

NATURAL  
**FITNESS  
FOOD**

SHAKES

BUILD YOUR OWN

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1

PICK YOUR BASE

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ALKALIME

Avocado, kale, cashew nuts,  
lime juice, banana

BREAKFAST BEAT

Gluten free oats, banana,  
mulberries, peanut butter

BERRY BLAST

Raspberries, blueberries,  
blackberries, cherries, currants

PB & J

Peanut butter, strawberry,  
cherry compote

SNICKERS

Vegan chocolate,  
dates, peanut butter

OREO

Handmade vegan  
chocolate cookie

NUTTER BUTTER

Banana, almond butter

BLUEBERRY ALMOND

Blueberries, almond butter

PINA COLADA

Pineapple, lime juice

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2

PICK YOUR PROTEIN

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WHEY

*Vanilla*

*Chocolate*

*Coconut*

VEGAN

*Vanilla*

*Chocolate*

*Coconut*

3

PICK YOUR LIQUID

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Almond milk

Coconut milk

Coconut water

Cow's milk  
*Whole & Semi skimmed*

Oat milk

4

ADD ONS?

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Protein scoop

Almond butter

Cashew butter

Peanut butter

Espresso Shot

Carb Boost

Creatine

Glutamine

Oats