REFUEL & RECOVER - SHAKE NUTRITION AT A GLANCE

KLIOL	LARLCOVL	IK - SHAKL	NOTKITION	AI 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	<i>7</i> g	3.5g	2g	2.5g
Carbohydrates	35g	58g	50g	67g
Protein	28g	21g	21g	21g
20 oz.	Chocolate Dipped Stra	wberries Chocolate F	Frosty Chocolate Pl	B 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 Ext	reme 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 Subl	ime Go Green	Go, Man-Go!
	3/			

310

2.5g

50g

22g

330

2.5g

56g

21g

Calories

Protein

Carbohydrates

Fat

490

4.5g

85g

25g

330

2g

51g

26g

REFUEL & RECOVER - SHAKE NUTRITION AT A GLANCE

KLIOL	L & KLCOVLI	C - SHAKL I	NOTRITION A	I 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 Stra	wberry Cheesecake O	range Creamsicle
Calories	650	390	30	•
Fat	21g	4g	29	9
Carbohydrates	85g	57g	47	
Protein	32g	30g	21	lg
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 Sherb	et Strawberry Slam	Sunny Daze
Calories	300	340	320	340

3.5g

42g

23g

Fat

Protein

Carbohydrates

2.5g

59g

22g

2g

54g

21g

5g

52g

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

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.

	acts
servings per container	/F04
Serving size 20 fl. oz.	(591 m (424)
Amount per serving Calories	400
	aily Valu
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 ni serving of food contributes to a daily diet. 2 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
⅓ 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
⅓ scp	Freeze-Dried Blueberries
½ scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
1 scp	Get Regular
3 tsps	Honey

12 oz.	
Nutrition Fa	ıcts
servings per container	
Serving size 12 fl. oz. (
	(284g)
Amount per serving	
Calories	<u>310</u>
% Da	ily 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 nur serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	trient in a 000 calories a

12 oz. ANTIOXIDANT **Nutrition Facts** 12 fl. oz. (354 ml) (253g) 260 % Daily Value* 8% 18% 3% 7% 0% BLA 0% 15% 0% 8%

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 serving of food contributes to a daily diet. aday is used for general nutrition advice.	

Antioxidant Blast | 20oz.

lce

7 oz

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	lce

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

servings per container Serving size Amount per serving **Calories** Total Fat 3g Saturated Fat 1.5g Trans Fat 0g Cholesterol 55mg Sodium 65mg Total Carbohydrate 38g Dietary Fiber 2g Total Sugars 28g Includes 0g Added Sugars Protein 21g Vitamin D 0mcg Calcium 168mg Iron 0mg Potassium 378mg *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories day is used for general nutrition advice.

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.

lce

APPLE-A-DAY

Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	(591 ml (405g
Amount per serving Calories	380
	aily Value
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 260mg	11%
Total Carbohydrate 59g	219
Dietary Fiber 2g	7 9
Total Sugars 36g	
Includes 9g Added Sugars	18%
Protein 27g	
Vitamin D 1mcg	69
Calcium 314mg	25%
Iron 2mg	109
Potassium 438mg	109

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
¹⁄₄ scp	Flavor Fusions - Spiced Chai
¹⁄₄ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein

APPLE BLOSSOM

20 oz.	
Nutrition Fa	acts
servings per container	
Serving size 20 fl. oz.	(591 ml) (382g)
Amount per serving Calories	<u>310</u>
% Da	aily 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 nu serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	

Apple Blossom | 20oz.

12 oz

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 Fa	acts
servings per container Serving size 12 fl. oz.	(354 ml) (253g)
Amount per serving Calories	250
	aily 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 Omg	0%
Potassium 401mg	8%
*The % Daily Value tells you how much a ni serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

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.

Nutrition	Facts
servings per contair Serving size 20	
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 103	ig 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
Potassium 590mg *The % Daily Value tells you how serving of food contributes to a day is used for general nutrition a	much a nutrient in a aily diet. 2,000 calories

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

Apple Cinnamon Granola 1 scp Flavor Fusions - Spiced Chai $\frac{1}{4}$ scp

Flavor Fusions - Sea Salted Caramel $\frac{1}{2}$ scp

Vanilla Whey Protein 1 scp

12 oz Ice BROWN BETTY

SPICED

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (414g)Amount per serving 400 **Calories** % Daily Value Total Fat 4g 5% Saturated Fat 1g 5% Trans Fat 0g 18% Cholesterol 55mg 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 calorie 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
1/4 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
¹⁄₄ tsp	Cinnamon
7 oz	Ice

12 oz. **Nutrition Facts** servings per container 12 fl. oz. (354 ml) Serving size (278g) Amount per serving 310 **Calories** % Daily Value* Total Fat 3.5g Saturated Fat 1g 5% Trans Fat 0g 18% Cholesterol 55mg 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 day is used for general nutrition advice.

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.

SEETS ME

20 oz. Nutrition Fa	acts
servings per container	
Serving size 20 fl. oz.	(591 ml (385g
Amount per serving	0.40
Calories	340
% [Daily Value
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 90mg	49
Total Carbohydrate 57g	219
Dietary Fiber 4g	149
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 170mg	159
Iron 1mg	69
	109

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
⅓ tsp	Vanilla Extract (optional)*
12 oz	Ice

^{*}Optional Items not used for Nutrition Facts panel.

ERRY, BERRY GOOD

8

20 oz. Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	(591 ml) (381g)
Amount per serving Calories	310
	aily 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%

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	lce

12 oz.	
Nutrition Fa	acts
servings per container	
Serving size 12 fl. oz.	
	(253g)
Amount per serving	
Calories	250
% D	aily 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 n serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

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 Fa	cts
servings per container Serving size 20 fl. oz. ((EQ1 m
Serving Size 20 II. 02. ((411g
	(+116
Amount per serving	
Calories	380
% Da	ily Value
Total Fat 6g	89
Saturated Fat 2.5g	139
Trans Fat 0g	
Cholesterol 105mg	359
Sodium 450mg	209
Total Carbohydrate 39g	149
Dietary Fiber 2g	79
Total Sugars 29g	
Includes 27g Added Sugars	54°
Protein 41g	
Vitamin D 2mcg	109
Calcium 431mg	359
Iron 1mg	69
	69

Black & Tan Chai | 20oz.

6 oz	Choice of Liquid
³ ∕ ₄ 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 Fa	acts
servings per container Serving size 12 fl. oz.	(354 ml) (252g)
Amount per serving Calories	210
% D	aily 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	s 36 %
Protein 21g	
Vitamin D 1mcg	6%
Calcium 242mg	20%
Iron 1mg	6%
	4%

Nutrition F	acts
servings per container	
Serving size 20 fl. oz	z. (591 m (381)
Amount per serving Calories	320
%	Daily Valu
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 Sugar	s 0
Protein 21g	
Vitamin D 0mcg	0
Calcium 174mg	15
Iron Omg	0
Potassium 316mg	6
- otaosiam s romg	•

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 Bananc Purée/Water Mix
3	Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
½ scp	Freeze-Dried Blueberries
1 scp	Vanilla Whey Protein
7 07	lce

Nutrition Fa	ct
servings per container Serving size 12 fl. oz. (3	54 r (253
Amount per serving Calories	26
% Dail	y Val
Total Fat 2.5g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 55mg	1
Sodium 60mg	
Total Carbohydrate 39g	1
Dietary Fiber 2g	
Total Sugars 30g	
Includes 0g Added Sugars	
Protein 21g	
Vitamin D 0mcg	
Calcium 164mg	1
Iron 0mg	
Potassium 259mg	

BLUEBERRY THUNDER

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

Nutrition F	acts
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%

quia	is usea,
	Blues B
	6 oz
1)	4
1) 1) 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	½ scp 1 scp 12 oz
% % %	Blues B
<u>%</u>	4 oz
% % %	3
% %	½ scp

Blues Buster 20oz.		
6 oz	Dr. Smoothie Boysenberry & Blackberry Purée/Water Mix	
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)	
⅓ scp	Freeze-Dried Blueberries	
1 scp	Vanilla Whey Protein	
12 oz	lce	

Blues Buster | 12oz. 4 oz Dr. Smoothie Boysenberry & Blackberry Purée/Water Mix 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)

Freeze-Dried Blueberries

1 scp Vanilla Whey Protein
7 oz Ice

12	oz.
	on Facts
servings per co Serving size	ntainer 12 fl. oz. (354 ml) (253g)
Amount per servin	⁹ 240
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 100mg	4%
Total Carbohydrat	e 36g 13%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 0g Ac	Ided Sugars 0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 0mg	0%
Potassium 313mg	6%

SODY BUILDER

20 oz.	
Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	
Amount per serving Calories	310
	aily 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 Omg	0%
Potassium 630mg	15%
*The % Daily Value tells you how much a n serving of food contributes to a daily diet. 2 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

^{*}Vanilla Whey Protein used for Nutrition Facts panel.

12 oz.	
Nutrition Fa	ıcts
servings per container Serving size 12 fl. oz. (
Amount per serving Calories	170
	ily 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 nu serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	

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 Fa	acts
servings per container	
Serving size 20 fl. oz.	(591 ml (502g
Amount per serving Calories	320
	aily Value
Total Fat 7g	99
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 5mg	20
Sodium 460mg	209
Total Carbohydrate 35g	139
Dietary Fiber 1g	49
Total Sugars 27g	
Includes 17g Added Sugars	s 34 9
Protein 28g	
Vitamin D 3mcg	159
Calcium 475mg	359
Iron 4mg	209
Potassium 399mg	89

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 Fac	cts
servings per container	
Serving size 12 fl. oz. (3	
	(368g)
Amount per serving	
Calories 2	<u> 290</u>
% 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 nutrie serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (386g) Amount per serving 350 **Calories** % 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 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)
⅓ scp	Freeze-Dried Blueberries
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
12 oz	Ice

Cardio Queen | 12oz.

caraio ao	0011 1202.
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 280 **Calories** % Daily Value* Total Fat 3g Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 55mg 18% Sodium 65mg 3% Total Carbohydrate 42g 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 day is used for general nutrition advice.

CARDIO QUEEN

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

Nutrition F	acts
servings per container Serving size 20 fl. oz	z. (591 m (382ç
Amount per serving Calories	300
%	Daily Valu
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	s 0
Protein 21g	
Vitamin D 0mcg	0
Calcium 181mg	15
Iron 1mg	6
Potassium 535ma	10

ml) 32g) 00 alue* 3% 5% 18% 7% 0% 0% 15% 6% 10%

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

Nutrition Fa	cts
servings per container Serving size 12 fl. oz. (3	
Amount per serving Calories	250
	ly 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%

CHOCOLATE COVERED STRAWBERRY

20 oz.	
Nutrition Fa	cts
servings per container	
Serving size 20 fl. oz. (5	91 ml) (395g)
Amount per serving Calories 3	<u>880</u>
% Daily	y 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 nutrie serving of food contributes to a daily diet. 2,000 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
¹⁄₄ scp	Flavor Fusions - Chocolate Truffle
³ / ₄ scp	Vanilla Whey Protein
12 oz	Ice

12 oz.	
Nutrition F	acts
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 serving of food contributes to a daily diet. day is used for general nutrition advice.	

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.

Nutrition F	acts
servings per container Serving size 20 fl. o	z. (591 m (384ç
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 Suga	ars 34 °
Protein 22g	
Vitamin D 1mcg	6
Calcium 244mg	209
Iron 1mg	6
Potassium 221mg	4

Chocolate Dipped Strawberries | Former Shake of the Month

3 oz	Dr.	Smoothie	Strawberry	Purée	/Water	Mix

3 oz Unsweetened Vanilla Almond Milk

Freeze-Dried Strawberries 1 scp

Flavor Fusions - Chocolate Truffle $\frac{1}{2}$ scp

Vanilla Whey Protein 1 scp

12 oz lce

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

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

Vitamin D 2mcg

Calcium 427mg

Potassium 263mg

Iron 2mg

Chocolate Frosty | 20oz.

6 oz	Choice of Liquid
------	------------------

 $\frac{1}{2}$ scp Flavor Fusions - Chocolate Truffle

Vanilla Whey Protein 1 scp Chocolate Whey Protein 1 scp

12 oz Ice

Chocolate Frosty | 12oz.

Choice of Liquid 4 oz

Flavor Fusions - Chocolate Truffle 1/4 scp

 $\frac{1}{2}$ scp Vanilla Whey Protein $\frac{1}{2}$ scp Chocolate Whey Protein

7 oz Ice

Nutrition F	<u>ac</u> t
servings per container Serving size 12 fl. oz.	. (354 ı (24
Amount per serving Calories	17
	Daily Val
Total Fat 3.5g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 55mg	1
Sodium 180mg	
Total Carbohydrate 14g	
Dietary Fiber 1g	
Total Sugars 10g	
Includes 9g Added Sugars	1
Protein 21g	
Vitamin D 1mcg	
Calcium 239mg	2
Iron 1mg	
Potassium 156mg	

10%

35%

10%

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 Fa	cts
servings per container Serving size 20 fl. oz. (5	91 ml (422g
Amount per serving Calories	110
	y 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 nutric serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

Chocolate PB Peel | 20oz.

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

S

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

Nutrition F	acts
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%

*PB Lite used for Nutrition Facts panel.

CHOCOLATE THINNY MINT

20 oz.	
Nutrition Fa	cts
servings per container Serving size 20 fl. oz. (5	91 ml) (394g)
Amount per serving Calories	<u>320</u>
% Daily	y 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 nutrie serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

Chocolate Thinny Mint | 20oz.

6 oz	Choice of Liquid
⅓ scp	Flavor Fusions - Chocolate Truffle
1½ scps	Chocolate Whey Protein
1 scp	Get Lean
1/4 tsp	Mint Extract
12 oz	Ice
1	Organic Sandwich Cookie (optional)* (pulse in the end)
	½ scp 1½ scps 1 scp ¼ tsp

Chocolate Thinny Mint | 12oz.

4 oz	Choice of Liquid
¹⁄₄ scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
1 scp	Get Lean
1/8 tsp	Mint Extract
7 oz	Ice
1	Organic Sandwich Cookie (optional) (pulse in the end)

Nutrition Fa	cts
servings per container Serving size 12 fl. oz. (3	
Amount per serving Calories 2	200
% Daily	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 180mg	8%
Total Carbohydrate 20g	7 9
Dietary Fiber 2g	7 %
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 21g	
No. of Bullion	
Vitamin D 1mcg	69
Calcium 234mg	20%
Iron 1mg	69
Potassium 99mg	29

^{*}Optional Items not used for Nutrition Facts panel.

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.

Nutrition	Facts
servings per containe	r
Serving size 20 fl.	. oz. (591 m (388ე
Amount per serving Calories	350
	% Daily Valu
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 Su	igars 14
Protein 25g	
Vitamin D 0mcg	0
Calcium 191mg	15
Iron 2mg	10
Potassium 387mg	8

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

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (407g) Amount per serving 410 **Calories** % Daily Value* Total Fat 16g 21% Saturated Fat 8g 40% Trans Fat 0g 17% Cholesterol 50mg Sodium 360mg 16% Total Carbohydrate 46g 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 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)

Nutrition Fa	acts
servings per container	
Serving size 12 fl. oz.	(354 m (274)
Amount per serving Calories	330
% D	aily Valu
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

COOKIES N' CREAM EXTREME

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

Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	(591 m (403g
Amount per serving Calories	340
	aily 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	84

T LIQ	UIC
ts	
1 ml) l03g)	
<u>40</u>	
Value*	
8% 8%	
870	
18% 33%	
16%	
11%	
52%	
10%	
25%	
6%	
8%	

Cracker Jax | 20oz.

6 oz	Choice of Liquid
1 scp	PB Lite
½ scp	Rolled Oats
³ / ₄ scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
12 07	Ice

Cracker Jax | 12oz.

4 oz	Choice of Liquid
³ / ₄ scp	PB Lite
¹⁄₄ scp	Rolled Oats
½ scp	Flavor Fusions - Sea Salted Carame
½ scp	Vanilla Whey Protein
7 07	lce

12 oz.	
Nutrition Fa	cts
servings per container	
Serving size 12 fl. oz. (354 ml) (251g)
Amount per serving	
Calories	210
% Dai	ly 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 nutr serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice.	

DOUBLE CHOCOLATE CRUNCH

20 oz.	
Nutrition Fac	cts
servings per container	
Serving size 20 fl. oz. (5	
	(401g)
Amount per serving	
Calories 3	<u> 370</u>
% Daily	y 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	
Vita di B. Oura	400/
Vitamin D 2mcg	10%
Calcium 286mg	20%
Iron 3mg	15%
Potassium 149mg	4%
*The % Daily Value tells you how much a nutrie serving of food contributes to a daily diet. 2,000 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	lce
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 Fa	cts
servings per container Serving size 12 fl. oz. (
Amount per serving Calories	290
% Da	ily 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 1mag	601
Vitamin D 1mcg	20%
Calcium 235mg	10%
Iron 2mg	
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.	

ENERGY ELIX

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.

	cts
servings per container	
Serving size 20 fl. oz. (591 m (439g
Amount per serving Calories	490
	ly Value
Total Fat 4.5g	69
Saturated Fat 1.5g	89
Trans Fat 0g	
Cholesterol 55mg	189
Sodium 660mg	29°
Total Carbohydrate 85g	319
Dietary Fiber 2g	79
Total Sugars 70g	
Includes 64g Added Sugars	1289
Protein 25g	
Vitamin D 2mcg	109
Calcium 309mg	259
Iron 2mg	109
Potassium 552mg	109
*The % Daily Value tells you how much a nutr serving of food contributes to a daily diet. 2,00 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 lce

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 lce

12 oz.	
	on Facts
servings per co Serving size	ntainer 12 fl. oz. (354 ml (277g
Amount per servin	310
	% Daily Value
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 380mg	17%
Total Carbohydrat	e 46g 17%
Dietary Fiber 1g	4%
Total Sugars 38g	
Includes 32g A	dded Sugars 64%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 250mg	20%
Iron 1mg	6%
non ning	

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (387g) Amount per serving 330 **Calories** % Daily Value Total Fat 2g Saturated Fat 1g 5% Trans Fat 0g 20% Cholesterol 60mg Sodium 160mg Total Carbohydrate 51g 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 calorie day is used for general nutrition advice.

Florida Key Lime Sublime | Former Shake of the Month

6 oz Dr. Smoothie Limeade Purée/Water Mix

1/2 scp Powdered Yogurt
Vanilla Whey Protein

12 oz lce

FLORIDA KEY LIME SUBLIME

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

Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	(591 m
	ົ (38 3ຄ
Amount per serving Calories	310
	aily Valu
Total Fat 2.5g	3'
Saturated Fat 1g	5
Trans Fat 0g	
Cholesterol 55mg	18
Sodium 90mg	4
Total Carbohydrate 50g	189
Dietary Fiber 4g	14
Total Sugars 35g	
Includes 0g Added Sugars	0
Protein 22g	
Vitamin D 0mcg	0
Calcium 205mg	159
Iron 1mg	6
Potassium 628mg	159

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	(or 1½" Fresh Banana) Vanilla Whey Protein
1 scp 1 scp	

12 oz.	
Nutrition Fa	acts
servings per container	
Serving size 12 fl. oz.	(354 ml) (254q)
	(23 4 9)
Amount per serving	0=0
Calories	250
% D	aily 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 reserving of food contributes to a daily diet. 2 day is used for general nutrition advice.	utrient in a 2,000 calories a

GO, MAN-GO!

20 oz.	
Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	(591 ml) (382g)
Amount per serving Calories	330
% D	aily 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 r serving of food contributes to a daily diet. 2 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

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.

Nutrition Fa	ıcts
servings per container	
Serving size 20 fl. oz. (591 m (394ç
Amount per serving Calories	300
	ily 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	109
Calcium 307mg	25
Iron 1mg	6
Potassium 421mg	8
*The % Daily Value tells you how much a nut	·

Grand Slam | 20oz.

6 oz	Unsweetened Vanilla Almond Milk
1 scp	PB Lite
³ ∕ ₄ scp	Flavor Fusions - Sea Salted Caramel
1 scp	Vanilla Whey Protein
¹⁄₄ tsp	Vanilla Extract
12 oz	lce

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
1/4 tsp	Vanilla Extract
12 oz	Ice

Nutrition Fac	cts
servings per container Serving size 12 fl. oz. (3	54 m (258g
Amount per serving Calories 2	230
% Daily	
Total Fat 4g	5
Saturated Fat 1g	5
Trans Fat 0g	
Cholesterol 55mg	189
Sodium 520mg	239
Total Carbohydrate 26g	99
Dietary Fiber 1g	49
Total Sugars 20g	
Includes 17g Added Sugars	349
Protein 23g	
Vitamin D 1mcg	69
Calcium 250mg	209
Iron 0mg	09
	69

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (391g) Amount per serving 340 **Calories** % Daily Value* Total Fat 2.5g 3% Saturated Fat 1g 5% Trans Fat 0g 20% Cholesterol 60mg Sodium 135mg 6% Total Carbohydrate 55g 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 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)
¹⁄₄ 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)
¹⁄₄ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Organic Super Greens
7 oz	Ice

Facts
oz. (354 ml (263g
280
% Daily Value
39
59
209
69
159
119
ars 0°
09
209
69
159

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 Fa	acts
servings per container Serving size 20 fl. oz.	(591 ml) (381g)
Amount per serving Calories	330
% D	aily 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 n serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

is used, and simple whey Froiem when		
Hawaiian Harvest 20oz.		
6 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix	
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)	
2 tsps	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)	

Ice

 $\frac{3}{4}$ tsp

1 scp

7 oz

Nutrition Fa	acts
servings per container Serving size 12 fl. oz.	(354 ml (250g
Amount per serving Calories	250
% D	aily 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%
	8%

JAMAICA ME CRAZY

20 oz	
20 oz Nutrition I	Facts
servings per container Serving size 20 fl. o	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 Sug	gars 34 %
Protein 21g	
Vitamin D 0mcg	0%
Calcium 196mg	15%
Iron 1mg	6%

Jamaica Me Crazy | Former Shake of the Month

Dried, Shredded Coconut

Vanilla Whey Protein

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 tsps	Honey
12 oz	Ice

12 oz. **Nutrition Facts**

12 fl. oz. (354 ml)

(250g)

210

18%

10%

8%

4%

32%

6%

20%

6%

6%

% Daily Value*

servings per container

Serving size

Calories

Total Fat 3.5g Saturated Fat 1g Trans Fat 0g Cholesterol 55mg

Sodium 240mg

Protein 21g Vitamin D 1mcg

Calcium 246mg

Potassium 249mg

Iron 1mg

Total Carbohydrate 22g

Includes 16g Added Sugars

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

Dietary Fiber 1g

Total Sugars 18g

Amount per serving

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.

Cts 591 ml (402g
340
ly Value
69
89
189
20%
199
79
80%
10%
25%
6%
89

Java Jolt	20oz.
6 oz	Choice of Liquid
1 tsp	Espresso Beans (optional)*
1 scp	Flavor Fusions - Mocha Latte
1/4 scp	Flavor Fusions - Chocolate Truffle
1 scp	Vanilla Whey Protein
12 oz	Ice
Java Jolt	12oz.
4 oz	Choice of Liquid
1 ten	Espressa Bogns (antional)*

1 tsp	Espresso Beans (optional)*
1/4 scp	Flavor Fusions - Mocha Latte
1/4 scp	Flavor Fusions - Chocolate Truffle
1 scp	Vanilla Whey Protein
7 07	Ice

^{*}Optional Items not used for Nutrition Facts panel.

20 oz.	
Nutrition F	acts
servings per container Serving size 20 fl. o	z. (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	119
Total Sugars 30g	
Includes 0g Added Sugar	rs 0 %
Protein 27g	
Vitamin D 1mcg	6%
Calcium 321mg	25%
Iron 2mg	10%
Potassium 421mg	89

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
1/4 scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
1/4 tsp	Orange Extract
12 oz	Ice

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

Nutrition F	acts
servings per container Serving size 20 fl. o	z. (591 m (378ç
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 Sugar	rs O
Protein 21g	
Vitamin D 0mcg	0'
Calcium 184mg	15
Iron 0mg	0'
Potassium 315mg	6'

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
¹⁄₄ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
12 oz	lce

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
¹⁄₄ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

^{*}Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Fa	acts
servings per container	
Serving size 12 fl. oz.	(354 ml)
	`(249g)
Amount per serving	240
Calories	<u> 240</u>
% Da	aily 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 Omg	0%
Potassium 258mg	6%
*The % Daily Value tells you how much a nu serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	

LEMON MERINGUE

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) Amount per serving 300 **Calories** % Daily Value* Total Fat 5g Saturated Fat 1.5g Trans Fat 0g Cholesterol 60mg 20% Sodium 220mg 10% Total Carbohydrate 36g Dietary Fiber 0g 0% Total Sugars 26g Includes 0g Added Sugars Protein 27g Vitamin D 1mcg 6% Calcium 388mg 30% Iron 0mg 0% Potassium 434mg *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 caloried 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 Mil
¹/₂ tsp	Freeze-Dried Lemon
¹⁄₂ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
½ tsp	Lemon Extract
12 oz	Ice

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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.

Nutrition F	acts
servings per container	
Serving size 20 fl. o	•
	(378ç
Amount per serving	
Calories	270
9/	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 Suga	irs 0
Protein 27g	
Vitamin D 1mcq	6
Calcium 387mg	30
Iron 0mg	0'
Potassium 431mg	10

Lemon Meringue Pie | Former Shake of the Month

3 oz	Dr. Smoothie Lemonade Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
1/4 tsp	Freeze-Dried Lemon
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein

Lemon Extract

12 oz lce

 $\frac{1}{4}$ tsp

2 oz. tion Facts

20 oz.	
Nutrition F	acts
servings per container Serving size 20 fl. o	z. (591 m (382ç
Amount per serving Calories	330
	6 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 Suga	rs 0°
Protein 22g	
Vitamin D 0mcg	0'
Calcium 169mg	15
Iron 0mg	0,
	10

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

Nutrition Fa	cts
servings per container Serving size 12 fl. oz. (3	354 ml) (254g)
Amount per serving Calories	260
	y 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%

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

Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	
Amount per serving Calories	320
% D	aily 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 r serving of food contributes to a daily diet. 2 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
¹⁄₄ 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
¹⁄₄ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

^{*}Optional Items not used for Nutrition Facts panel.

12 oz.	
Nutrition Fa	icts
servings per container Serving size 12 fl. oz. (
Amount per serving Calories	260
	ily 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 Omg	0%
	8%
Potassium 389mg	8%
*The % Daily Value tells you how much a nu serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	trient in a 000 calories a

MANGONIFICENT

20 oz. Nutrition Facts servings per container Serving size 20 fl. oz. (591 ml) (383g) Amount per serving Calories 330

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 Oma	0%

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

Total Fat 2.5g

Potassium 511mg

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 Fa	cts
servings per container	
Serving size 12 fl. oz. (3	
	(255g)
Amount per serving	
Calories	<u> 270</u>
% Dai	ly 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 nutri serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice.	

MO' M

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.

Nutrition	Facts
servings per container Serving size 20 fl.	oz. (591 m (468ç
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 Sug	ars 0
Protein 32g	
Vitamin D 2mcg	10'
Calcium 435mg	35
Iron 1mg	6'
Potassium 480mg	10

Mo' Mass 20)oz.
---------------	------

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 Fa	cts
servings per container Serving size 12 fl. oz. (3	54 ml)
	(299g)
Amount per serving Calories	20
	/ 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 nutrie serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

*Vanilla Daily Mass Builder used for Nutrition Facts panel.

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (407g) Amount per serving 390 **Calories** % Daily Value Total Fat 4g 5% Saturated Fat 1g 5% Trans Fat 0g 20% Cholesterol 60mg Sodium 230mg 10% Total Carbohydrate 57g Dietary Fiber 3a 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 calorie 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	lce

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

ORGANIC COOKIE CRUNCH

Nutrition F	acts
servings per container Serving size 20 fl. oz	•
Amount per serving	(378ç
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 Sugar	s 0°
Protein 21g	
Vitamin D 0mcg	0
Calcium 181mg	15
	0,
Iron 0mg	

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
¹⁄₄ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
12 oz	Ice

Orange Creamsicle | 12oz.

U	•
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
¹⁄₄ tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

^{*}Optional Items not used for Nutrition Facts panel.

Nutrition Fa	cts
servings per container Serving size 12 fl. oz. (354 ml (249g
Amount per serving Calories	240
% Da	ily Value
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	189
Sodium 60mg	39
Total Carbohydrate 33g	129
Dietary Fiber 1g	49
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 0mg	0%
Potassium 374mg	89

20 oz. Nutrition Facts

servings per container Serving size 20 fl. oz. (591 ml) (408g)

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 Fiher 1g	4%

0%
10%
40%
6%
10%

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

Organic Cookie Crunch | 20oz.

6 oz Choice of Liquid
1/2 scp Powdered Yogurt
11/2 scps Vanilla Whey Protein
3-4 drops Vanilla Extract

12 oz lce

2 Organic Sandwich Cookies (pulse in the end)

Organic Cookie Crunch | 12oz.

4 oz Choice of Liquid

1/4 scp Powdered Yogurt

1 scp Vanilla Whey Protein

2-3 drops Vanilla Extract

7 oz Ice

1 Organic Sandwich Cook

Organic Sandwich Cookie (pulse in the end)

12 oz. **Nutrition Facts** servings per container 12 fl. oz. (354 ml) Serving size (252g) Amount per serving 230 **Calories** % Daily Value Total Fat 7g Saturated Fat 2.5g 13% Trans Fat 0g 20% Cholesterol 60mg Sodium 220mg 10% Total Carbohydrate 17g 4% Dietary Fiber 1g 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 day is used for general nutrition advice.

PASSION PUNCH

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.

Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	(591 m (382g
Amount per serving Calories	320
	aily 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 nuserving of food contributes to a daily diet. 2, 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.

1 0331011 1 0	11011 1202.
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.
	n Facts
servings per cor	ntainer
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 Add	ded Sugars 0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 0mg	0%
Potassium 289mg	6%

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (385g) Amount per serving 300 **Calories** % Daily Value* Total Fat 12g 15% Saturated Fat 2.5g Trans Fat 0g 18% Cholesterol 55mg Sodium 200mg 9% Total Carbohydrate 25g 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 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
⅓ scp	Peanut Butter
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
12 oz	Ice

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

Nutrition F	acts
servings per container Serving size 20 fl. oz	. (591 m (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	159
	6
Iron 1mg	

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

Vanilla Whey Protein

lce

1 scp

7 oz

Serving size 12 fl. o	oz. (354 m (253g
Amount per serving Calories	260
9	% 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 Suga	ars 0°
Protein 21g	
Vitamin D 0mcg	0
Calcium 170mg	159
Iron 1mg	6
Potassium 299mg	6

PEPPERMINT PATTY

20 oz.	
Nutrition Fa	cts
servings per container	
Serving size 20 fl. oz. (5	
	(425g)
Amount per serving	
Calories 4	ļ50
% Dail	y 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 nutrie serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	ent in a

Peppermint Patty | Former Shake of the Month

6 oz	Vanilla Soy Milk
1 scp	Cafe Essentials Matcha Mint Chip
¹/₂ scp	Flavor Fusions - Chocolate Truffle
1 scp	Chocolate Whey Protein
¹⁄₄ tsp	Mint Extract
12 oz	Ice

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.

Nutrition I	Facts
servings per container	
Serving size 20 fl. o	oz. (591 m (385ç
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 Sug	ars 0
Protein 21g	
Vitamin D 0mcg	0'
Calcium 177mg	15'
Iron 1mg	6
Potassium 289mg	6

Pineapple Express | Former Shake of the Month

Dr. Smoothie Pineapple Blend Purée/Water Mix 6 oz

1 scp Freeze-Dried Strawberries

Strawberry Whey Protein Matrix 1 scp

Get Regular 1 scp 1 tsp Vanilla Extract

12 07 Ice

PINEAPPLE XPRE S

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (378g) Amount per serving 300 **Calories** % Daily Value* Total Fat 2.5g 3% Saturated Fat 1g 5% Trans Fat 0g 18% Cholesterol 55mg Sodium 65mg 3% Total Carbohydrate 49g 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 *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie day is used for general nutrition advice.

Pucker Up! | 20oz.

6 oz	Dr. Smoothie	Lemonade

Purée/Water Mix

Freeze-Dried Banana Pieces

(or 2" Fresh Banana)

1 scp Vanilla Whey Protein

12 oz Ice

Pucker Up! | 12oz.

4 oz	Dr. Smoothie	Lemonade
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Purée/Water Mix

3 Freeze-Dried Banana Pieces

(or 1½" Fresh Banana)

Vanilla Whey Protein 1 scp

7 oz Ice

Nutritio	on Facts
servings per cor	
Serving size	12 fl. oz. (354 n (249
Amount per serving Calories	24
	% Daily Valu
Total Fat 2g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 55mg	18
Sodium 60mg	:
Total Carbohydrate	: 34g 12
Dietary Fiber 1g	4
Total Sugars 27g	
Includes 0g Ad	ded Sugars (
Protein 20g	
Vitamin D 0mcg	(
Calcium 167mg	15
Iron 0mg	(
Potassium 269mg	6

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 Fa	cts
servings per container Serving size 20 fl. oz. (591 ml (427g
Amount per serving	
Calories	470
% Dai	ily Value
Total Fat 13g	179
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 410mg	189
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	69
Potassium 480mg	10%
*The % Daily Value tells you how much a nutreserving of food contributes to a daily diet. 2,0 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 Fa	cts
servings per container Serving size 20 fl. oz. (5	
Amount per serving Calories	300
% Dai	ly 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 nutr serving of food contributes to a daily diet. 2,00 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)
½ scp	Rolled Oats
1 scp	Vanilla Whey Protein
1 scp	Get Regular
¹⁄₄ tsp	Vanilla Extract
12 oz	lce

STRAWBERRY

0%

15%

0%

6%

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.

Nutrition	Facts
servings per containe Serving size 20 fl.	
Serving size 20 ii.	(390
Amount per serving Calories	340
	% Daily Valu
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 Sug	gars 0
Protein 22g	
Vitamin D 0mcg	0
Calcium 216mg	15
Iron 1mg	6
Potassium 401mg	8

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
¹⁄₄ tsp	Freeze-Dried Lemon
1 scp	Vanilla Whey Protein
1 scp	Get Recovered
12 oz	Ice

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

Protein 21g

Vitamin D 0mcg

Calcium 172mg

Potassium 247mg

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

Iron 0mg

Nutrition	racts
servings per container Serving size 20 fl.	oz. (591 m (382g
Amount per serving Calories	320
	% Daily Value
Total Fat 2g	39
Saturated Fat 1g	59
Trans Fat 0g	
Cholesterol 55mg	189
Sodium 65mg	30
Total Carbohydrate 54g	200
Dietary Fiber 2g	79
Total Sugars 42g	
Includes 0g Added Sug	ars 0°
Protein 21g	
Vitamin D 0mcg	09
Calcium 185mg	159
Iron 1mg	69
Potassium 299mg	60

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
1/4 tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
12 oz	Ice

Strawber	ry 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
1/4 tsp	Lemon Extract or Freeze-Dried Lemon (optional)*
7 oz	Ice

^{*}Optional Items not used for Nutrition Facts panel.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk

20 oz. **Nutrition Facts**

Calcium 215mg

Iron 1mg Potassium 543mg

. (591 ml) (385g)
340
Daily Value*
6%
8%
18%
5%
19%
11%
0%
0%

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

15%

6%

10%

Sunny Daze | Former Shake of the Month

whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

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

WEET INDULGENCE

SUNNY DAZE

20 oz. **Nutrition Facts** servings per container Serving size 20 fl. oz. (591 ml) (385g) Amount per serving 330 **Calories** % Daily Value Total Fat 2.5g 3% Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 50mg 17% Sodium 65mg 3% Total Carbohydrate 57g 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 calorid 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	lce

12 oz.	
Nutrition Fa	acts
servings per container Serving size 12 fl. oz.	(354 ml) (256g)
Amount per serving Calories	270
	aily 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 ni serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	utrient in a

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 Fa	cts
servings per container Serving size 20 fl. oz. (591 mi (382g
Amount per serving Calories	320
	ily Value
Total Fat 2.5g	39
Saturated Fat 1g	59
Trans Fat 0g	400
Cholesterol 55mg	189
Sodium 65mg	39
Total Carbohydrate 53g	199
Dietary Fiber 3g	119
Total Sugars 40g	
Includes 0g Added Sugars	09
Protein 21g	
Vitamin D 0mcg	09
Calcium 187mg	159
Iron 1mg	69
Potassium 375mg	89

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 1½" Fresh Banana)
1 scp	Freeze-Dried Strawberries
1 scp	Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition F	acts
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	189
Sodium 60mg	39
Total Carbohydrate 38g	149
Dietary Fiber 2g	79
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	09
Calcium 173mg	159
Iron 0mg	09
Potassium 286mg	69
*The % Daily Value tells you how much a r serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	