



# SMOOTHIE MENU

meal replacment smoothies

20g-25g protein

Low calorie- 160-230

Full meal replacement



## WORKOUT BLENDS

Vanilla Pre workout- Fuel up pre exercise

Chocolate Rebuild- Muscle recovery post workout

Acai Blast- Hydration & fuel for your active lifestyle

VEGAN, GLUTEN & DAIRY FREE AVAILABLE PLEASE ASK FOR VARIETIES

**SMOOTHIES & TEAS- \$9.95 OR \$8.95 AFTER  
CHECKIN ON FB OR INSTAGRAM**