

REFUEL & RECOVER

FUELED BY swiig | 20oz. - \$10.00

STRAWBERRY SLAM

Strawberry, Banana, Vanilla Whey Protein

BERRY TRIM

Strawberry, Blueberry, Blackberry, Raspberry, Banana, 'Get Lean', Vanilla Whey Protein

MANGO BERRY BURST

Mango, Pineapple, Strawberry, Banana, Vanilla Whey Protein

HAWAIIAN HARVEST

Pineapple, Coconut, Banana, Vanilla Whey Protein

CRACKER JAX

Almond Milk, Organic Caramel, Sea Salt, PB Lite, Oats, Vanilla Whey Protein

JAVA JOLT

Almond Milk, Organic Coffee, Organic Chocolate, Vanilla Whey Protein

MATCHA MINT CHIP

Almond Milk, Cacao Nibs, Organic Green Tea, Yogurt, Mint, Vanilla Whey Protein

CHOCOLATE FROSTY

Almond Milk, Organic Chocolate, Chocolate & Vanilla Whey Protein

LIGHT & LEAN

FUELED BY swiig | 20oz. - \$10.00

STRAWBERRY LEAN

Almond Milk, Strawberry, Pineapple, Orange, Vanilla Whey Protein

THE CAFFEINATOR

Almond Milk, Espresso Beans, Organic Coffee, Vanilla Whey Protein

ANTI-INFLAMMATORY

Almond Milk, Yogurt, Turmeric, Ginger, Honey, Cinnamon, Vanilla Whey Protein

SLENDERBERRY

Almond Milk, Pineapple, Raspberry, Banana, Beets, Orange, Vanilla Whey Protein

ORGANIC COOKIE CRUNCH

Almond Milk, Organic Sandwich Cookies, Vanilla, Yogurt, Vanilla Whey Protein

MEAL REPLACEMENT

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PEANUT BUTTER CUP

Almond Milk, Organic Chocolate, Peanut Butter, Chocolate & Vanilla Whey Protein

BANANA NUT BLAST

Almond Milk, Peanut Butter, Banana, Vanilla Whey Protein

REFUEL & DETOX

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I LOVE VEGGIES

Choice of Pineapple or Mango, Coconut, Spinach, Kale, Avocado, Lemon, Banana, Vanilla Whey Protein

TENDER GREENS

Almond Milk, Kale, Spinach, Banana, Flax Seed Oil, Vanilla, Honey, 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

 Lite Option Available

 Low Sugar <20g

 Ridiculously Low Sugar <10g

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

your body has 30 minutes to **REFUEL**
after you exercise or you worked out for nothing

calories in after workout
MUST EQUAL calories burned





our shakes are made from
100% CRUSHED FRUIT

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natural whole-foods
FOR NATURAL TOTAL FITNESS

one 20oz. shake can provide
5-9 SERVINGS
of fruits & veggies

no artificial colors
no artificial flavors
no artificial sweeteners

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100% NATURAL SHAKES
are perfect for your child

NUTRITION your child needs

PROTEIN HELPS kids grow strong

**HEALTHY SNACKS
& MEALS ARE** found here





protein + exercise
= LEAN MUSCLE

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more lean muscle
= HIGHER METABOLISM

higher metabolism
= EFFICIENT FAT BURNING

efficient fat burning
= FITTER & HAPPIER YOU