

HEALTHY SHAKES

chocolate

CHOCOLATE CARAMEL CHEESECAKE
CHOCOLATE BANANA
CHOCOLATE ICE CREAM
CHOCOLATE STRAWBERRY

cookies & cream

BUTTERFINGER
WEDDING CAKE
WHITE CHOCOLATE REESES

specialty*

CARAMEL APPLE PIE
CINNABUN
KEY LIME CHEESECAKE
OATMEAL RAISIN COOKIE
WHITE CHOCOLATE RASPBERRY CHEESECAKE

ENERGY DRINKS

LIT TEA

LIME-A-RITA
lemon + lime
HELLO SUNSHINE
peach + orange
SKITTLES*
grape + pom-berry
PINK PANTHER
raspberry + pom-berry

PREMIUM TEA

POMEGRANATE LEMONADE
lemon heart health, lemon, pomegranate, mandarin
STRAWBERRY LEMONADE
strawberry collagen, lemon, pomegranate, mandarin
PINK STARBURST
berry protein mix, lemon, pomegranate, mandarin
IMUNI-TEA
vitamin c, lemon, orange, mandarin

200-250 calories, 24g protein, &
21 vitamins & minerals

classics

BANANA CARAMEL
FRENCH VANILLA
ORANGE DREAMSICLE
MINT CHOCOLATE
PRALINES AND CREAM

fruity

FRUITY PEBBLES
STRAWBERRY CHEESECAKE
LEMON POUND CAKE
RASPBERRY LEMONADE

coffee lovers

JAMOCHA DELIGHT*
WHITE CHOCOLATE CARAMEL LATTE

Fueled with natural caffeine,
B vitamins, & aloe for digestion

ADD AN ENHANCER

EXTRA FIBER	IMMUNITY
PROTEIN BOOST	IMMUNITY PLUS
PROBIOTIC	BERRY PROTEIN BOOST
COLLAGEN	HEART HEALTH BOOST
MENTAL CLARITY	FAT BURNER

post work out shake

21 MINERALS & VITAMINS, BCAAS, L GLUTAMINE,
WHEY, CASEIN, & PLANT PROTEIN BLEND

protein snacks

PROTEIN BAR (8 OR 10G PROTEIN)
ACHIEVE BAR (20G PROTEIN)

CHOOSE YOUR SIZE
REGULAR OR TALL

PROTEIN ICED COFFEE

HOUSE BLEND OR MOCHA
+ ADD FAT BURNER CREAMER

CLEANSE

FAT FLUSH
APPLE, BERRIES, AND MANDARIN
BASIC TEA
LEMON, PEACH, CINNAMON OR CHAI

