

MUSCLE SHAKES



Post Recovery 36G Protein \$11

- Brownie Batter (recovery)
- Chocolate Caramel Cheesecake (recovery)
- Fried Ice Cream (recovery)
- Rocky Road (recovery)
- Salted Caramel Cheesecake (recovery)
- Strawberry Cheesecake (recovery)
- Vanilla Chip Cookie Dough (recovery)
- Peanut Butter Cup (recovery) *



36G Protein- Whey and Casein
6000 mg BCAA,
4500 L-glutamin,
Tri-core Amino blends-



Muscle Meal 45 G Protein \$14

* Contains P.butter or nuts

- Brownie Batter (meal)
- Chocolate Caramel Cheesecake (meal)
- Fried Ice Cream (meal)
- Rocky Road (meal)
- Salted Caramel Cheesecake (meal)
- Strawberry Cheesecake (meal)
- Vanilla Chip Cookie Dough (meal)
- Peanut Butter Cup (meal) *
- Chunkey Monkey (meal) *
- Peanut Butter Pralines Crunch (meal) *
- Mocha Java (meal)
- Strawberry Banana (meal)
- Snickers (meal) *
- Shamrock (meal)
- Fruity Pebbles (meal)
- French toast (meal)
- Smores (meal)
- Birthday Cake (meal)

Whey and Casein
6000 mg BCAA,
4500 L-glutamin,
Tri-core Amino blends-
PLUS 21 Vitamins & Minerals!
+45-50G Protein

Boost it with even more protein! \$3
with our Enhanced protein
12 grams of multi stage release blend of 5
protein sources, no sugar.

Pre-Work Out Drink \$6

L-Taurine/2.1 g Creatine/Nitric oxide/Electrolytes, Energy- NSF Certified.

Benefits:

- **Support Healthy Blood Flow**
- **Enhance Fast-Twitch Muscular Contractions**
- **Maintains focus and performance**
- **Caffeine helps maintain focus & performance**

1.) **Tropical/Orange**

2.) **Berry**



Boost it!

- Extra Caffeine \$3
- Electrolytes \$2
- Hydration \$3