

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

① LITE OPTION AVAILABLE

🍷 LOW SUGAR <20g

🍷 RIDICULOUSLY LOW SUGAR <10g

LIGHT & LEAN

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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

MEAL REPLACEMENT

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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

SUBSTITUTE WHEY PROTEIN WITH PLANT IN ANY SHAKE Add \$1.00

REFUEL & DETOX

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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

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

WHAT IS GREEN COFFEE EXTRACT?

A Natural Energy Source without the Toasted Flavor of a Roasted Coffee Bean

TIMING IS EVERYTHING

YOU HAVE

30 MINUTES TO RECOVER!

