

REFUEL & RECOVER – SHAKE NUTRITION AT A GLANCE

20 oz.	A Great Start	Antioxidant Blast	Apple-A-Day	Apple Blossom
Calories	400	330	380	310
Fat	5g	3.5g	4g	2g
Carbohydrates	66g	53g	59g	53g
Protein	25g	21g	27g	21g

20 oz.	Apple Brown Betty	Apple Spiced Oats	Beets Me	Berry, Berry Good
Calories	540	400	340	310
Fat	4g	4g	2g	3g
Carbohydrates	103g	67g	57g	53g
Protein	24g	24g	21g	21g

20 oz.	Black & Tan Chai	Blueberry Thunder	Blues Buster	Body Builder
Calories	380	320	300	310
Fat	6g	2.5g	2.5g	6g
Carbohydrates	39g	55g	50g	22g
Protein	41g	21g	21g	41g

20 oz.	Cardio Freeway	Cardio Queen	Cherry Bomb	Chocolate Covered Strawberry
Calories	320	350	300	380
Fat	7g	3.5g	2g	2.5g
Carbohydrates	35g	58g	50g	67g
Protein	28g	21g	21g	21g

20 oz.	Chocolate Dipped Strawberries	Chocolate Frosty	Chocolate PB Peel	Chocolate Thinny Mint
Calories	310	340	410	320
Fat	3.5g	7g	9g	7g
Carbohydrates	47g	28g	39g	33g
Protein	22g	41g	48g	31g

20 oz.	Choc-Ra	Cookies n' Cream Extreme	Cracker Jax	Double Chocolate Crunch
Calories	350	410	340	370
Fat	10g	16g	6g	12g
Carbohydrates	41g	46g	44g	45g
Protein	25g	23g	28g	22g

20 oz.	Energy Elixir	Florida Key Lime Sublime	Go Green	Go, Man-Go!
Calories	490	330	310	330
Fat	4.5g	2g	2.5g	2.5g
Carbohydrates	85g	51g	50g	56g
Protein	25g	26g	22g	21g

REFUEL & RECOVER – SHAKE NUTRITION AT A GLANCE

20 oz.	Grand Slam	Green Machine	Hawaiian Harvest	Jamaica Me Crazy
Calories	300	340	330	400
Fat	5g	2.5g	4.5g	2.5g
Carbohydrates	38g	55g	49g	75g
Protein	27g	25g	21g	21g

20 oz.	Java Jolt	Just Peachy	Key Lime Sublime	Lemon Meringue
Calories	340	390	300	300
Fat	4.5g	4g	2.5g	5g
Carbohydrates	51g	58g	49g	36g
Protein	23g	27g	21g	27g

20 oz.	Lemon Meringue Pie	Mango Berry Burst	Mango Crusher	Mangonificent
Calories	270	330	320	330
Fat	4g	2.5g	2.5g	2.5g
Carbohydrates	32g	55g	54g	56g
Protein	27g	22g	22g	22g

20 oz.	Mo' Mass	New York Strawberry Cheesecake	Orange Creamsicle
Calories	650	390	300
Fat	21g	4g	2g
Carbohydrates	85g	57g	47g
Protein	32g	30g	21g

20 oz.	Organic Cookie Crunch	Passion Punch	PB Pineapple	Peaches n' Cream
Calories	390	320	300	330
Fat	12g	2.5g	12g	2.5g
Carbohydrates	32g	54g	25g	55g
Protein	38g	21g	25g	21g

20 oz.	Peppermint Patty	Pineapple Express	Pucker Up!	Slam Dunk
Calories	450	320	300	470
Fat	11g	1.5g	2.5g	13g
Carbohydrates	62g	57g	49g	67g
Protein	26g	21g	21g	23g

20 oz.	Smooth Pineapple	Strawberry Lime Sherbet	Strawberry Slam	Sunny Daze
Calories	300	340	320	340
Fat	3.5g	2.5g	2g	5g
Carbohydrates	42g	59g	54g	52g
Protein	23g	22g	21g	22g

REFUEL & RECOVER – SHAKE NUTRITION AT A GLANCE

20 oz.	Sweet Indulgence	Tropical Triumph
Calories	330	320
Fat	2.5g	2.5g
Carbohydrates	57g	53g
Protein	21g	21g

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(424g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 210mg	9%
Total Carbohydrate 66g	24%
Dietary Fiber 7g	25%
Total Sugars 30g	
Includes 17g Added Sugars	34%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 319mg	25%
Iron 2mg	10%
Potassium 519mg	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.	

- A Great Start | 20oz.
- 6 oz Choice of Liquid
 - 8 Freeze-Dried Banana Pieces (or 4" Fresh Banana)
 - 1 scp Freeze-Dried Strawberries
 - ½ scp Freeze-Dried Blueberries
 - 1 scp Apple Cinnamon Granola
 - 1 scp Vanilla Whey Protein
 - 1 scp Get Regular
 - 3 tsps Honey
 - 12 oz Ice

- A Great Start | 12oz.
- 4 oz Choice of Liquid
 - 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - 1 scp Freeze-Dried Strawberries
 - ½ scp Freeze-Dried Blueberries
 - ½ scp Apple Cinnamon Granola
 - 1 scp Vanilla Whey Protein
 - 1 scp Get Regular
 - 3 tsps Honey
 - 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(284g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 26g	
Includes 17g Added Sugars	34%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 260mg	20%
Iron 1mg	6%
Potassium 346mg	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.	

A GREAT START

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(381g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 53g	19%
Dietary Fiber 3g	11%
Total Sugars 41g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 181mg	15%
Iron 1mg	6%
Potassium 495mg	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.	

- Antioxidant Blast | 20oz.
- 6 oz Dr. Smoothie Acai Berry Blend Purée/Water Mix
 - 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - ½ scp Freeze-Dried Blueberries
 - 1 scp Vanilla Whey Protein
 - 12 oz Ice

- Antioxidant Blast | 12oz.
- 4 oz Dr. Smoothie Acai Berry Blend Purée/Water Mix
 - 3 Freeze-Dried Banana Pieces (or 1½" 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)
	(253g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 0mg	0%
Potassium 378mg	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.	

ANTIOXIDANT BLAST

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

APPLE-A-DAY

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(405g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 260mg	11%
Total Carbohydrate 59g	21%
Dietary Fiber 2g	7%
Total Sugars 36g	
Includes 9g Added Sugars	18%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 314mg	25%
Iron 2mg	10%
Potassium 438mg	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.	

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

3 oz	Dr. Smoothie Red Apple Purée/Water Mix
3 oz	Choice of Liquid
1 scp	Apple Cinnamon Granola
¼ scp	Flavor Fusions - Spiced Chai
¼ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
12 oz	Ice

APPLE BLOSSOM

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(382g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 53g	19%
Dietary Fiber 2g	7%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 1mg	6%
Potassium 529mg	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.	

Apple Blossom | 20oz.

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

Apple Blossom | 12oz.

4 oz	Dr. Smoothie Red Apple Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(253g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 161mg	10%
Iron 0mg	0%
Potassium 401mg	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.	

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
(450g)	
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 560mg	24%
Total Carbohydrate 103g	37%
Dietary Fiber 3g	11%
Total Sugars 74g	
Includes 26g Added Sugars	52%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 232mg	20%
Iron 2mg	10%
Potassium 590mg	15%
*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.	

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

4 oz	Dr. Smoothie Red Apple Purée/Water Mix
2 oz	Unsweetened Vanilla Almond Milk
1 scp	Raisins
1 scp	Apple Cinnamon Granola
¼ scp	Flavor Fusions - Spiced Chai
½ scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
12 oz	Ice

APPLE BROWN BETTY

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
(414g)	
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 140mg	6%
Total Carbohydrate 67g	24%
Dietary Fiber 4g	14%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 258mg	20%
Iron 2mg	10%
Potassium 544mg	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.	

Apple Spiced Oats | 20oz.

3 oz	Choice of Liquid
3 oz	Dr. Smoothie Red Apple Purée/Water Mix
1 scp	Raisins
1 scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
¼ tsp	Cinnamon
12 oz	Ice

Apple Spiced Oats | 12oz.

2 oz	Choice of Liquid
2 oz	Dr. Smoothie Red Apple Purée/Water Mix
1 scp	Raisins
½ scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
¼ tsp	Cinnamon
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
(278g)	
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 115mg	5%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 224mg	15%
Iron 1mg	6%
Potassium 471mg	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.	

APPLE SPICED OATS

recipes & nutrition facts

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

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 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 90mg	4%
Total Carbohydrate 57g	21%
Dietary Fiber 4g	14%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 1mg	6%
Potassium 462mg	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.	

Beets Me | **Former Shake of the Month**

6 oz	Dr. Smoothie Butternut Squash & Mango Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
¾ tsp	Dried Beets
1 scp	Vanilla Whey Protein
1 scp	Get Regular
¼ tsp	Vanilla Extract (optional)*
12 oz	Ice

*Optional Items not used for Nutrition Facts panel.

BERRY, BERRY GOOD

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(381g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	14%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 1mg	6%
Potassium 516mg	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.	

Berry, Berry Good | 20oz.

6 oz	Dr. Smoothie Four Berry Blend Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
½ 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 1½" 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)
	(253g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 1mg	6%
Potassium 392mg	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.	

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(411g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 450mg	20%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 27g Added Sugars	54%
Protein 41g	
Vitamin D 2mcg	10%
Calcium 431mg	35%
Iron 1mg	6%
Potassium 284mg	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.	

Black & Tan Chai 20oz.	
6 oz	Choice of Liquid
¾ scp	Flavor Fusions - Spiced Chai
1 scp	Chocolate Whey Protein
1 scp	Vanilla Whey Protein
12 oz	Ice

Black & Tan Chai 12oz.	
4 oz	Choice of Liquid
½ scp	Flavor Fusions - Spiced Chai
½ scp	Chocolate Whey Protein
½ scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(252g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 280mg	12%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 19g	
Includes 18g Added Sugars	36%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 242mg	20%
Iron 1mg	6%
Potassium 170mg	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.	

BLACK & TAN CHAI

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(381g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 55g	20%
Dietary Fiber 2g	7%
Total Sugars 43g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 0mg	0%
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.	

Blueberry Thunder 20oz.	
6 oz	Dr. Smoothie Blueberry Banana Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" 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 1½" 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)
	(253g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 0mg	0%
Potassium 259mg	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

recipes & nutrition facts

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

BLUES BUSTER

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(381g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 125mg	5%
Total Carbohydrate 50g	18%
Dietary Fiber 2g	7%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 1mg	6%
Potassium 398mg	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.	

Blues Buster | 20oz.

6 oz	Dr. Smoothie Boysenberry & Blackberry Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
½ scp	Freeze-Dried Blueberries
1 scp	Vanilla Whey Protein
12 oz	Ice

Blues Buster | 12oz.

4 oz	Dr. Smoothie Boysenberry & Blackberry Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" 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)
	(253g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 100mg	4%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 0mg	0%
Potassium 313mg	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.	

BODY BUILDER

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(396g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 250mg	11%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 2mcg	10%
Calcium 440mg	35%
Iron 0mg	0%
Potassium 630mg	15%
*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.	

Body Builder | 20oz.

6 oz	Choice of Liquid
8	Freeze-Dried Banana Pieces (or 4" Fresh Banana)
2 scps	Vanilla or Chocolate Whey Protein (qualify)*
1 scp	Creatine
12 oz	Ice

Body Builder | 12oz.

4 oz	Choice of Liquid
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Vanilla or Chocolate Whey Protein (qualify)*
1 scp	Creatine
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(241g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 246mg	20%
Iron 0mg	0%
Potassium 343mg	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.	

*Vanilla Whey Protein used for Nutrition Facts panel.

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(502g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 460mg	20%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 17g Added Sugars	34%
Protein 28g	
Vitamin D 3mcg	15%
Calcium 475mg	35%
Iron 4mg	20%
Potassium 399mg	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.	

Cardio Freeway | 20oz.

8 oz	Choice of Liquid
1 scp	Freeze-Dried Strawberries
½ scp	Powdered Yogurt
1 scp	Vanilla Soy Protein
3 tsps	Honey
1 tsp	Flax Seed Oil
16 oz	Ice

Cardio Freeway | 12oz.

6 oz	Choice of Liquid
1 scp	Freeze-Dried Strawberries
½ scp	Powdered Yogurt
1 scp	Vanilla Soy Protein
3 tsps	Honey
½ tsp	Flax Seed Oil
10 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(368g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 17g Added Sugars	34%
Protein 28g	
Vitamin D 2mcg	10%
Calcium 422mg	30%
Iron 4mg	20%
Potassium 351mg	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.	

CARDIO FREEWAY

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(386g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 58g	21%
Dietary Fiber 3g	11%
Total Sugars 41g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 181mg	15%
Iron 1mg	6%
Potassium 495mg	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.	

Cardio Queen | 20oz.

6 oz	Dr. Smoothie Acai Berry Blend
	Purée/Water Mix
4	Freeze-Dried Banana Pieces
	(or 2" Fresh Banana)
½ scp	Freeze-Dried Blueberries
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
12 oz	Ice

Cardio Queen | 12oz.

4 oz	Dr. Smoothie Acai Berry Blend
	Purée/Water Mix
3	Freeze-Dried Banana Pieces
	(or 1½" Fresh Banana)
½ scp	Freeze-Dried Blueberries
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(258g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 0mg	0%
Potassium 378mg	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.	

CARDIO QUEEN

recipes & nutrition facts

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

CHERRY BOMB

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(382g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 50g	18%
Dietary Fiber 2g	7%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 181mg	15%
Iron 1mg	6%
Potassium 535mg	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.	

Cherry Bomb | 20oz.

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

Cherry Bomb | 12oz.

4 oz	Dr. Smoothie Cherry Cranberry Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(253g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 1mg	6%
Potassium 405mg	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.	

CHOCOLATE COVERED STRAWBERRY

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(395g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 130mg	6%
Total Carbohydrate 67g	24%
Dietary Fiber 3g	11%
Total Sugars 58g	
Includes 17g Added Sugars	34%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 184mg	15%
Iron 1mg	6%
Potassium 179mg	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.	

Chocolate Covered Strawberry | 20oz.

6 oz	Dr. Smoothie Strawberry Purée/Water Mix
1 scp	Freeze-Dried Strawberries
½ scp	Flavor Fusions - Chocolate Truffle
1 scp	Vanilla Whey Protein
12 oz	Ice

Chocolate Covered Strawberry | 12oz.

4 oz	Dr. Smoothie Strawberry Purée/Water Mix
½ scp	Freeze-Dried Strawberries
¼ scp	Flavor Fusions - Chocolate Truffle
¾ scp	Vanilla Whey Protein
12 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(249g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	4%
Total Sugars 35g	
Includes 9g Added Sugars	18%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 1mg	6%
Potassium 128mg	2%
*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.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(384g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 39g	
Includes 17g Added Sugars	34%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 244mg	20%
Iron 1mg	6%
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.	

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	Flavor Fusions - Chocolate Truffle
1 scp	Vanilla Whey Protein
12 oz	Ice

CHOCOLATE DIPPED STRAWBERRIES

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(400g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 310mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 41g	
Vitamin D 2mcg	10%
Calcium 427mg	35%
Iron 2mg	10%
Potassium 263mg	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.	

Chocolate Frosty | 20oz.

6 oz	Choice of Liquid
½ scp	Flavor Fusions - Chocolate Truffle
1 scp	Vanilla Whey Protein
1 scp	Chocolate Whey Protein
12 oz	Ice

Chocolate Frosty | 12oz.

4 oz	Choice of Liquid
¼ scp	Flavor Fusions - Chocolate Truffle
½ scp	Vanilla Whey Protein
½ scp	Chocolate Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(241g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 180mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 239mg	20%
Iron 1mg	6%
Potassium 156mg	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.	

CHOCOLATE FROSTY

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

CHOCOLATE PB PEEL

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(422g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 250mg	11%
Total Carbohydrate 39g	14%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 431mg	35%
Iron 3mg	15%
Potassium 657mg	15%
*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.	

Chocolate PB Peel | 20oz.

6 oz	Choice of Liquid
12	Freeze-Dried Banana Pieces (or 6" Fresh Banana)
1 scp	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 Liquid
6	Freeze-Dried Banana Pieces (or 3" Fresh Banana)
1 scp	Peanut Butter or PB Lite*
1 scp	Chocolate Whey Protein
1 scp	Get Regular
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(260g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 150mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 245mg	20%
Iron 2mg	10%
Potassium 422mg	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.	

*PB Lite used for
Nutrition Facts panel.

CHOCOLATE THINNY MINT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(394g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 290mg	13%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 31g	
Vitamin D 2mcg	10%
Calcium 352mg	25%
Iron 2mg	10%
Potassium 149mg	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.	

Chocolate Thinny Mint | 20oz.

6 oz	Choice of Liquid
½ scp	Flavor Fusions - Chocolate Truffle
1½ scps	Chocolate Whey Protein
1 scp	Get Lean
¼ tsp	Mint Extract
12 oz	Ice
1	Organic Sandwich Cookie (optional)* (pulse in the end)

Chocolate Thinny Mint | 12oz.

4 oz	Choice of Liquid
¼ scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
1 scp	Get Lean
⅛ tsp	Mint Extract
7 oz	Ice
1	Organic Sandwich Cookie (optional)* (pulse in the end)

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(248g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 234mg	20%
Iron 1mg	6%
Potassium 99mg	2%
*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.	

*Optional Items not used
for Nutrition Facts panel.

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(388g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 160mg	7%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Total Sugars 20g	
Includes 7g Added Sugars	14%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 191mg	15%
Iron 2mg	10%
Potassium 387mg	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.	

Choc-Ra | **Former Shake of the Month**

6 oz	Chocolate Soy Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Freeze-Dried Strawberries
½ scp	Freeze-Dried Blueberries
1 scp	Chocolate Whey Protein
1 scp	Get Flexible
1 tsp	Flax Seed Oil
12 oz	Ice

CHOC-RA

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(407g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 360mg	16%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 28g	
Includes 12g Added Sugars	24%
Protein 23g	
Vitamin D 2mcg	10%
Calcium 304mg	25%
Iron 3mg	15%
Potassium 254mg	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.	

Cookies n' Cream Extreme | 20oz.

6 oz	Choice of Liquid
1 scp	Cafe Essentials Cookies & 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 Liquid
1 scp	Cafe Essentials Cookies & Cream
1 scp	Chocolate Whey Protein
7 oz	Ice
1	Organic Sandwich Cookie (pulse in the end)

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(274g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 280mg	12%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 22g	
Includes 12g Added Sugars	24%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 253mg	20%
Iron 2mg	10%
Potassium 205mg	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.	

COOKIES N' CREAM EXTREME

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

CRACKER JAX

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(403g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 750mg	33%
Total Carbohydrate 44g	16%
Dietary Fiber 3g	11%
Total Sugars 29g	
Includes 26g Added Sugars	52%
Protein 28g	
Vitamin D 2mcg	10%
Calcium 312mg	25%
Iron 1mg	6%
Potassium 421mg	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.	

Cracker Jax | 20oz.

6 oz	Choice of Liquid
1 scp	PB Lite
½ scp	Rollled Oats
¾ scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
12 oz	Ice

Cracker Jax | 12oz.

4 oz	Choice of Liquid
¾ scp	PB Lite
¼ scp	Rollled Oats
½ scp	Flavor Fusions - Sea Salted Caramel
½ scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(251g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 184mg	15%
Iron 1mg	6%
Potassium 273mg	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.	

DOUBLE CHOCOLATE CRUNCH

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(401g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 320mg	14%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	14%
Total Sugars 30g	
Includes 17g Added Sugars	34%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 286mg	20%
Iron 3mg	15%
Potassium 149mg	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.	

Double Chocolate Crunch | 20oz.

6 oz	Choice of Liquid
½ scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
12 oz	Ice
2	Organic Sandwich Cookies (pulse in the end)

Double Chocolate Crunch | 12oz.

4 oz	Choice of Liquid
½ scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
7 oz	Ice
1	Organic Sandwich Cookie (pulse in the end)

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(267g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 240mg	10%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 17g Added Sugars	34%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 235mg	20%
Iron 2mg	10%
Potassium 101mg	2%
*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.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(439g)
Amount per serving	
Calories	490
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 660mg	29%
Total Carbohydrate 85g	31%
Dietary Fiber 2g	7%
Total Sugars 70g	
Includes 64g Added Sugars	128%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 309mg	25%
Iron 2mg	10%
Potassium 552mg	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.	

Energy Elixir | 20oz.

6 oz	Choice of Liquid
2 scps	Flavor Fusions - Chocolate Truffle
1 scp	Vanilla Whey Protein
1 scp	Get Energized
12 oz	Ice

Energy Elixir | 12oz.

4 oz	Choice of Liquid
1 scp	Flavor Fusions - Chocolate Truffle
1 scp	Vanilla Whey Protein
1 scp	Get Energized
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(277g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 380mg	17%
Total Carbohydrate 46g	17%
Dietary Fiber 1g	4%
Total Sugars 38g	
Includes 32g Added Sugars	64%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 250mg	20%
Iron 1mg	6%
Potassium 357mg	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.	

ENERGY ELIXIR

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(387g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 160mg	7%
Total Carbohydrate 51g	19%
Dietary Fiber 0g	0%
Total Sugars 45g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 332mg	25%
Iron 0mg	0%
Potassium 386mg	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.	

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

6 oz	Dr. Smoothie Limeade Purée/Water Mix
½ scp	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.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

GO GREEN

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(383g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 90mg	4%
Total Carbohydrate 50g	18%
Dietary Fiber 4g	14%
Total Sugars 35g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 205mg	15%
Iron 1mg	6%
Potassium 628mg	15%
*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.	

Go Green | 20oz.

6 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Vanilla Whey Protein
1 scp	Organic Super Greens
12 oz	Ice

Go Green | 12oz.

4 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Vanilla Whey Protein
1 scp	Organic Super Greens
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(254g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 85mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 191mg	15%
Iron 1mg	6%
Potassium 500mg	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.	

GO, MAN-GO!

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(382g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 56g	20%
Dietary Fiber 2g	7%
Total Sugars 45g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 0mg	0%
Potassium 511mg	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.	

Go, Man-Go! | **Former Shake of the Month**

6 oz	Dr. Smoothie Mango Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" 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.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(394g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 750mg	33%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 26g Added Sugars	52%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 307mg	25%
Iron 1mg	6%
Potassium 421mg	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.	

Grand Slam | 20oz.

6 oz	Unsweetened Vanilla Almond Milk
1 scp	PB Lite
¾ scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
¼ tsp	Vanilla Extract
12 oz	Ice

Grand Slam | 12oz.

4 oz	Unsweetened Vanilla Almond Milk
½ scp	PB Lite
½ scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
¼ tsp	Vanilla Extract
12 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(258g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 520mg	23%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 20g	
Includes 17g Added Sugars	34%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 250mg	20%
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.	

GRAND SLAM

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(391g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 135mg	6%
Total Carbohydrate 55g	20%
Dietary Fiber 4g	14%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 1mg	6%
Potassium 726mg	15%
*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.	

Green Machine | 20oz.

6 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
¼ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Organic Super Greens
12 oz	Ice

Green Machine | 12oz.

4 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
¼ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Organic Super Greens
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(263g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 130mg	6%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 266mg	20%
Iron 1mg	6%
Potassium 598mg	15%
*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.	

GREEN MACHINE

recipes & nutrition facts

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

HAWAIIAN HARVEST

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(381g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 49g	18%
Dietary Fiber 3g	11%
Total Sugars 35g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 183mg	15%
Iron 1mg	6%
Potassium 528mg	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.	

Hawaiian Harvest | 20oz.

6 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
2 tps	Dried, Shredded Coconut
1 scp	Vanilla Whey Protein
12 oz	Ice

Hawaiian Harvest | 12oz.

4 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
¾ tsp	Dried, Shredded Coconut
1 scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(250g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 0mg	0%
Potassium 400mg	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.	

JAMAICA ME CRAZY

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(407g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 75g	27%
Dietary Fiber 4g	14%
Total Sugars 50g	
Includes 17g Added Sugars	34%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 196mg	15%
Iron 1mg	6%
Potassium 527mg	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.	

Jamaica Me Crazy | **Former Shake of the Month**

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

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(402g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 460mg	20%
Total Carbohydrate 51g	19%
Dietary Fiber 2g	7%
Total Sugars 42g	
Includes 40g Added Sugars	80%
Protein 23g	
Vitamin D 2mcg	10%
Calcium 303mg	25%
Iron 1mg	6%
Potassium 408mg	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.	

- Java Jolt | 20oz.
- 6 oz Choice of Liquid
 - 1 tsp Espresso Beans (optional)*
 - 1 scp Flavor Fusions - Mocha Latte
 - ¼ scp Flavor Fusions - Chocolate Truffle
 - 1 scp Vanilla Whey Protein
 - 12 oz Ice

- Java Jolt | 12oz.
- 4 oz Choice of Liquid
 - 1 tsp Espresso Beans (optional)*
 - ¼ scp Flavor Fusions - Mocha Latte
 - ¼ scp Flavor Fusions - Chocolate Truffle
 - 1 scp Vanilla Whey Protein
 - 7 oz Ice

*Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(250g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 240mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 16g Added Sugars	32%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 246mg	20%
Iron 1mg	6%
Potassium 249mg	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.	

JAVA JOLT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(405g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 190mg	8%
Total Carbohydrate 58g	21%
Dietary Fiber 3g	11%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 321mg	25%
Iron 2mg	10%
Potassium 421mg	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.	

- 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)
 - ½ tsp Freeze-Dried Lemon
 - 1 scp Apple Cinnamon Granola
 - ¼ scp Powdered Yogurt
 - 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.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

KEY LIME SUBLIME

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(378g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 49g	18%
Dietary Fiber 1g	4%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 184mg	15%
Iron 0mg	0%
Potassium 315mg	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.	

Key Lime Sublime | 20oz.

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

Key Lime Sublime | 12oz.

4 oz	Dr. Smoothie Limeade Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Vanilla Whey Protein
¼ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

*Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(249g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 258mg	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

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(384g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 36g	13%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 388mg	30%
Iron 0mg	0%
Potassium 434mg	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 | **Former Shake of the Month**

3 oz	Dr. Smoothie Lemonade Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
½ tsp	Freeze-Dried Lemon
½ scp	Powdered Yogurt
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.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (378g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 387mg	30%
Iron 0mg	0%
Potassium 431mg	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 Lemonade Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
¼ tsp	Freeze-Dried Lemon
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
¼ tsp	Lemon Extract
12 oz	Ice

LEMON MERINGUE PIE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (382g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 55g	20%
Dietary Fiber 2g	7%
Total Sugars 43g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 0mg	0%
Potassium 511mg	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.	

Mango Berry Burst | 20oz.

6 oz	Dr. Smoothie Mango Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
½ scp	Freeze-Dried Strawberries
½ scp	Freeze-Dried Mango
1 scp	Vanilla Whey Protein
12 oz	Ice

Mango Berry Burst | 12oz.

4 oz	Dr. Smoothie Mango Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
½ scp	Freeze-Dried Strawberries
½ 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) (254g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 161mg	10%
Iron 0mg	0%
Potassium 389mg	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.	

MANGO BERRY BURST

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

MANGO CRUSHER

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(382g)	
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 54g	20%
Dietary Fiber 3g	11%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 171mg	15%
Iron 1mg	6%
Potassium 511mg	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.	

Mango Crusher | 20oz.

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

Mango Crusher | 12oz.

4 oz	Dr. Smoothie Mango Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
¼ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

*Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	
(253g)	
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 0mg	0%
Potassium 389mg	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.	

MANGONIFICENT

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(383g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 56g	20%
Dietary Fiber 2g	7%
Total Sugars 43g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 0mg	0%
Potassium 511mg	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.	

Mangonificent | 20oz.

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

Mangonificent | 12oz.

4 oz	Dr. Smoothie Mango Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" 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)	
(255g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 31g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 0mg	0%
Potassium 389mg	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.	

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(468g)
Amount per serving	
Calories	650
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate 85g	31%
Dietary Fiber 5g	18%
Total Sugars 31g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 2mcg	10%
Calcium 436mg	35%
Iron 1mg	6%
Potassium 480mg	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.	

- Mo' Mass | 20oz.
- 6 oz Choice of Liquid
 - 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - 1 scp Peanut Butter
 - 1 scp Rolled Oats
 - 2 scps Vanilla or Chocolate Daily Mass Builder*
 - 1 scp Creatine
 - 12 oz Ice

- Mo' Mass | 12oz.
- 4 oz Choice of Liquid
 - 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - ½ scp Peanut Butter
 - ½ scp Rolled Oats
 - 1½ scps Vanilla or Chocolate Daily Mass Builder*
 - 1 scp Creatine
 - 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(299g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 135mg	6%
Total Carbohydrate 59g	21%
Dietary Fiber 3g	11%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 306mg	25%
Iron 1mg	6%
Potassium 326mg	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.	

*Vanilla Daily Mass Builder used for Nutrition Facts panel.

MO' MASS

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(407g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 230mg	10%
Total Carbohydrate 57g	21%
Dietary Fiber 3g	11%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 402mg	30%
Iron 2mg	10%
Potassium 412mg	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
 - 1 scp Apple Cinnamon Granola
 - ½ scp Powdered Yogurt
 - 1 scp Vanilla Whey Protein
 - 12 oz Ice

NEW YORK STRAWBERRY CHEESECAKE

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

ORANGE CREAMSICLE

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(378g)	
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 47g	17%
Dietary Fiber 1g	4%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 181mg	15%
Iron 0mg	0%
Potassium 485mg	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.	

Orange Creamsicle | 20oz.

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

Orange Creamsicle | 12oz.

3 oz	Dr. Smoothie Orange Tangerine Purée/Water Mix
1 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Vanilla Whey Protein
¼ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

*Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	
(249g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 0mg	0%
Potassium 374mg	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.	

ORGANIC COOKIE CRUNCH

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(408g)	
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 370mg	16%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 2mcg	10%
Calcium 516mg	40%
Iron 1mg	6%
Potassium 511mg	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.	

Organic Cookie Crunch | 20oz.

6 oz	Choice of Liquid
½ scp	Powdered Yogurt
1½ scps	Vanilla Whey Protein
3-4 drops	Vanilla Extract
12 oz	Ice
2	Organic Sandwich Cookies (pulse in the end)

Organic Cookie Crunch | 12oz.

4 oz	Choice of Liquid
¼ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
2-3 drops	Vanilla Extract
7 oz	Ice
1	Organic Sandwich Cookie (pulse in the end)

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	
(252g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 319mg	25%
Iron 1mg	6%
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.	

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(382g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 54g	20%
Dietary Fiber 3g	11%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 1mg	6%
Potassium 362mg	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.	

- Passion Punch | 20oz.
- 6 oz Dr. Smoothie Guava & Passion Fruit Purée/Water Mix
 - 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - 1 scp Freeze-Dried Strawberries
 - 1 scp Vanilla Whey Protein
 - 12 oz Ice

- Passion Punch | 12oz.
- 4 oz Dr. Smoothie Guava & Passion Fruit Purée/Water Mix
 - 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
 - 1 scp Freeze-Dried Strawberries
 - 1 scp Vanilla Whey Protein
 - 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(253g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 29g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 0mg	0%
Potassium 289mg	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.	

PASSION PUNCH

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(385g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 312mg	25%
Iron 1mg	6%
Potassium 484mg	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.	

- PB Pineapple | **Former Shake of the Month**
- 6 oz Unsweetened Vanilla Almond Milk
 - 4 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - 2 scps Freeze-Dried Pineapple
 - ½ scp Peanut Butter
 - 1 scp Vanilla Whey Protein
 - 1 scp Get Essentials
 - 12 oz Ice

PB PINEAPPLE

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

PEACHES N' CREAM

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(382g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 55g	20%
Dietary Fiber 3g	11%
Total Sugars 43g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 182mg	15%
Iron 1mg	6%
Potassium 376mg	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.	

Peaches n' Cream | 20oz.

6 oz	Dr. Smoothie Peach Pear Apricot Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" 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 1½" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size 12 fl. oz. (354 ml)	
(253g)	
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 1mg	6%
Potassium 299mg	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.	

PEPPERMINT PATTY

20 oz.	
Nutrition Facts	
servings per container	
Serving size 20 fl. oz. (591 ml)	
(425g)	
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 300mg	13%
Total Carbohydrate 62g	23%
Dietary Fiber 3g	11%
Total Sugars 50g	
Includes 40g Added Sugars	80%
Protein 26g	
Vitamin D 3mcg	15%
Calcium 380mg	30%
Iron 2mg	10%
Potassium 345mg	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.	

Peppermint Patty | *Former Shake of the Month*

6 oz	Vanilla Soy Milk
1 scp	Cafe Essentials Matcha Mint Chip
½ scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
¼ tsp	Mint Extract
12 oz	Ice

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(385g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 65mg	3%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	18%
Total Sugars 37g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 177mg	15%
Iron 1mg	6%
Potassium 289mg	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.	

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

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

PINEAPPLE EXPRESS

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(378g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 49g	18%
Dietary Fiber 1g	4%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 0mg	0%
Potassium 332mg	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.	

Pucker Up! | 20oz.

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

Pucker Up! | 12oz.

4 oz	Dr. Smoothie Lemonade
	Purée/Water Mix
3	Freeze-Dried Banana Pieces
	(or 1½" Fresh Banana)
1 scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(249g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 0mg	0%
Potassium 269mg	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.	

PUCKER UP!

recipes & nutrition facts

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

SLAM DUNK

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(427g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 410mg	18%
Total Carbohydrate 67g	24%
Dietary Fiber 0g	0%
Total Sugars 54g	
Includes 47g Added Sugars	94%
Protein 23g	
Vitamin D 4mcg	20%
Calcium 328mg	25%
Iron 1mg	6%
Potassium 480mg	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.	

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

6 oz	Choice of Liquid
2 scps	Cafe Essentials Matcha Mint Chip
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
1/4 tsp	Mint Extract (optional)*
12 oz	Ice

*Optional Items not used for Nutrition Facts panel.

SMOOTH PINEAPPLE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(384g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 135mg	6%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 245mg	20%
Iron 1mg	6%
Potassium 455mg	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.	

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

3 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1/2 scp	Rolled Oats
1 scp	Vanilla Whey Protein
1 scp	Get Regular
1/4 tsp	Vanilla Extract
12 oz	Ice

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(390g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 59g	21%
Dietary Fiber 3g	11%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 216mg	15%
Iron 1mg	6%
Potassium 401mg	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.	

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

4 oz	Dr. Smoothie Limeade Purée/Water Mix
2 oz	Dr. Smoothie Strawberry Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Freeze-Dried Kale
¼ tsp	Freeze-Dried Lemon
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
12 oz	Ice

STRAWBERRY LIME SHERBET

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(382g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 54g	20%
Dietary Fiber 2g	7%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 185mg	15%
Iron 1mg	6%
Potassium 299mg	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.	

Strawberry Slam | 20oz.

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

Strawberry Slam | 12oz.

4 oz	Dr. Smoothie Strawberry Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
¼ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

*Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(253g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 172mg	15%
Iron 0mg	0%
Potassium 247mg	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.	

STRAWBERRY SLAM

recipes & nutrition facts

REFUEL & RECOVER SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

SUNNY DAZE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(385g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 125mg	5%
Total Carbohydrate 52g	19%
Dietary Fiber 3g	11%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 215mg	15%
Iron 1mg	6%
Potassium 543mg	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.	

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

6 oz	Dr. Smoothie Tropical Sunshine Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
½ scp	Freeze-Dried Spinach
½ scp	Freeze-Dried Kale
1 tsp	Dried Avocado
¼ tsp	Freeze-Dried Lemon
1 scp	Vanilla Whey Protein
¼ tsp	Lemon Extract
12 oz	Ice

SWEET INDULGENCE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(385g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 65mg	3%
Total Carbohydrate 57g	21%
Dietary Fiber 4g	14%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 175mg	15%
Iron 2mg	10%
Potassium 185mg	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.	

Sweet Indulgence | 20oz.

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

Sweet Indulgence | 12oz.

4 oz	Dr. Smoothie Strawberry Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Chocolate Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(256g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 60mg	3%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Total Sugars 29g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 1mg	6%
Potassium 133mg	2%
*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.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(382g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 53g	19%
Dietary Fiber 3g	11%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 1mg	6%
Potassium 375mg	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.	

- Tropical Triumph | 20oz.
- 4 oz Dr. Smoothie Strawberry Purée/Water Mix
 - 2 oz Dr. Smoothie Pineapple Blend Purée/Water Mix
 - 4 Freeze-Dried Banana Pieces (or 2" 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 Blend Purée/Water Mix
 - 3 Freeze-Dried Banana Pieces (or 1 1/2" Fresh Banana)
 - 1 scp Freeze-Dried Strawberries
 - 1 scp Vanilla Whey Protein
 - 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(253g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 173mg	15%
Iron 0mg	0%
Potassium 286mg	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.	

TROPICAL TRIUMPH