**smoothies**

*refuel & recover (20oz)* unique blends for recovery

- **organic strawberry** strawberry, banana
- **organic mango** mango, strawberry, banana
- **organic simply greens** pineapple, spinach, kale, avocado, lemon, banana
- **organic berry trim** raspberry, strawberry, blueberry, blackberry, banana, get lean™ booster
- **green balance** choice of milk, spinach, kale, banana, vanilla bean, flax seed oil, honey
- **green apple** apple, banana, spinach, kale

*meal replacement (20oz) low-glycemic meals-in-a-cup*

- **peanut butter cup** choice of milk, chocolate, peanut butter, 40g chocolate whey protein
- **body builder** choice of milk, banana, 5g creatine, 40g vanilla or chocolate whey protein
- **skinny minny** choice of milk, light peanut butter, banana, 20g vanilla whey protein
- **trail mix** choice of milk, house made granola, almond butter, banana, 30g vanilla whey protein

*kid shakes (12oz) balanced nutrition*

- **junior chocolate frosty** choice of milk, chocolate, 10g chocolate whey protein
- **organic strawberry shortcake** strawberry, banana
- **pb & j** peanut butter, raspberries, strawberries, blueberries, blackberries

**smoothie add-ins**

- 20g whey or plant protein vanilla, chocolate
- creatine or l-glutamine
- light peanut butter
- booster get lean™, get recovered™, get energized™, get essentials™