTROLYTES: CR7

REBUILD: CHOCOLATE, VANILLA, STRAWBERRY

190 cal. 24g whey + casein proteins. BCAA's. L-Glutamine.

Drink Rebuild or add it to your fav shake to rebuild lean muscle + enhance muscle-recovery after your workout.

Have it iced, blended, or hot.

HYDRATE [caffeine free]

STRAWBERRY SPLASH
replenishes electrolytes,
hydrates + collagen

SUNSHINE BLAST
hydrates, antioxidant support
+ 15g. of protein

BOOSTERS + SNACKS

Can be added to your tea or shake

- + Fiber (unflavored, apple) + New Mom vitamin booster
+ Probiotic (unflavored) + Protein Bars (10g and 20g)
+ Collagen (strawberry lemonade) + Protein Bites (4g protein)
+ H3O (hydration) + Fat-Reducing Donut Shot
+ CR7 (hydration + electrolytes) + Immunity Essentials
(Like a multi-vitamin for
your immune system)
+ Best Defense
(Vitamin C, Zinc, Echinacea)

GF, vegetarian, soy and dairy-free options available