

Chocolate Peanut Butter™

You will think you're drinking a liquid peanut butter cup.

High Protein PRO 40 • CAR 38 • FAT 10 • CAL 405
Low Calorie Burner PRO 22 • CAR 23 • FAT 9 • CAL 258

Cookie Monster™

We raided the cookie jar to make this thick chocolatey Oreo® extravaganza.

High Protein PRO 37 • CAR 58 • FAT 8 • CAL 416
Low Calorie Burner PRO 19 • CAR 35 • FAT 7 • CAL 269

No Bake Cookie™

Don't feel guilty if this tastes better than your mom used to make! We won't tell.

High Protein PRO 41 • CAR 50 • FAT 10 • CAL 457
Low Calorie Burner PRO 23 • CAR 35 • FAT 9 • CAL 310

German Chocolate Cake™

After drinking this shake, you'll think we have a baker in the back. Enjoy!

High Protein
PRO 36 • CAR 44
FAT 3 • CAL 350
Low Calorie Burner
PRO 18 • CAR 29
FAT 2 • CAL 203



Chocolate Banana™

You will look like you've been sculpted from stone after drinking this delicious blend of chocolate and banana.

High Protein PRO 37 • CAR 47 • FAT 3 • CAL 368
Low Calorie Burner PRO 19 • CAR 32 • FAT 2 • CAL 221

Candy Bar Craving™

This tastes like a Snickers®. It's so good you'll be looking for the candy bar wrapper in the bottom of your cup.

High Protein PRO 40 • CAR 38 • FAT 10 • CAL 405
Low Calorie Burner PRO 22 • CAR 23 • FAT 9 • CAL 258

Thin Mint™

You'll think we have a girl scout troop on staff after tasting this delicious blend of chocolate mint and Oreos®!

High Protein PRO 37 • CAR 65 • FAT 8 • CAL 476
Low Calorie Burner PRO 19 • CAR 50 • FAT 7 • CAL 329



NUTRITION BARS SHAKIN' UP YOUR WORLD

Caramel Apple™

You'll think that we just picked this shake up at the County Fair! Don't worry, it doesn't come on a stick.

High Protein PRO 36 • CAR 55 • FAT 3 • CAL 422
Low Calorie Burner PRO 18 • CAR 40 • FAT 2 • CAL 275

Caramel Banana™

This combination resembles homemade ice cream.

High Protein PRO 37 • CAR 47 • FAT 3 • CAL 368
Low Calorie Burner PRO 19 • CAR 32 • FAT 2 • CAL 221

PB&J™

Jiffy® and Smucker's® will be envious of this shake. It's so much better in a shake than on bread!

High Protein PRO 41 • CAR 44 • FAT 11 • CAL 430
Low Calorie Burner PRO 23 • CAR 29 • FAT 9 • CAL 283

Peanut Butter Banana™

This taste similar to a Butterfinger® with bananas, hazelnut and peanut butter.

High Protein PRO 41 • CAR 51 • FAT 10 • CAL 463
Low Calorie Burner PRO 23 • CAR 36 • FAT 9 • CAL 316

Coconut Almond™

You know the old saying, "sometimes you feel like a nut..." Enough said. This tastes just like an Almond Joy®!

High Protein PRO 36 • CAR 44 • FAT 3 • CAL 350
Low Calorie Burner PRO 18 • CAR 29 • FAT 2 • CAL 203

Strawberry Banana™

Try curling this popular combination of strawberries and bananas.

High Protein PRO 38 • CAR 53 • FAT 4 • CAL 393
Low Calorie Burner PRO 20 • CAR 38 • FAT 2 • CAL 246

Banana Bonita™

Slim down with this south-of-the-border favorite which includes a delicious blend of pineapple juice, banana, pineapple and coconut.

High Protein PRO 38 • CAR 87 • FAT 3 • CAL 528
Low Calorie Burner PRO 20 • CAR 72 • FAT 2 • CAL 381

Tuti-Fruiti™

Wop-bop-aloo-bop-a-wop-bam-boom, Good golly Miss Molly this mixture of raspberry juice, strawberries, blueberries and bananas will shake you up.

High Protein PRO 37 • CAR 71 • FAT 4 • CAL 469
Low Calorie Burner PRO 19 • CAR 56 • FAT 2 • CAL 322

Tropical Twist™

Twist it up with this combination of passion mango juice, guava and pineapple juices along with pineapple and banana.

High Protein PRO 37 • CAR 89 • FAT 4 • CAL 539
Low Calorie Burner PRO 19 • CAR 74 • FAT 2 • CAL 392

Berry Blast™

Blast off with this mixture of raspberry, apple and guava juice, banana, pineapple and strawberries.

High Protein PRO 38 • CAR 79 • FAT 3 • CAL 498
Low Calorie Burner PRO 20 • CAR 64 • FAT 2 • CAL 351

Purple People Eater™

Get ripped and shredded to the bone with this blueberry banana bomb.

High Protein PRO 38 • CAR 87 • FAT 3 • CAL 528
Low Calorie Burner PRO 20 • CAR 72 • FAT 2 • CAL 381



All Shakes available as High Protein or a Low Calorie Burner.

High Protein

\$4.50

High Protein shakes are 20 ounces and have 36 to 40 grams of protein. Calories range from 350 to 540.

Low Calorie BURNERS

\$4.50

Low Calorie Burners are 20 ounces and have 18 to 22 grams of protein and contain the Fat Burning Blend. Calories range from 200 to 390.

MMA

META MOVES FITNESS

S.M.O.K.I.N. SMOOTHIES



\$4.50

Pro-1 • Carb-48
Fat-0 • Cal-196

If You Like Pina Coladas

Pineapple Juice; Pineapple; Banana; Coconut

Very Berry

Raspberry Juice; Apple Juice;
Blueberries; Strawberries

Raging Raspberry

Raspberry Juice & Raspberries

Fuzzy Navel

Passion Mango Juice; Banana; Peach

Blueberry Bomb

Apple Juice; Blueberries (Double Dose)

Passionate Pomegranate

Passion Mango Juice; Banana; Pomegranate

You've Guava Be Kidding Me

Guava Juice; Pineapple; Banana

Strawana

Raspberry Juice; Apple Juice;
Strawberries; Banana

LOW CARB PROTEIN SHAKES

\$4.50

Pro-32 • Carb-8
Fat-2 • Cal-180

Possible flavors:

Chocolate, Vanilla,
Strawberry Vanilla,
Chocolate Caramel
Hazelnut Vanilla,
Raspberry Vanilla

ADD ONS for \$.50

Multi Vitamin Blend

Forget to eat your veggies today, no problem. Vitamin A, Thiamin B1, Ribo Flavin B2, Niacin B2 Vitamin B6, Vitamin B12, Biotin, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Panthothenic Acid, Calcium, Iodine, Iron, Magnesium, Phosphorus, Potassium, Sodium, Copper, Zinc

Energy Blend

If your wagon is draggin', get dialed up and plugged in with this movement making combo.

Fat Burner Blend

Keep your jeans from looking like spandex with this blend of herbs, supplements and fat burning agents.

Creatine (10 Grams)

Creatine can be one of the muscles main sources of energy. Creatine forces fluid into the muscle which in return helps muscles recover faster, handle heavy loads and have more endurance. (which all lead to quicker muscle growth) Ask for any shake "Pumped Up"

Glutamine (5 Grams)

Aids in muscle recovery by increasing blood levels to help the body regulate protein synthesis. High levels of glutamine signal a need for growth hormone.

Meal Replacement Powder

An ideal protein powder to use for a meal replacement. This is our most popular and highest quality protein powder.

Pro-10 • Carb-15 • Fat-1 • Cal-110

Whey Protein

Lactose free and easy for your body to digest, absorb and use.

Pro-16 • Carb-4 • Fat-1 • Cal-90