



# REFUEL & RECOVER

Unique Blends for Recovery - 20oz.

## STRAWBERRY SLAM

6 oz	Dr. Smoothie Strawberry Purée/Water Mix
4	Freeze Dried Banana Pieces (or 3" Fresh Banana)
¼ tsp	Lemon Extract or Freeze Dried Lemon (optional)
1 scp	Vanilla Whey Protein
12 oz	Ice
3-4	Strawberries (pulse in the end)

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

## JAVA JOLT

6 oz	Choice of Liquid
1 scp	Mocha Java
1 scp	Truly Latte
1 tsp	Espresso Beans (Optional)
1 scp	Vanilla Whey Protein
12 oz	Ice

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

## BERRY, BERRY GOOD

6 oz	Dr. Smoothie Four Berry Blend Purée/Water Mix
4	Freeze Dried Banana Pieces (or 3" Fresh Banana)
1 scp	Vanilla Whey Protein
12 oz	Ice
½ scp	Blueberries (pulse in the end)

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

## CHOCOLATE FROSTY

6 oz	Choice of Liquid
1 scp	Chocoholic's Choice
2 scps	Chocolate Whey Protein
12 oz	Ice

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

## MANGONIFICENT

6 oz	Dr. Smoothie Mango Tropics Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 3" Fresh Banana)
1 scp	Vanilla Whey Protein
1 scp	Organic Freeze-Dried Mango
12 oz	Ice

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

## HAWAIIAN HARVEST

6 oz	Dr. Smoothie Pineapple Paradise Purée/Water Mix
4	Freeze Dried Banana Pieces (or 3" Fresh Banana)
1 scp	Vanilla Whey Protein
12 oz	Ice
1 tsp	Coconut Flakes (pulse in the end)

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



# REFUEL & RECOVER (cont'd)

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CHOCOLATE THINNY MINT	
6 oz	Choice of Liquid
1 scp	Chocoholic's Choice
¼ tsp	Mint Extract
1 scp	Get Lean
1 ½ scps	Chocolate Whey Protein
12 oz	Ice
1	Organic Sandwich Cookie (Optional) (pulse in the end)
Add ingredients, add ice, push #4 on blender.	

MO' MASS	
6 oz	Choice of Liquid
12	Freeze Dried Banana Pieces (or 1 Whole Banana)
1 scp	Oatmeal
1 scp	Natural Peanut Butter or PB Lite
2 scps	Vanilla/Chocolate Daily Mass Builder/ Mo' Mass
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

CRACKER JAX	
6 oz	Choice of Liquid
1 scp	Salted Caramel
1 scp	PB Lite
1 scp	Vanilla Whey Protein
½ scp	Oatmeal
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

ORGANIC COOKIE CRUNCH	
6 oz	Choice of Liquid
½ scp	Vanilla Cream (or Yogurt Lover's Choice)
1 ½ scps	Vanilla Whey Protein
12 oz	Ice
2	Organic Sandwich Cookies (pulse in the end)
Add ingredients, add ice, push #4 on blender.	

BLACK & TAN CHAI	
6 oz	Choice of Liquid
2 scps	Chai Tea
1 scp	Chocolate Whey Protein
1 scp	Vanilla Whey Protein
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	



# LIFESTYLE SHAKES

Less Sugar & Lower Calories - 20oz.

PEANUT BUSTER	
6 oz	Unsweetened Vanilla Almond Milk
2 tbsp	Ground Cacao Powder
1 scp	PB Lite
1 scp	Vanilla Whey Protein
¼ tsp	Vanilla Extract
1 tsp	Hemp Seeds
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

THE CAFFEINATOR	
6 oz	Unsweetened Vanilla Almond Milk
½ scp	Truly Coffee
1 tsp	Espresso Beans
1 ½ scp	Vanilla Whey Protein
1 scp	Get Energized
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

STRAWBERRY LEAN	
6 oz	Unsweetened Vanilla Almond Milk
3 scps	Freeze Dried Strawberries
1 scp	Freeze Dried Pineapple
1 scp	Vanilla Whey Protein
¼ tsp	Orange Extract
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

# ADD-INS

PRECOVERY	
1 scp	PREcovery
16 oz	Water
Combine Ingredients & Stir, Serve with ice if desired. DO NOT USE BLENDER.	



# VEGGIE FUSION

Refuel & Detox - 20oz.

RED VELVET	
6 oz	Choice of Liquid
1 scp	Vanilla Cream <i>(or Yogurt Lover's Choice)</i>
¾ scp	Chocoholic's Choice
1 tsp	Beet Powder
¼ tsp	Vanilla Extract
1 scp	Chocolate Whey Protein
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

I LOVE VEGGIES	
6 oz	Dr. Smoothie Pineapple Puree/Water Mix
4	Freeze Dried Banana Pieces (or 3" Fresh Banana)
½ scp	Freeze Dried Spinach
½ scp	Freeze Dried Kale
½ tsp	Dried Powdered Avocado
¼ tsp	Lemon Extract
¼ tsp	Freeze Dried Lemon
1 scp	Vanilla Whey Protein
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

# MEAL REPLACEMENT

A Low-Glycemic Meal-in-a-Cup - 20oz.

PEANUT BUTTER CUP	
6 oz	Choice of Liquid
1 scp	Chocoholic's Choice
1 scp	Natural Peanut Butter
2 scps	Chocolate Whey Protein <i>(or 1 scp Vanilla &amp; 1 scp Chocolate)</i>
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	

BANANA NUT BLAST	
6 oz	Choice of Liquid
12	Freeze Dried Banana Pieces <i>(or 1 whole Fresh Banana)</i>
1 scp	Natural Peanut Butter
2 scps	Vanilla Whey Protein
12 oz	Ice
Add ingredients, add ice, push #4 on blender.	





**If a member/customer asks why they should have a shake, say:**

Welcome! This juice bar has the BEST meal of your day! The ingredients here are CLEAN and nutrient-dense living foods. They are also essential for completing your workout. Hurry up! The clock is ticking... you only have 30 minutes for effective post-workout Recovery. Let me make you a shake that will do the job!

**OR**

Clean nutrition is the key for generating new powerful cells! These shakes are packed with only the phytonutrients from nature – nothing else! They are the MOST nutrient-dense, raw, healthy shakes on the market today! Let me build you a shake that will fit you, your workout and your goals!

**If a member/customer asks why your menu has changed, say:**

We've switched products because we love you and have decided to raise our standards! From now on, everything we serve will be CLEAN nutrition! We will build your shake your way and match anything you've had before in flavor, but it will be soooo much better nutritionally!

**If a member/customer asks about the ingredients in your shakes, say:**

The swiig brand of products that we serve stands for Stuff with infinite Goodness and they believe in Clean Nutrition from Clean Sources. That means No GMOs, Hormones, Antibiotics or anything artificial or synthetic in anything they make. Their founder's motto is "You are what your food eats!"