

**MEAL REPLACEMENT PROTEIN SHAKE**

18-24g of plant based protein  
21 vitamins & minerals  
150-300 calories

**SHAKE + 16OZ BASIC TEA COMBO**

85mg caffeine per serving  
jump starts metabolism  
antioxidant support  
PLUS - herbal aloe - aids in digestion

**1. choose your tea flavor:**

raspberry, lemon, peach, cinnamon, chai,  
sweet ginger

**2. choose your aloe flavor**

mango, cranberry, mandarin

**SHAKE + 32OZ MEGA TEA COMBO**

mega tea flavors on back side >

**SHAKE ADD INS**

additional protein  
fat burner  
fiber  
probiotic  
greens booster

**TEA ADD INS**

energy boost  
(+75mg caffeine)  
immunity shot  
collagen

**SHAKE FLAVORS**

**rise & shine**

french toast  
chocolate chip banana bread  
cran orange muffin  
mocha chip  
blueberry lemon cake  
banana pancake  
strawberry poptart  
blueberry coffee cake

**berry good**

strawberry banana  
very berry  
tropical twist  
raspberry lemon torte  
apple berry crumble  
power shake  
hangover

**peanut butter lovers**

chocolate chip peanut butter pie  
pb cup (chocolate or white chocolate)  
fluffernutter  
pb banana (chocolate or vanilla)  
pb cheesecake (chocolate or vanilla)  
pb crunch  
nutty irishman

**sweet tooth**

rocky road	chocolate chip cookie
s'mores	almond cheesecake
birthday cake	(chocolate or vanilla)
fudge brownie	mint chip (chocolate or vanilla)
pistachio	cookie dough cheesecake
milk & cookies	caramel toffee cheesecake
dunkaroo	white chocolate salted caramel
kitchen sink cookie	cherry chip
almond joy	circus animal cookie
magic cookie bar	blondie

**PLEASE ADVISE OF ANY ALLERGIES  
ALMOST ALL SHAKES CAN BE MADE GLUTEN FREE**

**SMOOTHIE BOWLS**

**POWER BOWL** 

vanilla protein powder, raspberries,  
pb drizzle, banana, shredded coconut

**BANANA FOSTER BOWL**

banana protein powder, cinnamon,  
banana, graham cracker crumbs,  
pb granola

**TROPICAL BOWL** 

vanilla protein powder pineapple fiber,  
banana, shredded coconut, sliced  
almonds

**COOKIE DOUGH BOWL**

vanilla protein powder, mini chocolate  
chips, oreo crumbs, cookie dough bites

**APPLES & PEANUT BUTTER BOWL** 

vanilla protein powder, apple fiber,  
cinnamon, diced apples, pb granola, pb  
drizzle

**S'MORES BOWL**

chocolate protein, mini chocolate  
chips, mini marshmallows, graham  
cracker crumbs

**HEALTHY HIPPIE BOWL** 

mango pineapple protein powder,  
banana, greens booster, tumeric,  
ashwaganda, ginger, pb granola,  
shredded coconut

**MEGA TEA**

**MERMAID WATER**

raspberry tea, cranberry aloe, blue  
raspberry beverage mix

**STRAWBERRY BELINI**

peach tea, mango aloe, strawberry  
beverage mix

**POMEGRANATE BERRY**

raspberry tea, cranberry aloe,  
pomegranate beverage mix

**BLACKBERRY LEMONADE**

lemon tea, cranberry aloe,  
blackberry & lemonade beverage mix

**WATERMELON CRUSH**

raspberry tea, mango aloe,  
watermelon & orange beverage mix

**LIV LOVE LEMONADE** 

lemon tea, mango aloe, blue  
raspberry & lemonade beverage mix

**CAFFEINE FREE**

**LAVENDER REFRESHER**

strawberry lemonade collagen,  
lavender beverage mix

**POMEGRANATE REFRESHER**

strawberry lemonade collagen,  
pomegranate beverage mix

**PROTEIN COFFEE**

**20oz or 32oz**

15g protein, 100 calories, 2g sugar,  
80mg caffeine

**FLAVORS**

house blend  
mocha  
peanut butter  
cookie butter  
butter pecan  
salted caramel  
s'mores  
thin mint  
pb cup

**GREENS DRINK**

organic superfoods, vegetables,  
fruits & green tea extract

**IMMUNITY DRINKS**

**CIDER**

vitamin C, vitamin D, echinacea,  
zinc, apples spice, cranberry

**WATERMELON LIME**

**OR**

**HONEY LEMON GINGER**

**NATURAL RAW GUARANA TEA**

40mg of caffeine, increase mental  
alertness & concentration

**ORIGINAL OR PASSIONFRUIT**

**SPORTS, RECOVERY & HYDRATION**

**POST WORKOUT RECOVERY SHAKE**

24g protein, tri core amino blend,  
BCAAs, L-glutamine, Vitamin C, E, B1, B6,  
B12

**PURPLE GUSHER**

BCAAs green apple, grape, cranberry

**WATERMELON BLAST**

BCAAs, watermelon, green apple,  
mango

**GRAPEFRUIT SKY**

Vitamin C & E, orange hydration, pink  
grapefruit, mango

**HYDROGLOW**

collagen, electrolytes, purple carrot &  
grape juice, watermelon

**TAKE US HOME WITH  
YOU :)**

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PRODUCTS FOR AT  
HOME USE!**

**ASK ABOUT OUR VIP  
PROGRAM**