

REFUEL & RECOVER

FUELED BY **SWiig** | 20oz. - \$8.00

STRAWBERRY SLAM

Strawberries, Banana & more Strawberries
with Vanilla Whey Protein

BERRY, BERRY SLIM

Mixed Berries & Banana with Vanilla Whey Protein

MANGO BERRY BURST

Mangoes, Pineapple, Strawberries, more Mangoes
& Banana with Vanilla Whey Protein

HAWAIIAN HARVEST

Pineapple, Coconut & Banana with Vanilla Whey Protein

CRACKER JAX

Choice of Liquid, Organic Caramel, Sea Salt, PB Lite
& Oats with Vanilla Whey Protein

PEACHES N' CREAM

Peaches, Pears, Apricots, Strawberries
& Banana with Vanilla Whey Protein

JAVA JOLT

Choice of Liquid, Organic Coffee & Organic Chocolate
with Vanilla Whey Protein

MATCHA CHAI TEA

Unsweetened Almond Milk, Matcha Green Tea,
Organic Chai Spices, Cardamom & Ginger
with Vanilla Whey Protein

CHOCOLATE FROSTY 🍰

Choice of Liquid & Organic Chocolate with Chocolate
& Vanilla Whey Protein – add Mint for a twist!

ORGANIC COOKIE CRUNCH 🍪

Choice of Liquid, Organic Sandwich Cookies, Yogurt
& Vanilla with Vanilla Whey Protein

MO' MASS

Choice of Liquid, Peanut Butter, Oats, Banana
& 5g Creatine with Vanilla or Chocolate 'Daily Mass' Builder

CARDIO EXTREME

Choice of Liquid, Banana, Honey & 5g Glutamine
with Vanilla or Chocolate 'Daily Mass' Builder



LIGHT & LEAN

FUELED BY **SWiig** | 20oz. - \$8.00

ANTI-INFLAMMATORY

Choice of Liquid, Turmeric, Ginger, Cardamom, Cinnamon & Honey with Vanilla Whey Protein

TROPICAL SHREDDER

Unsweetened Almond Milk, Pineapple, Mangoes, Coconut & Banana with Vanilla Whey Protein

STRAWBERRY LEAN

Unsweetened Almond Milk, Strawberries, Pineapple & Orange with Vanilla Whey Protein

THE CAFFEINATOR

Unsweetened Almond Milk, Espresso Beans & Organic Coffee with Vanilla Whey Protein

SLENDERBERRY

Unsweetened Almond Milk, Pineapple, Raspberries, Banana, Beets & Orange with Vanilla Whey Protein

SKINNY DELIGHT

Unsweetened Almond Milk, Banana & PB Lite with Vanilla Whey Protein

BROWNIE BATTER

Unsweetened Almond Milk, Cacao, Yogurt, Chia Seeds, Vanilla, Honey & an Organic Sandwich Cookie with Vanilla Whey Protein

ICED REFRESHERS

JUICE & GREEN COFFEE EXTRACT

20oz. - \$4.25

WATERMELON CUCUMBER MINT

Crisp Cucumber, Sweet Watermelon & a Hint of Mint with Strawberries

PEACH MANGO

Sweet Peach & Juicy Mango with Strawberries

STRAWBERRY AÇAÍ

Ripe Strawberry & a Boost of Açaí Berries with more Strawberries

 Lite Option Available

 Low Sugar <20g

 Ridiculously Low Sugar <10g



MEAL REPLACEMENT

FUELED BY **SWiig** | 20oz. - \$8.00

PEANUT BUTTER CUP

Choice of Liquid, Organic Chocolate & Peanut Butter with Chocolate & Vanilla Whey Protein

BANANA NUT BLAST

Choice of Liquid, Peanut Butter & Banana with Vanilla Whey Protein

BLUEBERRY CRUMBLE

Water, Blueberries, Organic French Vanilla Crème & Apple Cinnamon Granola with Vanilla Whey Protein



REFUEL & DETOX

FUELED BY **SWiig** | 20oz. - \$8.00

RED VELVET CUPCAKE

Unsweetened Almond Milk, Yogurt, Organic Chocolate, Beets & Vanilla with Chocolate Whey Protein

I LOVE VEGGIES

Choice of Pineapple or Mango, Coconut, Spinach, Kale, Avocado, Lemon & Banana with Vanilla Whey Protein

TENDER GREENS

Choice of Liquid, Kale, Spinach, Banana, Flax Seed Oil, Vanilla & Honey with Vanilla Whey Protein

PRE-WORKOUT

FUEL YOUR WORKOUT | 16oz. - \$2.50

PREcovery

Not a Shake! Cherry Flavored Pre-Workout Drink with BCAAs. Promotes Strength, Stamina & Muscle Recovery



ADD-INS

CUSTOMIZE YOUR SHAKE

ACHIEVE YOUR GOALS

WHEY/PLANT PROTEIN - \$1.75/\$2.00

1 Scoop Vanilla or Chocolate

DAILY MASS BUILDER - \$1.25

1 Scoop Vanilla or Chocolate



WHOLE-FOODS

ROOT YOUR GOALS - \$1.00

CHIA, FLAX or HEMP SEEDS • FLAX SEED OIL

EXTRA FRUIT or VEGGIES • ESPRESSO BEANS

AGAVE NECTAR • HONEY • CINNAMON

PEANUT or ALMOND BUTTER • PB LITE

CACAO NIBS • OATS or GRANOLA

ORGANIC SANDWICH COOKIES

SUPPLEMENT STACKS

CUSTOMIZE YOUR GOALS - \$1.00

MOVE BETTER

Get Flexible & Flax Seed Oil

SHRED BETTER

Get Lean & Creatine

Get Energized • Get Essentials • Get Flexible
Get Regular • Glutamine • Organic Super Greens

ALL INDIVIDUAL SUPPLEMENTS AVAILABLE FOR \$.75

