

NAME/ DATE: \_\_\_\_\_

SHAKES - LIQUID	Pro/Cal	Qty
RTD Chocolate	15g/110	
RTD Vanilla	15g/110	

SHAKES - POWDER	Pro/Cal	Qty
Chocolate Powder	15g/100	
Vanilla Powder	15g/100	
Strawberry Powder	15g/100	
Dark Chocolate Powder	15g/100	
Mocha Powder	15g/100	
Pumpkin Pie	15g/100	
Berry Smoothie	15g/100	

Shakes

SNACKS - BARS	Pro/Cal	Qty
Brownie Bar with Caramel	10g/170	
Peanut Butter Crunch	10g/150	
Chocolate Mint Bar	10g/150	
Sweet & Salty Peanut	10g/160	
Lemon Meringue	10g/150	
Peanut Butter Mousse	10g/160	
Caramel Nut	12g/155	
Blender Bottle		
Capsiate		

SNACKS - OATMEAL & CEREAL	Pro/Cal	Qty
Apples & Cinnamon Oatmeal	12g/130	
Maple Brown Sugar Oatmeal	15g/120	
Choc Peanut Butter Cereal	14g/120	

SNACKS - SOUP	Pro/Cal	Qty
Cream of Chicken	15g/100	
Cream of Mushroom	15g/90	
Broccoli Cheddar	15g/90	
Chicken Tortilla	15g/100	

Snacks

SNACKS - CHIPS	Pro/Cal	Qty
Pretzels Twists	12g/120	
Cheddar Cheese Bites	10g/130	
Party Mix	10g/140	
Sea Salt	10g/130	
BBQ	10g/130	
Ranch	10g/130	
Pizza	10g/130	

SNACKS - BARS	Pro/Cal	Qty
Fudge Graham	15g/160	
Cinnamon Bar	15g/160	
Peanut Bar	15g/160	
Shortbread	15g/160	
Double Berry Bar	15g/160	
Peppermint Cocoa Crunch	15g/160	
Dark Chocolate S'mores	15g/160	
Caramel Cocoa	15g/160	
Chocolate Almond Bar	15g/160	
Caramel Crunch	15g/170	
Chocolate Chip Cookie	14g/165	
Oatmeal Raisin Cookie	15g/170	