

Yogurt Smoothies



Freshly Blended with the Natural Goodness of High Probiotic Yogurt. Rich in Calcium, Riboflavin & Vitamins.

YO YO BERRY

Raspberries, Blueberries, Strawberries, Yogurt, Whey Protein and Fat Burn Boost

STRAW-A-DELIC

Strawberries, Bananas, Yogurt, Whey Protein and Fat Burn Boost

POMLICIOUS

Pomegranate, Cherries, Yogurt, Whey Protein and Fat Burn Boost

MALIBU MANGO

Mangos, Peaches, Yogurt, Whey Protein and Fat Burn Boost

Muscle Builders



Increase Lean Muscle Growth, Speed Up Muscle Recovery Making Muscle Fibers Bigger and Stronger.

THE KINGPIN

Blueberries, Strawberries, Raspberries, Whey Protein and Multi-Vitamin Boost

TWISTED STRAWBERRY

Strawberries, Bananas, Whey Protein and Multi-Vitamin Boost

PURPLE PEOPLE EATER

Passion Fruit, Orange, Guava, Whey Protein and Multi-Vitamin Boost

IN THE TROPICS

Pineapples, Coconuts, Bananas, Whey Protein and Multi-Vitamin Boost

PEANUT BUTTER TRUMP

Whey Protein, Peanut Butter, and Multi-Vitamin Boost

MOCHA MANIA

Chocolate infused with Coffee, Whey Protein and Multi-Vitamin Boost

THE INCREDIBLE BULK

Chocolate, Peanut Butter, Whey Protein and Multi-Vitamin Boost



BANANA STRAWBERRY POUNDER

Strawberries, Bananas, 40+ Grams of Whey Protein, Glutamine and Multi-Vitamin Boost



THE KING KONG

Chocolate, Bananas, Glutamine, 40+ Grams Whey Protein and Multi-Vitamin Boost



THE FAT BOY!

Chocolate, Coffee, Peanut Butter, 45+ Grams of Whey Protein, Glutamine, Creatine and Multi-Vitamin Boost



Fresh Blends

Freshly Blended & Sweetened Naturally.

STRAWBERRY-BANANA BLAST

Strawberries, Bananas and Whey Protein



ORANGE PUSH UP

Oranges and Whey Protein



PINA COLADA MADNESS

Pineapples, Coconuts and Whey Protein



TRIPLE BERRY SENSATION

Raspberries, Blueberries, Strawberries and Whey Protein



POMEGRANATE PARADISE

Pomegranate, Wild Cherries and Whey Protein



TROPICAL BLISS

Bananas, Pineapples, Coconuts and Whey Protein



P.O.G.

Passion Fruit, Orange, Guava and Whey Protein



Skinny SMOOTHIES

TROPICAL BOMBSHELL

Pineapples, Coconuts, Bananas, Whey Protein and Fat Burn Boost

MINI MANGO PEACH

Mangos, Peaches, Whey Protein and Fat Burn Boost

SO BERRY SLIM

Raspberries, Blueberries, Strawberries, Whey Protein and Fat Burn Boost

SLIMMIN' TRIMMIN' BERRY

Strawberries, Whey Protein and Fat Burn Boost

POMTINI

Pomegranate, Wild Cherries, Whey Protein and Fat Burn Boost

Sweetened with 100% All-Natural Zero Calorie Stevia Lower Calories & Sugars



NATIONAL FITNESS CENTER



Fat Burners

Ignite Your Body's Natural Fat Burning Process & Speed Up Your Metabolism.

BELLY BUSTER

Strawberries, Bananas, Whey Protein and Fat Burn Boost

ORANGE PEELER

Oranges, Whey Protein and Fat Burn Boost

BERRY BERRY GOOD

Raspberries, Blueberries, Strawberries, Whey Protein and Fat Burn Boost

WONDER TWINS

Mangos, Peaches, Whey Protein and Fat Burn Boost

POMEGRANATE BLISS

Pomegranate, Wild Cherries, Whey Protein and Fat Burn Boost

TROPICAL BOMBSHELL

Pineapples, Coconuts, Bananas, Whey Protein and Fat Burn Boost

SLIM SALLY

Passion Fruit, Orange, Guava, Whey Protein and Fat Burn Boost

Blended Frappes

BERRIED IN CHOCOLATE

Chocolate, Strawberries and Whey Protein

DIRTY PEANUT

Chocolate, Peanut Butter and Whey Protein

MUDSLIDE LATTE

Chocolate Infused With Bold, Full-Bodied Coffee, and Whey Protein

ELVIS'S RETURN

Chocolate, Bananas and Whey Protein

MALIBU CHOCOLATE

Chocolate, Coconuts, Pineapples and Whey Protein

MOCHA PEANUT BUTTER

Chocolate Infused With Bold, Full-Bodied Coffee, Peanut Butter and Whey Protein

Boosts

Extras

Fat Burn Boost.....	.50	Whey Protein.....	1.00
Energy Boost.....	.50	Yogurt.....	.50
Multi Vitamin Boost.....	.50	Peanut Butter.....	1.00
Glutamine Boost.....	.50	Granola.....	.50
Creatine Boost.....	.50	Protein Cereal.....	.50