

Recovery Shakes

The Strawberry Classic	Calories	Carb	Protein	Fat
Strawberry Puree	260	62	0	0
Ripe Banana	35.07	8.92	0.4	0
Calories without Protein-20oz	295.07	70.92	0.4	0
Protein Add-In	40	6	20	0.5
Calories WITH Protein-20oz	335.07	76.92	20.4	0.5

Berry Patch	Calories	Carb	Protein	Fat
Rasp/Straw/Blue/Black berries	260	62	0.4	0
Ripe Banana	35.07	8.92	0	0
Calories without Protein-20oz	295.07	70.92	0.4	0
Protein Add-In	40	6	20	0.5
Calories WITH Protein-20oz	335.07	76.92	20.4	0.5

Hawaiian Harvest	Calories	Carb	Protein	Fat
Pineapple, Coconut, Banana	260	62	0	0
Ripe Banana	35.07	8.92	0.4	0
Coconut-unsweetened	20	1.75	0	1.25
Calories without Protein-20oz	315.07	72.67	0.4	1.25
Protein Add-In	40	6	20	0.5
Calories WITH Protein-20oz	355.07	78.67	20.4	1.75

Peaches'n Cream	Calories	Carb	Protein	Fat
Peaches, Pears, Apricots	260	64	0	0
Low Fat Vanilla Cream	20	1	0	0
Calories without Protein-20oz	280	65	0	0
Protein Add-In	40	6	20	0.5
Calories WITH Protein-20oz	320	71	20	0.5

Banana Nut Blast	Calories	Carb	Protein	Fat
Vanilla Soy Milk	150	9	6	0
Banana	35.07	26	1.2	0
Low Fat Vanilla Cream	20	34	2	9
Natural Peanut Butter	190	7	9	16
Calories without Protein-20oz	395.07	76	18.2	25
Protein Add-In	72	7.5	37	1.5
Calories WITH Protein-20oz	467.07	83.5	55.2	26.5

Performance Shakes

Body Builder	Calories	Carb	Protein	Fat
Soy Milk	112.5	9	6	0
Vanilla Whey Protein	220	12	40	0
Banana	35.07	8.92	0	0
Creatine	0	0	0	0
Total Calories for 20oz.	367.57	29.92	46	0

Peanut Butter Cup	Calories	Carb	Prot	Fat
Chocolate Soy Milk	135	21	6	3
Natural Peanut Butter	190	7	9	16
Low fat Chocolate Mocha	100	18	1	3
Chocolate Protein	220	12	40	1
Total Calories for 20oz.	645	58	56	23

Chocolate Frosty	Calories	Carb	Protein	Fat
Chocolate Soy Milk	135	21	6	3
Low fat Vanilla Cream	110	17	1	4.5
Chocolate Whey Protein	220	12	40	1
Total Calories for 20oz.	465	50	47	8.5

Java Jolt	Calories	Carb	Protein	Fat
Soy Milk	112.5	9	6	0
Vanilla Whey Protein	110	6	20	0.5
Truly Latte	120	24	0	3.75
Mocha Java	150	27	1.5	4.5
Total Calories for 20oz.	492.5	66	27.5	8.75

Almond Mocha	Calories	Carb	Prot	Fat
Soy Milk	112.5	9	6	0
Almond Mocha	240	42	2	8
Total Calories for 20oz.	352.5	51	8	8

KIDS SHAKES-12 oz.	
Junior Chocolate Frosty	255 Calories
Junior Strawberry Banana	200 Calories
Junior Berry Patch	200 Calories
Junior Peanut Butter Cup	387 Calories
Junior Oreo Cookie Crunch	265 Calories