

CHOOSE YOUR TEA

Tea & Aloe

Choose 1 from each column

5 - 25 calories
thermogenic
85mg caffeine

Booster Tea's

<u>TEA</u>	<u>ALOE</u>
Lemon	Cranberry
Raspberry	Mango
Peach	Mandarin
Chai	Original
Cinnamon	
Original	

- Orange Immunity -
Epicor, Echinacea & Zinc

- Strawberry Lemonade Beauty -
Collagen & Biotin

- Detox (Apple Cran or Tropical) -
Fiber & Probiotics

Clean Energy

25 calories - thermogenic
B-vitamins, green tea, & aloe
160mg caffeine

Hello Sunshine - Lime A Rita - Pink Passon - Sunny D - Sour Patch Kid
Moxie Juice - Firecracker - Ninja Turtle - Pom Chai - Orange Chai
Mango Tango

Loaded Energy

25 calories - thermogenic
B-vitamins, green tea, guarana tea & aloe
200mg caffeine

Arnold Palmer - Blue Hawaiian - Captain America - Cherry Limeade
Cotton Candy - Cool Cucumber Lime - Cucumber Melon - Fish Bowl
Fruit Roll Up - Gusher - Jolly Rancher - Lollipop - Lemonade (any flavor)
Margarita (any flavor) - Mermaid - Miami Vice - Skittles
Starburst - Swedish Fish - Sweet Tart - Tropical Pineapple

Pro-tini's

32oz loaded energy w/ 8g of protein
thermogenic, 60 calories, 200mg caffeine

Apple Cinnamon - Blue Lagoon - Pink Pro-tini - Raspberry Peach
Southern Peach - Strawberry Sunset - Summer (cherry/lime) - Sugar Plum
Tropical - Winter Spice - Wildberry - White Peach



Tea Add In's

Probiotics	Best Defense
Fiber	Heart Health Boost
Immunity Tea	Beauty Boost
Lift Off (B-vitamins)	

Shake Add In's

Probiotics	Protein Punch
Fiber	Fat Reducer
New Mom	

Optional Toppings

Caramel Syrup	Graham	Reeses Pieces
Chocolate Syrup	Granola	Marshmallows
Raspberry Syrup	Oats	Sprinkles
Whipped Cream	Pretzel	Blueberry
Chocolate Chips	Pecans	Pineapple
Coconut Flakes	Oreos	Strawberry

****Ask for your shake layered with any toppings**

CHOOSE YOUR SHAKE

Shakes

200 - 250 calories, 24g protein, 21 essential vitamins & minerals
9g + Sugar, 11-13g + Net Carbs (varies with added toppings)

Breakfast Lovers

Banana Nut Muffin - Blueberry Muffin - Captain Crunch Berry - Cherry Almond - Cinnabon
Cinnamon Toast Crunch - French Toast - Fruity Pebbles - Honey Bun - Lucky Charms

Coffee Lovers

Coffee Toffee - Honey Latte - Iced Coffee Cake - Iced Peanut Butter Mocha
Oreo Cappuccino - Espresso Brownie - White Chocolate Raspberry Frappe

Dessert Lovers

Banana Split - Black Raspberry - Blondie - Boston Cream Pie - Butter Pecan - Cannoli
Cheesecake (choose fruit) - Coconut Cream Pie - Cookie Dough - Frosted Animal Cookie
Dunkaroo - Funfetti - Mint Chocolate Chip - Oatmeal Cookie - Raspberry Lemon Cupcake
Red Velvet - Rice Krispie - Samoa Cookie - Salted Caramel - Sugar Cookie - Twinkie

Chocolate Lovers

Almond Joy - Brownie Batter - Chocolate Banana - Chocolate Covered Strawberry
Chocolate Marshmallow - German Chocolate Cake - Nutella - Milky Way - S'mores
Snickers - Thin Mint - Turtle Cheesecake - Twix

Fruit Lovers

Bahama Breeze - Berry Blast - Green Goddess - Island Surprise - Lemon Berry
Orange Berry - Orange Creamsicle - Pineapple Fusion - Strawberry Banana

Peanut Butter Lovers

PB Banana - PB Brownie - PB Chocolate Chunk - PB Cookie - PB Cup
PB&J - Fluffernutter - Nutter Butter

Gluten Free Shake Options

<250 calories, 24g protein, low carbs, low sugar,
21 essential vitamins & minerals

Bahama Breeze - Banana Nut Muffin - Berry Blast - Blondie
Captain Crunch Berry - Cinnamon Toast Crunch - Coconut Cream Pie - Coffee Toffee
French Toast - Green Goddess - Honey Bun - Honey Latte - Island Surprise - Lemon Berry
Orange Berry - Orange Creamsicle - PB Banana - Pineapple Fusion - Red Velvet
Salted Caramel - Snickers - Strawberry Banana - White Chocolate Raspberry Frappe

SWAP YOUR SHAKE FOR:

Ultimate Coffees

32oz Meal Replacement Iced Coffee

190 Calories, 24g Protein,
21 essential vitamins & minerals

****Ask for your Coffee with fat reduction creamer**

Caramel Mocha - Cookies & Cream Mocha - Chocolate Coconut Mocha - Glazed Donut Frappe
Gingerbread Mocha - Hazelnut Frappe - Mocha Chip Java - Peppermint Mocha - PB Mocha
Red Velvet Mocha - Salted Caramel Frappe - Strawberry Frappe - Toffee Nut Frappe
Vanilla Almond Frappe - White Chocolate Mocha

Smoothie Bowls

200 calorie shake with
2 tablespoons of each topping

Banana Split Bliss - Banana Split Shake with Sliced Strawberries, Chocolate Chips & Sprinkles

Blueberry Delight - Blueberry Muffin Shake with Granola, Coconut & Blueberries

Chocolate Heaven - Brownie Batter Shake with Chocolate Chips, Oreo Crumbs & Sprinkles

French Toast Bowl - French Toast Shake with Granola, Coconut & Strawberries

Nutella Bowl - Nutella Shake with Chocolate Chips, Graham & Strawberries

Peanut Butter Dream - Peanut Butter Cookie with Reese's Pieces, Chocolate Chips & Oreo Crumbs

S'mores Sensation - S'mores Shake with Marshmallows, Graham & Chocolate Chips

Strawberry Sunshine - Strawberry Banana Shake with Granola, Oats, Pecans & Strawberries

Salted Caramel Pretzel - Salted Caramel Shake with Pretzels, Pecans & Chocolate Chips

Waffles

310 calories, 36g protein, 8g Fiber
21 essential vitamins & minerals

Apple Pie - Banana Bread - Cookies & Cream
French Toast - Pumpkin Spice - Double Chocolate

Oatmeal

300 calories, 21g protein, 8g Fiber, 10g Sugar
21 essential vitamins & minerals

Apple Crisp - Banana Bread - Brown Sugar Cinnamon
Cherry Almond - French Toast - Oatmeal Cookie
PB Banana - Salted Caramel - S'mores - Sugar Cookie

Soup Options

Chicken & Vegetable Soup with Brown Rice
185 calories, 16g protein, 5g fiber

with or without Hot Sauce

Plant Based Options

<240 Calories, 24g Protein
Pea, Quinoa & Rice Protein Base

Berry Blast - Blueberry Muffin - Cinnabon - Green Goddess
Honey Latte - Mixed Berry - Pineapple Fusion - Strawberry

KIDS MENU:

Cool Juice

12 oz Electrolyte drink
50 Calories - 9g Sugar

Blue Raspberry - Cotton Candy - Watermelon
Lollipop - Orange - Peach - Pineapple

Kids Shakes

12 oz
100-150 Calories - 12g protein
4.5g sugar

Almond Joy - Banana Nut - Brownie Batter - Butter Pecan
Chocolate Banana - Chocolate Marshmallow - Cinnabon
Cinnamon Toast Crunch - Cookie Dough - Frosted Animal Cookie
Fruity Pebbles - Funfetti - Island Surprise - Mint Chocolate Chip
Oatmeal Cookie - Orange Creamsicle - PB&J - PB Cookie
Red Velvet - Rice Krispie Treat - Strawberry Banana

FITNESS MENU

Gym Juice

Boost - 50 calories

Rejuvenate - 30 calories

Performance Prep

Support lean muscle growth

Orange Mango - B-vitamins & Creatine

Green Apple Lime

Watermelon - B-vitamins & Creatine

B-vitamins & BCAA's

Post Workout Shakes

<250 calories, 30g tri-core protein
4000mg BCAA, 3000mg L-Glutamine

Chocolate

Almond Joy - Brownie
Chocolate Berry - Tootsie Roll
Chocolate Oreo - Chocolate PB Banana
Mocha - Twix - Thin Mint
Spiced Cherry Chocolate

Vanilla

Banana Strawberry - Cherry Vanilla
Cinnamon Roll - Dunkaroo
Icy Coffee Cake - Ice Cream Cake
Orange Dreamsicle - Salted Caramel
Triple Berry