

*made in house*

# PROTEIN SHAKES

12 oz | 20 oz

*vegan protein available*

## LOW CALORIE SHAKES

### **6 PACK ATTACK** \$5.50 | \$7.50

banana, chocolate, chocolate whey protein, unsweetened vanilla almond milk

### **BANANA NUT BLAST LITE** \$5.50 | \$7.50

banana, light peanut butter, vanilla whey protein, unsweetened vanilla almond milk

### **BANILLA** \$5.50 | \$7.50

banana, vanilla, vanilla whey protein, unsweetened vanilla almond milk

### **KALE SALAD** \$5.50 | \$7.50

kale, strawberries, lemon, almond butter, honey, vanilla whey protein, Get Energized supplements, unsweetened vanilla almond milk

### **PINEAPPLE SHREDDER** \$5.50 | \$7.50

pineapple, coconut, banana, vanilla whey protein, unsweetened vanilla almond milk

### **RAW ENERGY LITE** \$5.50 | \$7.50

sweet potato, kale, raisins, vanilla whey protein, unsweetened vanilla almond milk

### **RAZZLE DAZZLE** \$5.50 | \$7.50

banana, raspberries, vanilla, vanilla whey protein, unsweetened vanilla almond milk

### **SLENDERBERRY** \$5.50 | \$7.50

raspberries, banana, orange, beets, pineapple, vanilla whey protein, unsweetened vanilla almond milk

### **SNICKERDOODLE** \$5.50 | \$7.50

yogurt, flax seed oil, cinnamon, vanilla, vanilla whey protein, unsweetened vanilla almond milk

### **STRAWBERRY LEAN** \$5.50 | \$7.50

strawberries, pineapple, orange, vanilla whey protein, unsweetened vanilla almond milk

## PRE-WORKOUT

### **PRE-WORKOUT** 20 oz \$2.50

berry flavored pre-workout drink

## RAC SHAKES

*made with frozen yogurt | add protein for \$1*

### **OREO** \$4.50 | \$6.50

### **VANILLA** \$4.50 | \$6.50

### **CHOCOLATE** \$4.50 | \$6.50

## SMOOTHIES

*add protein for \$1*

### **STRAWBERRY BANANA** \$4.50 | \$6.50

## REFUEL & DETOX

### **COCONUT GROVE** \$5.50 | \$7.50

kale, spinach, coconut, vanilla vanilla whey protein, unsweetened vanilla almond milk

### **GREEN BALANCE** \$5.50 | \$7.50

banana, kale, spinach, flax seed oil, honey, vanilla, vanilla whey protein, unsweetened vanilla almond milk

### **I LOVE VEGGIES** \$5.50 | \$7.50

pineapple, coconut, spinach, kale, avocado, lemon, banana, vanilla whey protein

### **RED VELVET CUPCAKE** \$5.50 | \$7.50

vanilla yogurt, chocolate, beets, vanilla, chocolate whey protein, unsweetened vanilla almond milk

### **THE RESOLUTION** \$5.50 | \$7.50

pineapple, banana, spinach, lemon, vanilla whey protein, Get Lean supplement

## MEAL REPLACEMENT

### AM SPECIAL \$5.50 | \$7.50

banana, peanut butter, rolled oats, chocolate whey protein

### BANANA SPLIT \$5.50 | \$7.50

banana, strawberries, chocolate, vanilla whey protein, Get Essentials supplement, unsweetened vanilla almond milk

### EXTREME LATTE \$5.50 | \$7.50

coffee, flax seed oil, vanilla whey protein

### FROSTY MINT \$5.50 | \$7.50

mint, flax seed oil, vanilla whey protein, unsweetened vanilla almond milk

### NO GUILT LEMON MERINGUE \$5.50 | \$7.50

banana, lemon, yogurt, flax seed oil, vanilla whey protein, Get Regular supplement, unsweetened vanilla almond milk

### NUTS & BERRIES \$5.50 | \$7.50

strawberries, coconut, lemon, almond butter, honey, vegan vanilla plant protein, unsweetened vanilla almond milk

### PB & JAM \$5.50 | \$7.50

strawberries, peanut butter, rolled oats, vanilla whey protein, unsweetened vanilla almond milk

### PEANUT BUTTER CUP \$5.50 | \$7.50

chocolate, peanut butter, chocolate whey protein, vanilla whey protein, unsweetened vanilla almond milk

### PERFECT PIÑA \$5.50 | \$7.50

pineapple, strawberries, coconut, flax seed oil, vanilla whey protein, Get Regular supplement

### STRAWBERRIES 'N CREAM \$5.50 | \$7.50

strawberries, flax seed oil, Get Regular supplement, vanilla whey protein

### TRAIL MIX \$5.50 | \$7.50

apple cinnamon granola, almond butter, raisins, banana, vanilla whey protein, unsweetened vanilla almond milk

### VANILLA BEAN \$5.50 | \$7.50

banana, yogurt, vanilla, flax seed oil, vanilla whey protein, Get Regular supplement, unsweetened vanilla almond milk

## REFUEL & RECOVER

### CHOCOLATE FROSTY \$5.50 | \$7.50

chocolate, vanilla whey protein, chocolate whey protein, unsweetened vanilla almond milk

### CHOCOLATE THINNY MINT \$5.50 | \$7.50

chocolate, mint, chocolate whey protein, Get Lean supplement, unsweetened vanilla almond milk

### DOUBLE CHOCOLATE CRUNCH \$5.50 | \$7.50

chocolate, oreo cookies, chocolate whey protein, unsweetened vanilla almond milk

### GREEN MACHINE \$5.50 | \$7.50

pineapple, banana, yogurt, Organic Super Greens, vanilla whey protein, unsweetened vanilla almond milk

### HAWAIIAN HARVEST \$5.50 | \$7.50

pineapple, coconut, banana, vanilla whey protein

### JAVA JOLT \$5.50 | \$7.50

coffee, chocolate, espresso beans, vanilla whey protein, unsweetened vanilla almond milk

### STRAWBERRY SLAM \$5.50 | \$7.50

strawberries, banana, lemon, vanilla whey protein

### TROPICAL TRIUMPH \$5.50 | \$7.50

strawberry, pineapple, banana, vanilla whey protein

## SUPPLEMENT ADD ONS

*\$0.75 per scoop*

**GET REGULAR** - an excellent source of fiber and probiotics

**GET LEAN** - fat burning and natural weight loss

**GET ENERGIZED** - short & long term energy naturally

**GET ESSENTIALS** - daily dose of vitamins and nutrients

**GET FLEXIBLE** - refresh your joints and improve mobility

**GLUTAMINE** - prevents muscle from being catabolized

**ORGANIC SUPER GREENS** - daily dose of organic veggies

**CREATINE** - maximize muscle energy