

100% ALL-NATURAL SMOOTHIES & PROTEIN SHAKES

FUELED BY **swiig** | 20oz. - \$8.50

MANGO BERRY BURST

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

BERRY, BERRY GOOD

Mixed Berries & Banana with Vanilla Whey Protein

JAVA JOLT



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

PB CUP LITE

Choice of Liquid, Organic Chocolate
& PB Lite with Chocolate
& Vanilla Whey Protein

VANILLA BEAN

Choice of Liquid, Banana,
Yogurt & Vanilla, with Vanilla Whey Protein

 Sugar <20g  Sugar <10g



ADD-INS

CUSTOMIZE YOUR GOALS

WHEY PROTEIN - \$1.50

1 scoop Vanilla or Chocolate

PLANT PROTEIN - \$2.00

1 scoop Vanilla

GET LEAN - \$1.00

For Fat Burning & Natural Weight Loss

WHOLE-FOODS

ROOT YOUR GOALS - \$1.00

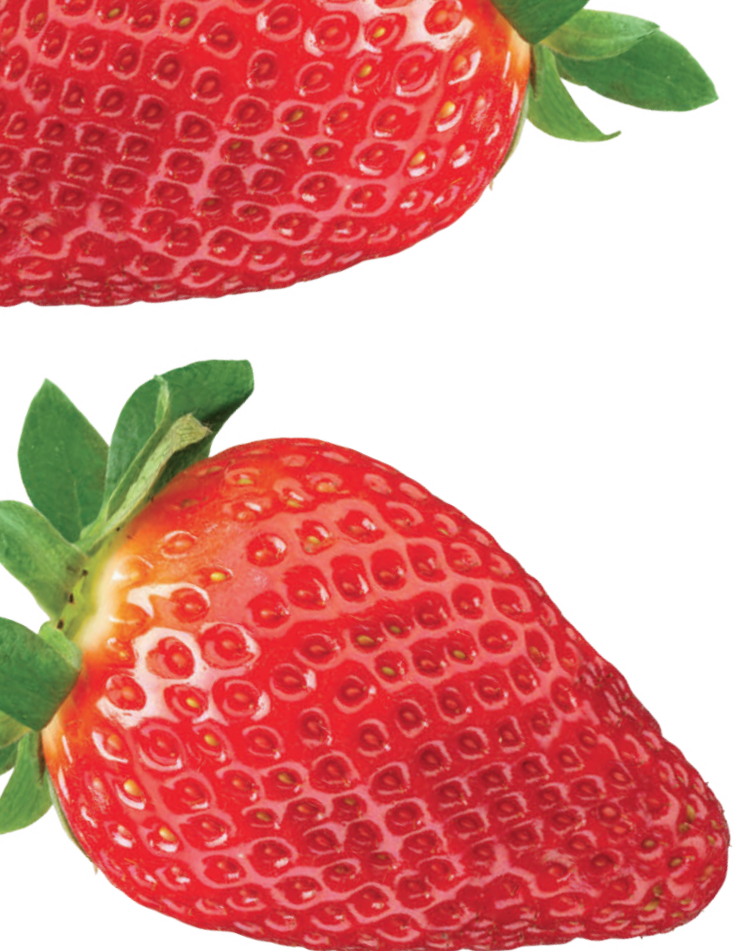
EXTRA FRUIT OR VEGGIES

ESPRESSO BEANS

PB LITE

YOGURT

SUBSTITUTE WHEY PROTEIN WITH PLANT IN ANY SHAKE - ADD \$1.00



OUR PROMISE

To only use Whole-Food ingredients, free of any artificial additives or synthetic sweeteners. We want every calorie to be nutrient-dense and natural, replete with the phytonutrients of Whole-Foods - necessary for rebuilding a new and better you!

CARBOHYDRATES ARE
NOT EVIL.

PROTEIN
REPAIRS
MUSCLE.

CALORIES IN AFTER WORKOUT
MUST EQUAL
CALORIES BURNED.

YOUR BODY HAS 30 MINUTES TO **REFUEL**
AFTER YOU EXERCISE
OR YOU WORKED OUT FOR NOTHING.



OUR SHAKES ARE MADE FROM
100% CRUSHED FRUIT.

NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL SWEETENERS



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NATURAL WHOLE-FOODS

FOR NATURAL TOTAL FITNESS.

ONE 20oz SHAKE CAN PROVIDE
5-9 SERVINGS OF **FRUITS & VEGGIES.**





**HEALTHY SNACKS & MEALS ARE
FOUND HERE.**



**100% NATURAL SHAKES
ARE PERFECT FOR YOUR CHILD.**

PROTEIN HELPS

KIDS GROW STRONG!

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NUTRITION YOUR CHILD NEEDS!





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PROTEIN + EXERCISE
= LEAN MUSCLE

MORE LEAN MUSCLE
= HIGHER METABOLISM

HIGHER METABOLISM
= EFFICIENT FAT BURNING

EFFICIENT FAT BURNING
= FITTER & HAPPIER YOU!

