

SHAKE NUTRITION AT A GLANCE

ALL SHAKES CAN BE MODIFIED TO REDUCE CALORIES, SUGAR, AND TO FIT YOUR DIETARY NEEDS.

REFUEL & RECOVER

20 oz.	Strawberry Slam	Java Jolt	Berry, Berry Good	Chocolate Frosty	Mango Crusher	Hawaiian Harvest
Calories	320	340	310	340	320	330
Fat	2g	4.5g	3g	7g	2.5g	4.5g
Carbohydrates	54g	51g	53g	28g	54g	49g
Sugar	42g	42g	33g	19g	42g	35g
Protein	21g	23g	21g	41g	22g	21g

20 oz.	Chocolate Thinny Mint	Cracker Jax	Pumpkin Patch	Red Velvet Cupcake	Organic Cookie Crunch
Calories	320	340	350	320	390
Fat	7g	6g	7g	4.5g	12g
Carbohydrates	33g	44g	38g	40g	32g
Sugar	19g	29g	25g	27g	20g
Protein	31g	28g	33g	29g	38g

LIFESTYLE SHAKES

20 oz.	Banilla	Chocolate Brownie	Peanut Buster	Tropical Shredder	Raw Energy Lite	Slenderberry
Calories	250	290	290	280	300	210
Fat	5g	10g	10g	10g	5g	4g
Carbohydrates	18g	14g	13g	24g	30g	21g
Sugar	4g	2g	2g	13g	12g	10g
Protein	31g	35g	39g	22g	32g	22g

20 oz.	Skinny Delight	Strawberry Lean	The Caffeinator
Calories	270	190	280
Fat	6g	4g	5g
Carbohydrates	18g	17g	25g
Sugar	3g	10g	17g
Protein	37g	21g	32g

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MEAL REPLACEMENT

20 oz.	Banana Nut Blast	Peanut Butter Cup	PB Cup Lite	Perfect Piña
Calories	520	530	270	410
Fat	22g	22g	6g	9g
Carbohydrates	31g	34g	28g	51g
Sugar	7g	21g	18g	37g
Protein	50g	49g	27g	31g

20 oz.	Salted Caramel Choco-Almond	Thrilla in Vanilla
Calories	290	280
Fat	8g	9g
Carbohydrates	33g	16g
Sugar	25g	3g
Protein	22g	31g

KID SHAKES

12 oz.	Cookie Monster	PB Banana Jamma	Strawberry Shortcake	Tootie Fruitie
Calories	170	190	190	190
Fat	6g	10g	1g	1g
Carbohydrates	15g	10g	34g	33g
Sugar	10g	2g	26g	25g
Protein	14g	15g	11g	11g