

Choose your smoothie type and write it on your cup:

SILVER – 16.5 grams of protein

GOLD – 24 grams of protein

PLATINUM – 28.5 grams of protein

SMOOTHIES

Choose your smoothie flavor and write its number on your cup:

- | | | |
|--------------------------|----------------------------------|--------------------------------|
| #1 Cinnamon Roll | #11 Cookies -N- Cream | #21 Turtle Cheesecake |
| #2 Banana Cream Pie | #12 Wild Berry | #22 Butterfinger |
| #3 Key Lime Pie | #13 Dulce de Leche | #23 Orange Cream |
| #4 Blueberry Cheesecake | #14 Piña Colada | #24 Elvis |
| #5 Strawberry Cheesecake | #15 Peanut Butter Cup | #25 Strawberry Banana |
| #6 Very Berry | #16 Chocolate Madness | #26 Vanilla Caramel Cappuccino |
| #7 Banana Caramel | #17 Tropical Sunrise | #27 Lemon Cream Pie |
| #8 French Vanilla | #18 Mint Chocolate | #28 Butter Brickle |
| #9 Dutch Chocolate | #19 Mocha Almond | #29 Butter Pecan |
| #10 Café Latte | #20 Chocolate Caramel Cappuccino | #30 Snickers |

Write any add-ins for \$1 extra:

BAN banana

FRT frozen fruit

FIB fiber

OAT oatmeal

PB2 peanut butter

TEAS

Choose your tea flavor and write its number on your cup:

- | | | | |
|-------------|--------------|--------------------------|-------------|
| #1 Original | #3 Lemon | #5 NRG | #7 Chai Tea |
| #2 Peach | #4 Raspberry | #6 Pomegranate Green Tea | |

Make it a
FULL MEAL
for just \$1 more!

Tell us how you like your tea - write the details on your cup:

SW Sweet (add Stevia)

UN Unsweet

IN Mango Aloe* added to tea

OUT Shot of Mango Aloe* on the side

*Cranberry Aloe
available upon
request

SNACKS

*Deluxe Protein Bar

(Vanilla Almond, Chocolate Peanut, or Citrus Lemon)

* Express Meal Bar (Cookies & Cream)

ENERGY

* Pre-Workout (Prepare OR Niteworks + Tea)

* Post-Workout (Rebuild Strength OR Rebuild Endurance)

* Tea + LiftOff (Any Flavor Tea + Any Flavor LiftOff)

* CR7 Drive

* LiftOff

* Beverage Mix