

## REFUEL & RECOVER

Unique Blends for Recovery - 20oz.

**Strawberry Slam** - Sun-drenched Strawberries, Strawberries, and more Strawberries with ripe Bananas and 20g Vanilla Whey Protein.

**Java Jolt** - Skim or Organic Soy Milk blended with dark roast Colombian Coffee, a hint of rich Chocolate and 20g Vanilla Whey Protein.

**Berry, Berry Good** - Antioxidant-rich Raspberries, Strawberries, Blueberries, Blackberries with Potassium-rich Banana and 20g Vanilla Whey Protein.

**Mango Crusher** - Big juicy Mangoes crushed and blended with Banana, Strawberries, Costa Rican Pineapple and 20g Vanilla Whey Protein

**Hawaiian Harvest** - A taste of the islands. Mouth-watering Pineapple, ripe Banana and fresh fallen Coconut and 20g Vanilla Whey Protein.

**Chocolate Thinny Mint** - Organic Chocolate Soy Milk blended with rich Chocolate, Pure Mint, 30g Chocolate Whey Protein and our 'Burn Fat Burn'

**Veggie Patch** - Crushed Pineapple, nutrient-dense and enzymatically alive Spinach and Kale, Avocado, Banana, 20g Vanilla Whey Protein and real Lemon.

## -- PFA SMOOTHIE BAR --

### ADD-INS

Customize Your Goals

**Protein - Whey or Soy** - 20g of pure natural Vanilla or Chocolate Protein

**Creatine or L-Glutamine** - Increase Stamina, Strength and Size with lasting results.

**Fiber Blend** - Keep your pipes clean and lower cholesterol levels.

**Daily Essentials** - Keep your body running on all cylinders with 5g Multi-vitamins and Minerals.

**Energizer** - Give your body a shot of nature's natural zing.

**Burn Fat Burn** - Watch the fat MELT away.

**Joint Blend** - Give your joints the necessary Nutrients for superior Joint Health.

**Women's Blend** - Our very own mixture of skin smoothing and anti-aging ingredients.

**Flax Seed Oil** - Feed your body the Omega 3 Fatty Acids it needs.

### MEAL REPLACEMENT

A Low-Glycemic Meal in a Cup - 20oz.

**Banana Nut Blast** - One big Banana blended with natural Peanut Butter, Skim or Organic Soy Milk and 40g Vanilla Whey Protein.

**Trail Mix** - Natural Almond Butter blended with Skim or Organic Soy Milk, Cinnamon Granola, Banana, Raisins and 30g Vanilla Whey Protein.

**Peanut Butter Cup** - Rich Chocolate and natural Peanut Butter blended with Skim or Organic Soy Milk and 40g Vanilla Whey Protein.

### KIDS

A Balanced Nutrition - 12oz.

**The Hulk** - Crushed Pineapple, nutrient-dense and enzymatically alive Spinach and Kale, Avocado, Banana, 10g Vanilla Whey Protein and real Lemon.

**Strawberry Shortcake** - A nutrient dense blend of Strawberries, Banana and 10g Vanilla Whey Protein mixed to a smooth creamy perfection.

**Junior Chocolate Frosty** - Rich Chocolate and Organic Vanilla Soy Milk blended with 20g Chocolate Whey Protein.

**to order call 903-785-4FIT**