

REFUEL & RECOVER – SHAKE NUTRITION AT A GLANCE

20 oz.	Antioxidant Blast	Apple-A-Day	Apple Blossom	Apple Brown Betty
Calories	370	460	360	560
Fat	3g	5g	1.5g	7g
Carbohydrates	64g	75g	66g	100g
Protein	21g	27g	21g	25g

20 oz.	Beets Me	Berry, Berry Good	Black & Tan Chai	Blueberry Thunder
Calories	380	340	590	350
Fat	1.5g	1.5g	10g	1.5g
Carbohydrates	68g	62g	78g	63g
Protein	22g	21g	49g	21g

20 oz.	Blues Buster	Body Builder	Cardio Freeway	Cherry Bomb
Calories	350	370	400	350
Fat	1.5g	3g	9g	1.5g
Carbohydrates	64g	40g	47g	65g
Protein	21g	46g	40g	21g

20 oz.	Chocolate Covered Strawberry	Chocolate Dipped Strawberries	Chocolate Frosty
Calories	420	340	420
Fat	3.5g	4g	6g
Carbohydrates	79g	56g	47g
Protein	21g	21g	48g

20 oz.	Chocolate PB Peel	Choc-Ra	Chocolate Thinny Mint	Cookies n' Cream Extreme
Calories	440	490	380	420
Fat	5g	12g	5g	11g
Carbohydrates	53g	71g	49g	55g
Protein	53g	26g	38g	28g

20 oz.	Cracker Jax	Double Chocolate Crunch	Florida Key Lime Sublime	Go Green
Calories	390	430	360	360
Fat	8g	10g	3.5g	1.5g
Carbohydrates	50g	62g	62g	66g
Protein	34g	29g	21g	25g

20 oz.	Go, Man-Go!	Grand Slam	Green Machine	Hawaiian Harvest
Calories	360	320	360	360
Fat	2g	1.5g	1.5g	3g
Carbohydrates	66g	66g	66g	63g
Protein	21g	25g	25g	21g

REFUEL & RECOVER – SHAKE NUTRITION AT A GLANCE

20 oz.	Jamaica Me Crazy	Java Jolt	Just Peachy	Key Lime Sublime
Calories	350	470	400	330
Fat	1.5g	9g	4g	1.5g
Carbohydrates	63g	73g	63g	60g
Protein	21g	28g	27g	21g

20 oz.	Lemon Meringue	Lemon Meringue Pie	Mango Crusher	Mangonificent
Calories	320	350	350	360
Fat	4.5g	3.5g	2g	1.5g
Carbohydrates	43g	47g	65g	65g
Protein	27g	33g	21g	21g

20 oz.	Mo' Mass	New York Strawberry Cheesecake	Orange Creamsicle
Calories	600	400	340
Fat	6g	4g	1.5g
Carbohydrates	106g	62g	61g
Protein	37g	30g	21g

20 oz.	Organic Cookie Crunch	Passion Punch	PB Pineapple	Peaches n' Cream
Calories	410	360	280	350
Fat	9g	2g	12g	1.5g
Carbohydrates	47g	66g	31g	64g
Protein	37g	21g	25g	22g

20 oz.	Peppermint Patty	Pineapple Express	Pucker Up!	Slam Dunk
Calories	380	360	330	510
Fat	10g	1.5g	1.5g	12g
Carbohydrates	53g	67g	60g	75g
Protein	22g	21g	21g	28g

20 oz.	Smooth Pineapple	Strawberry Lime Sherbet	Strawberry Slam	Sunny Daze
Calories	340	380	350	370
Fat	3.5g	2g	2g	3g
Carbohydrates	56g	70g	63g	63g
Protein	23g	22g	21g	22g

20 oz.	Tropical Triumph
Calories	350
Fat	2g
Carbohydrates	64g
Protein	21g

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(385g)	
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 64g	23%
Dietary Fiber 3g	11%
Total Sugars 54g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 316mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Antioxidant Blast | 20oz.

- 6 oz Dr. Smoothie Acai Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ½ scp Freeze-Dried Blueberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Antioxidant Blast | 12oz.

- 4 oz Dr. Smoothie Acai Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Freeze-Dried Blueberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	
(255g)	
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 221mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

ANTIOXIDANT BLAST

20 oz.	
Nutrition Facts	
Serving Size 20 fl oz	
Servings Per Container	
Amount Per Serving	
Calories 460	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 75g	25%
Dietary Fiber 3g	12%
Sugars 51g	
Protein 27g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Apple-A-Day | **Former Shake of the Month**

- 3 oz Dr. Smoothie Northwest Red Apple Purée/Water Mix
- 3 oz Skim Milk
- ½ scp Chai Tea
- ¼ scp Vanilla Cream (or Powdered Yogurt)
- 1 scp Apple Cinnamon Granola
- 1 scp Vanilla Whey Protein
- 12 oz Ice

APPLE-A-DAY

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

APPLE BLOSSOM

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 66g	22%
Dietary Fiber 3g	12%
Sugars 54g	
Protein 21g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Apple Blossom | 20oz.

- 6 oz Dr. Smoothie Northwest Red Apple Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Apple Blossom | 12oz.

- 4 oz Dr. Smoothie Northwest Red Apple Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 37g	
Protein 21g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

APPLE BROWN BETTY

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 560	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 100g	33%
Dietary Fiber 4g	16%
Sugars 65g	
Protein 25g	
Vitamin A 4%	Vitamin C 6%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Apple Brown Betty | **Former Shake of the Month**

- 4 oz Dr. Smoothie Northwest Red Apple Purée/Water Mix
- 2 oz Unsweetened Vanilla Almond Milk
- ½ scp Chai Tea
- ½ scp Salted Caramel
- 1 scp Apple Cinnamon Granola
- 1 scp Raisins
- 1 scp Vanilla Whey Protein
- 1 scp Get Resistance
- 12 oz Ice

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 68g	23%
Dietary Fiber 5g	20%
Sugars 51g	
Protein 22g	
Vitamin A 60%	Vitamin C 30%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Beets Me | Former Shake of the Month

- 6 oz Dr. Smoothie Butternut Squash/Mango Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 3/4 tsp Dried Beets
- 1 scp Vanilla Whey Protein
- 1 scp Get Regular
- 1 tsp Vanilla Extract (optional)
- 12 oz Ice

BEETS ME

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	(385g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 62g	23%
Dietary Fiber 3g	11%
Total Sugars 52g	
Includes 0g Added Sugars 0%	
Protein 21g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 275mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Berry, Berry Good | 20oz.

- 6 oz Dr. Smoothie Four Berry Blend Purée/Water Mix
- 4 Freeze Dried Banana Pieces (or 3" Fresh Banana)
- 1/2 scp Freeze-Dried Blueberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Berry, Berry Good | 12oz.

- 4 oz Dr. Smoothie Four Berry Blend Purée/Water Mix
- 3 Freeze Dried Banana Pieces (or 2" Fresh Banana)
- 1/2 scp Freeze-Dried Blueberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	(255g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 37g	
Includes 0g Added Sugars 0%	
Protein 21g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 0mg	0%
Potassium 194mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

BERRY, BERRY GOOD

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

BLACK & TAN CHAI

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 590	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 440mg	18%
Total Carbohydrate 78g	26%
Dietary Fiber 0g	0%
Sugars 60g	
Protein 49g	
Vitamin A 8%	Vitamin C 2%
Calcium 35%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Black & Tan Chai | 20oz.

- 6 oz Choice of Milk
- 2 scps Chai Tea
- 1 scp Chocolate Whey Protein
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Black & Tan Chai | 12oz.

- 4 oz Choice of Milk
- 1 scp Chai Tea
- 1 scp Chocolate Whey Protein
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 45g	15%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 45g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

BLUEBERRY THUNDER

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	(385g)
Amount per serving	
Calories 350	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 63g	23%
Dietary Fiber 3g	11%
Total Sugars 54g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 243mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Blueberry Thunder | 20oz.

- 6 oz Dr. Smoothie Blueberry Banana Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ½ scp Freeze-Dried Blueberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Blueberry Thunder | 12oz.

- 4 oz Dr. Smoothie Blueberry Banana Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Freeze-Dried Blueberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	(255g)
Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 172mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(385g)	
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 64g	23%
Dietary Fiber 3g	11%
Total Sugars 55g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 311mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Blues Buster | 20oz.**
- 6 oz Dr. Smoothie Northwest Berry Purée/Water Mix
 - 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
 - ½ scp Freeze-Dried Blueberries
 - 1 scp Vanilla Whey Protein
 - 12 oz Ice

- Blues Buster | 12oz.**
- 4 oz Dr. Smoothie Northwest Berry Purée/Water Mix
 - 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - ½ scp Freeze-Dried Blueberries
 - 1 scp Vanilla Whey Protein
 - 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	
(255g)	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 217mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BLUES BUSTER

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 23g	
Protein 46g	
Vitamin A 20%	Vitamin C 10%
Calcium 25%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

- Body Builder | 20oz.**
- 6 oz Choice of Milk
 - 1 scp Creatine
 - 8 Freeze-Dried Banana Pieces (or 6" Fresh Banana)
 - 2 scps Vanilla or Chocolate Whey Protein (Qualify)
 - 12 oz Ice

- Body Builder | 12oz.**
- 4 oz Choice of Milk
 - 1 scp Creatine
 - 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
 - 1 scp Vanilla or Chocolate Whey Protein (Qualify)
 - 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 25g	
Vitamin A 15%	Vitamin C 10%
Calcium 15%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

BODY BUILDER

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

CARDIO FREEWAY

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 370mg	15%
Total Carbohydrate 47g	16%
Dietary Fiber 1g	4%
Sugars 40g	
Protein 40g	
Vitamin A 8%	Vitamin C 40%
Calcium 30%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cardio Freeway | 20oz.

- 6 oz Choice of Milk
- ½ scp Vanilla Cream (or Powdered Yogurt)
- 1 tsp Flax Seed Oil
- 1 tbsp Honey
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Soy Protein
- 12 oz Ice

Cardio Freeway | 12oz.

- 4 oz Choice of Milk
- ½ scp Vanilla Cream (or Powdered Yogurt)
- ½ tsp Flax Seed Oil
- 1 tbsp Honey
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Soy Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 340mg	14%
Total Carbohydrate 44g	15%
Dietary Fiber 1g	4%
Sugars 37g	
Protein 38g	
Vitamin A 6%	Vitamin C 40%
Calcium 25%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHERRY BOMB

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 65g	22%
Dietary Fiber 3g	12%
Sugars 54g	
Protein 21g	
Vitamin A 0%	Vitamin C 45%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cherry Bomb | 20oz.

- 6 oz Dr. Smoothie Cranberry Cherry Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Cherry Bomb | 12oz.

- 4 oz Dr. Smoothie Cranberry Cherry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 37g	
Protein 21g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 20 Fluid Ounces (591 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 79g	26%
Dietary Fiber 4g	16%
Sugars 57g	
Protein 21g	
Vitamin A 2%	Vitamin C 100%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chocolate Covered Strawberry | *Former Shake of the Month*

- 6 oz Dr. Smoothie Strawberry Purée/Water Mix
- ½ scp Chocoholic's Choice
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 2 scps Get Cardio
- 12 oz Ice

CHOCOLATE COVERED STRAWBERRY

20 oz.	
Nutrition Facts	
Serving Size 20 Fluid Ounces (591 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 340	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 56g	19%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 21g	
Vitamin A 4%	Vitamin C 70%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chocolate Dipped Strawberries | *Former Shake of the Month*

- 3 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 oz Unsweetened Vanilla Almond Milk
- 1 scp Freeze-Dried Strawberries
- ½ scp Chocoholic's Choice
- 1 scp Vanilla Whey Protein
- 1 scp Get Cardio
- 12 oz Ice

CHOCOLATE DIPPED STRAWBERRIES

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

CHOCOLATE FROSTY

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 420	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	10%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 48g	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chocolate Frosty | 20oz.

- 6 oz Choice of Milk
- 1 scp Chocholic's Choice
- 2 scps Chocolate Whey Protein
- 12 oz Ice

Chocolate Frosty | 12oz.

- 4 oz Choice of Milk
- 3/4 scp Chocholic's Choice
- 1 scp Chocolate Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 25g	
Vitamin A 6%	• Vitamin C 0%
Calcium 20%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHOCOLATE PB PEEL

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 440	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 53g	18%
Dietary Fiber 7g	28%
Sugars 23g	
Protein 53g	
Vitamin A 8%	• Vitamin C 15%
Calcium 25%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chocolate PB Peel | 20oz.

- 6 oz Choice of Milk
- 12 Freeze-Dried Banana Pieces
(or 1 whole Fresh Banana)
- 1 scp Natural Peanut Butter or PB-Lite*
- 2 scps Chocolate Whey Protein
- 1 scp Get Regular
- 12 oz Ice

Chocolate PB Peel | 12oz.

- 4 oz Choice of Milk
- 6 Freeze-Dried Banana Pieces
(or 1/2 Fresh Banana)
- 1 scp Natural Peanut Butter or PB-Lite*
- 1 scp Chocolate Whey Protein
- 1 scp Get Regular
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	20%
Sugars 13g	
Protein 30g	
Vitamin A 6%	• Vitamin C 8%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*PB-Lite used for both Nutrition Facts panels

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 Fluid Ounces (423g)
Amount per serving	
Calories	490
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 71g	26%
Dietary Fiber 2g	7%
Total Sugars 45g	
Includes 7g Added Sugars	14%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 1mg	6%
Potassium 464mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choc-Ra | Former Shake of the Month

- 6 oz Chocolate Soy Milk
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- ½ scp Freeze-Dried Blueberries
- 1 tsp Flax Seed Oil
- 1 scp Chocolate Whey Protein
- 1 scp Get Flexible
- 12 oz Ice

CHOC-RA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 38g	
Vitamin A 8%	Vitamin C 0%
Calcium 25%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chocolate Thinny Mint | 20oz.

- 6 oz Choice of Milk
- 1 scp Chocoholic's Choice
- 1½ scps Chocolate Whey Protein
- 2 scp Get Lean
- ¼ tsp Mint Extract
- 12 oz Ice

Chocolate Thinny Mint | 12oz.

- 4 oz Choice of Milk
- ¾ scp Chocoholic's Choice
- 1 scp Chocolate Whey Protein
- 1 scp Get Lean
- ¼ tsp Mint Extract
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 37g	12%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 25g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

CHOCOLATE THINNY MINT

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

COOKIES N' CREAM EXTREME

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 420	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	12%
Total Carbohydrate 55g	18%
Dietary Fiber 1g	4%
Sugars 35g	
Protein 28g	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cookies n' Cream Extreme | 20oz.

- 6 oz Choice of Milk
- 1 scp Cookies n' Cream
- 1 scp Chocolate Whey Protein
- 12 oz Ice
- 2 Organic Sandwich Cookies (pulse in the end)

Cookies n' Cream Extreme | 12oz.

- 4 oz Choice of Milk
- 1 scp Cookies n' Cream
- 1 scp Chocolate Whey Protein
- 7 oz Ice
- 1 Organic Sandwich Cookies (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 42g	14%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 25g	
Vitamin A 6%	• Vitamin C 0%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CRACKER JAX

20 oz.	
Nutrition Facts	
Serving Size 20 fl oz	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 440mg	18%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Sugars 30g	
Protein 34g	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cracker Jax | *Former Shake of the Month*

- 6 oz Skim Milk
- 1 scp Salted Caramel
- 1 scp PB Lite
- ½ tsp Rolled Oats
- 1 scp Vanilla Whey Protein
- 12 oz Ice

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR**.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	10%
Total Carbohydrate 62g	21%
Dietary Fiber 3g	12%
Sugars 40g	
Protein 29g	
Vitamin A 8%	Vitamin C 0%
Calcium 25%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Double Chocolate Crunch | 20oz.

- 6 oz Choice of Milk
- 1 scp Chocoholic's Choice
- 1 scp Chocolate Whey Protein
- 12 oz Ice
- 2 Organic Sandwich Cookies (pulse in the end)

Double Chocolate Crunch | 12oz.

- 4 oz Choice of Milk
- 1 scp Chocoholic's Choice
- 1 scp Chocolate Whey Protein
- 7 oz Ice
- 1 Organic Sandwich Cookies (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 32g	
Protein 26g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

DOUBLE CHOCOLATE CRUNCH

20 oz.	
Nutrition Facts	
Serving Size 20 fl oz	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 62g	21%
Dietary Fiber 1g	4%
Sugars 53g	
Protein 21g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Florida Key Lime Sublime | **Former Shake of the Month**

- 6 oz Dr. Smoothie Smooth Lime Purée/Water Mix
- ½ scp Vanilla Cream (or Powdered Yogurt)
- 1 scp Vanilla Whey Protein
- 12 oz Ice

FLORIDA KEY LIME SUBLIME

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

GO GREEN

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 66g	22%
Dietary Fiber 6g	24%
Sugars 52g	
Protein 25g	
Vitamin A 8%	Vitamin C 60%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- Go Green | 20oz.
- 6 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
 - 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
 - 1 scp Vanilla Whey Protein
 - 1 scp Get Greens
 - 12 oz Ice

- Go Green | 12oz.
- 4 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
 - 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - 1 scp Vanilla Whey Protein
 - 1 scp Get Greens
 - 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 47g	16%
Dietary Fiber 5g	20%
Sugars 35g	
Protein 24g	
Vitamin A 8%	Vitamin C 45%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

GO, MAN-GO!

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 66g	22%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 21g	
Vitamin A 15%	Vitamin C 45%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- Go, Man-Go! | **Former Shake of the Month**
- 6 oz Dr. Smoothie Mango Purée/Water Mix
 - 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
 - 1 scp Vanilla Whey Protein
 - 1 scp Get Energized
 - 12 oz Ice

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 20 fl oz	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 27g	
Vitamin A 8%	Vitamin C 0%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Grand Slam | Former Shake of the Month

- 8 oz Unsweetened Vanilla Almond Milk
- 1 scp Salted Caramel
- 1 scp PB Lite
- 1 scp Vanilla Whey Protein
- ¼ tsp Vanilla Extract
- 12 oz Ice

GRAND SLAM

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 66g	22%
Dietary Fiber 6g	24%
Sugars 52g	
Protein 25g	
Vitamin A 8%	Vitamin C 60%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Green Machine | 20oz.

- 6 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ¼ scp Powdered Yogurt (or Yogurt Lover's Choice) (Optional)
- 1 scp Vanilla Whey Protein
- 1 scp Get Greens
- 12 oz Ice

Green Machine | 12oz.

- 4 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ¼ scp Powdered Yogurt (or Yogurt Lover's Choice) (Optional)
- 1 scp Vanilla Whey Protein
- 1 scp Get Greens
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 47g	16%
Dietary Fiber 5g	20%
Sugars 35g	
Protein 24g	
Vitamin A 8%	Vitamin C 45%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

GREEN MACHINE

*Nutrition Facts panels do not show Yogurt

recipes & nutrition facts

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

HAWAIIAN HARVEST

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 63g	21%
Dietary Fiber 3g	12%
Sugars 52g	
Protein 21g	
Vitamin A 2%	Vitamin C 60%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Hawaiian Harvest | 20oz.

- 6 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 tsp Dried, Shredded Coconut
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Hawaiian Harvest | 12oz.

- 4 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ¾ tsp Dried, Shredded Coconut
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 21g	
Vitamin A 2%	Vitamin C 40%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

JAMAICA ME CRAZY

20 oz.	
Nutrition Facts	
Serving Size 20 Fluid Ounces (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 63g	21%
Dietary Fiber 3g	12%
Sugars 52g	
Protein 21g	
Vitamin A 2%	Vitamin C 70%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Jamaica Me Crazy | *Former Shake of the Month*

- 6 oz Dr. Smoothie Four Berry Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 tbsp Honey
- 1 scp Vanilla Whey Protein
- 1 scp Get Flexible
- 12 oz Ice

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container	
Amount Per Serving	
Calories 470	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 73g	24%
Dietary Fiber 2g	8%
Sugars 58g	
Protein 28g	
Vitamin A 8%	Vitamin C 0%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- Java Jolt | 20oz.
- 6 oz Choice of Milk
 - 1 scp Mocha Java
 - 1 scp Truly Latte
 - 1 tsp Espresso Beans (optional)
 - 1 scp Vanilla Whey Protein
 - 12 oz Ice

- Java Jolt | 12oz.
- 4 oz Choice of Milk
 - ¾ scp Mocha Java
 - ¾ scp Truly Latte
 - 1 tsp Espresso Beans (optional)
 - 1 scp Vanilla Whey Protein
 - 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 55g	18%
Dietary Fiber 1g	4%
Sugars 43g	
Protein 26g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

JAVA JOLT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	(256g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 130mg	6%
Total Carbohydrate 63g	23%
Dietary Fiber 3g	11%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 170mg	15%
Iron 2mg	10%
Potassium 321mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- Just Peachy | **Former Shake of the Month**
- 3 oz Dr. Smoothie Peach-Pear-Apricot Purée/Water Mix
 - 3 oz Unsweetened Vanilla Almond Milk
 - 2 Freeze-Dried Banana Pieces (or 1" of Fresh Banana)
 - 1 scp Apple Cinnamon Granola
 - ¼ scp Powdered Yogurt (or Yogurt Lover's Choice)
 - ½ tsp Freeze-Dried Lemon
 - 1 scp Vanilla Whey Protein
 - 1 scp Get Essentials
 - ¼ tsp Orange Extract
 - 12 oz Ice

JUST PEACHY

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

KEY LIME SUBLIME

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 60g	20%
Dietary Fiber 2g	8%
Sugars 49g	
Protein 21g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Key Lime Sublime | 20oz.

- 6 oz Dr. Smoothie Lime Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Key Lime Sublime | 12oz.

- 4 oz Dr. Smoothie Lime Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 42g	14%
Dietary Fiber 1g	4%
Sugars 33g	
Protein 20g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

LEMON MERINGUE

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(386g)	
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 43g	16%
Dietary Fiber 0g	0%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 238mg	20%
Iron 0mg	0%
Potassium 308mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Lemon Meringue | **Former Shake of the Month**

- 3 oz Dr. Smoothie Lemon-ade Purée/Water Mix
- 3 oz Unsweetened Vanilla Almond Milk
- ½ scp Powdered Yogurt (or Yogurt Lover's Choice)
- ½ tsp Freeze-Dried Lemon
- 1 scp Vanilla Whey Protein
- 1 scp Get Recovered
- ½ tsp Lemon Extract
- 12 oz Ice

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(397g)	
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 47g	17%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 1mcg	6%
Calcium 388mg	30%
Iron 0mg	0%
Potassium 502mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lemon Meringue Pie | Former Shake of the Month

- 3 oz Dr. Smoothie Lemon-Ade Purée/Water Mix
- 3 oz Unsweetened Vanilla Almond Milk
- ½ tsp Freeze-Dried Lemon
- 1 scp Powdered Yogurt (or Yogurt Lover's Choice)
- 1 scp Vanilla Whey Protein
- ¼ tsp Lemon Extract
- 12 oz Ice

LEMON MERINGUE PIE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 65g	22%
Dietary Fiber 3g	12%
Sugars 53g	
Protein 21g	
Vitamin A 15%	Vitamin C 80%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mango Crusher | 20oz.

- 6 oz Dr. Smoothie Mango Tropics Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Mango Crusher | 12oz.

- 4 oz Dr. Smoothie Mango Tropics Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml) (255g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 21g	
Vitamin A 10%	Vitamin C 70%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

MANGO CRUSHER

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

MANGONIFICENT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(386g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 65g	24%
Dietary Fiber 3g	11%
Total Sugars 55g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 295mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Mangonificent | 20oz.

- 6 oz Dr. Smoothie Mango Tropics Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Mango
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Mangonificent | 12oz.

- 4 oz Dr. Smoothie Mango Tropics Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Freeze-Dried Mango
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(257g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 207mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

MO' MASS

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 600	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 85mg	4%
Total Carbohydrate 106g	35%
Dietary Fiber 7g	28%
Sugars 47g	
Protein 37g	
Vitamin A 20%	Vitamin C 25%
Calcium 45%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Mo' Mass | 20oz.

- 6 oz Choice of Milk
- 12 Freeze-Dried Banana Pieces (or 1 Whole Banana)
- 1 scp Rolled Oats
- 1 scp Natural Peanut Butter or PB-Lite
- 2 scps Vanilla/Chocolate Daily Mass Builder Protein
- 12 oz Ice

Mo' Mass | 12oz.

- 4 oz Choice of Milk
- 6 Freeze-Dried Banana Pieces (or 1/2 Fresh Banana)
- 3/4 scp Rolled Oats
- 1 scp Natural Peanut Butter or PB-Lite
- 1 scp Vanilla/Chocolate Daily Mass Builder Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 60g	20%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 23g	
Vitamin A 10%	Vitamin C 10%
Calcium 25%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

*PB-Lite used for both Nutritional Facts panels

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
servings per container	
Serving size (591ml) 20 fl oz (259g)	
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 62g	23%
Dietary Fiber 4g	14%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 252mg	20%
Iron 2mg	10%
Potassium 331mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

New York Strawberry Cheesecake | *Former Shake of the Month*

- 3 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 oz Unsweetened Vanilla Almond Milk
- 1 scp Freeze-Dried Strawberries
- ½ scp Powdered Yogurt (or Yogurt Lover's Choice)
- 1 scp Apple Cinnamon Granola
- 1 scp Vanilla Whey Protein
- 12 oz Ice

NEW YORK STRAWBERRY CHEESECAKE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 61g	20%
Dietary Fiber 2g	8%
Sugars 51g	
Protein 21g	
Vitamin A 2%	Vitamin C 70%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Orange Creamsicle | 20oz.

- 5 oz Dr. Smoothie Orange Tangerine Purée/Water Mix
- 1 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Orange Creamsicle | 12oz.

- 3 oz Dr. Smoothie Orange Tangerine Purée/Water Mix
- 1 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 43g	14%
Dietary Fiber 1g	4%
Sugars 35g	
Protein 21g	
Vitamin A 2%	Vitamin C 50%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ORANGE CREAMSICLE

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

ORGANIC COOKIE CRUNCH

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 410	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 47g	16%
Dietary Fiber 1g	4%
Sugars 28g	
Protein 37g	
Vitamin A 8%	Vitamin C 0%
Calcium 25%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Organic Cookie Crunch | 20oz.

- 6 oz Choice of Milk
- ½ scp Vanilla Cream (or Powdered Yogurt)
- 1 ½ scps Vanilla Whey Protein
- 12 oz Ice
- 2 Organic Sandwich Cookies (pulse in the end)

Organic Cookie Crunch | 12oz.

- 4 oz Choice of Milk
- ¼ scp Vanilla Cream (or Powdered Yogurt)
- 1 scp Vanilla Whey Protein
- 7 oz Ice
- 1 Organic Sandwich Cookies (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 25g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PASSION PUNCH

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 66g	22%
Dietary Fiber 4g	16%
Sugars 53g	
Protein 21g	
Vitamin A 10%	Vitamin C 220%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Passion Punch | 20oz.

- 6 oz Dr. Smoothie Forbidden Fruit Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Passion Punch | 12oz.

- 4 oz Dr. Smoothie Forbidden Fruit Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 21g	
Vitamin A 6%	Vitamin C 160%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 591 ml (235g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 18g	72%
Sugars 12g	
Protein 25g	
Vitamin A 8%	Vitamin C 45%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PB Pineapple | *Former Shake of the Month*

- 6 oz Unsweetened Vanilla Almond Milk
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 2 scps Freeze-Dried Pineapple
- 1 tbsp Natural Peanut Butter
- 1 scp Vanilla Whey Protein
- 1 scp Get Essentials
- 12 oz Ice

PB PINEAPPLE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 64g	21%
Dietary Fiber 4g	16%
Sugars 52g	
Protein 22g	
Vitamin A 4%	Vitamin C 70%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Peaches n' Cream | 20oz.

- 6 oz Dr. Smoothie Peach Pear Apricot Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Peaches n' Cream | 12oz.

- 4 oz Dr. Smoothie Peach Pear Apricot Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 21g	
Vitamin A 4%	Vitamin C 60%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PEACHES N' CREAM

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

PEPPERMINT PATTY

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 53g	18%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 22g	
Vitamin A 8%	Vitamin C 0%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Peppermint Patty | *Former Shake of the Month*

- 6 oz Vanilla Soy Milk
- 1/2 scp Chocoholic's Choice
- 1 scp Matcha Mint Chip
- 1 scp Chocolate Whey Protein
- 1 scp Get Resistance
- 10 drops Mint Extract
- 12 oz Ice

PINEAPPLE EXPRESS

20 oz.	
Nutrition Facts	
Serving Size 20 Fluid Ounces	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 67g	22%
Dietary Fiber 4g	16%
Sugars 50g	
Protein 21g	
Vitamin A 2%	Vitamin C 100%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pineapple Express | *Former Shake of the Month*

- 6 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 1 scp Freeze-Dried Strawberries
- 1 scp Strawberry Whey Protein
- 1 tsp Vanilla Extract
- 1 scp Get Regular
- 1 scp Get Cardio
- 12 oz Ice

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR**.
Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 60g	20%
Dietary Fiber 2g	8%
Sugars 51g	
Protein 21g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pucker Up! | 20oz.

- 6 oz Dr. Smoothie Lemon-ade Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Pucker Up! | 12oz.

- 4 oz Dr. Smoothie Lemon-ade Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 42g	14%
Dietary Fiber 1g	4%
Sugars 34g	
Protein 20g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PUCKER UPI

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 420mg	18%
Total Carbohydrate 75g	25%
Dietary Fiber 2g	8%
Sugars 59g	
Protein 28g	
Vitamin A 10%	Vitamin C 0%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Slam Dunk | **Former Shake of the Month**

- 6 oz Skim Milk
- 2 scps Matcha Mint Chip
- 1 scp Vanilla Whey Protein
- 1 scp Get Recovered
- ¼ tsp Mint Extract (optional)
- 12 oz Ice

SLAM DUNK

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR**.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

SMOOTH PINEAPPLE

20 oz.	
Nutrition Facts	
Serving Size (390g) Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 56g	19%
Dietary Fiber 5g	20%
Sugars 29g	
Protein 23g	
Vitamin A 4%	Vitamin C 35%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Smooth Pineapple | **Former Shake of the Month**

- 3 oz Dr. Smoothie Pineapple Purée/Water Mix
- 3 oz Unsweetened Vanilla Almond Milk
- ½ scp Rolled Oats
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Vanilla Whey Protein
- 1 scp Get Regular
- ½ tsp Vanilla Extract
- 12 oz Ice

STRAWBERRY LIME SHERBET

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml) Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 70g	23%
Dietary Fiber 3g	12%
Sugars 52g	
Protein 22g	
Vitamin A 35%	Vitamin C 110%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Strawberry Lime Sherbet | **Former Shake of the Month**

- 4 oz Dr. Smoothie Lime Purée/Water Mix
- 2 oz Dr. Smoothie Strawberry Purée/Water Mix
- 1 scp Freeze-Dried Kale
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- ½ tsp Freeze-Dried Lemon
- 1 scp Vanilla Whey Protein
- 1 scp Get Recovered
- 12 oz Ice

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.
Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 63g	21%
Dietary Fiber 4g	16%
Sugars 51g	
Protein 21g	
Vitamin A 2%	Vitamin C 100%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Strawberry Slam | 20oz.

- 6 oz Dr. Smoothie Strawberry Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Strawberry Slam | 12oz.

- 4 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 21g	
Vitamin A 2%	Vitamin C 80%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

STRAWBERRY SLAM

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml) (388g)	
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 63g	23%
Dietary Fiber 0g	0%
Total Sugars 51g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 407mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Sunny Daze | **Former Shake of the Month**

- 6 oz Dr. Smoothie Tropical Sunshine Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- ½ scp Freeze-Dried Spinach
- ½ scp Freeze-Dried Kale
- ¼ tsp Freeze-Dried Lemon
- ½ tsp Lemon Extract
- 1 tsp Dried Avocado
- 1 scp Vanilla Whey Protein
- 12 oz Ice

SUNNY DAZE

REFUEL & RECOVER SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

TROPICAL TRIUMPH

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 64g	21%
Dietary Fiber 3g	12%
Sugars 52g	
Protein 21g	
Vitamin A 2%	Vitamin C 100%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tropical Triumph | 20oz.

- 4 oz Dr. Smoothie Strawberry Purée/Water Mix
- 2 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Tropical Triumph | 12oz.

- 3 oz Dr. Smoothie Strawberry Purée/Water Mix
- 1 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 21g	
Vitamin A 2%	Vitamin C 80%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	