

NATURAL FITNESS FOOD

BUILD YOUR OWN

1. PICK YOUR BASE

ALKALIME

Avocado, kale, cashew nuts, lime juice, banana

BANANA BREAD

Banana, oats, dates, cinnamon

BERRY BLAST

Mixed berries, currants, cherries

BLUEBERRY ALMOND

Blueberries, almond butter

BREAKFAST BEAT

Gluten free oats, banana, mulberries, peanut butter

CHERRY GARCIA

Cherries, vegan chocolate, dates

CHOCOLATE CHIEF

Raw cacao, dates, Himalayan pink salt, banana

NUTTER BUTTER

Banana, almond butter

PB & J

Peanut butter, strawberry compote

SNICKERS

Vegan chocolate, dates, peanut butter

2. PICK YOUR PROTEIN

WHEY

Vanilla, chocolate,
coconut

VEGAN

Vanilla, chocolate,
coconut

3. PICK YOUR LIQUID

Almond milk

Coconut milk

Coconut water

Cow's milk

Whole & Semi skimmed

Oat milk

ADD ONS?

Protein scoop

Nut butter

Espresso shot

Additional base

Creatine

Oats

SIGNATURE SHAKES

CLEAN

MOCHA

Chocolate protein,
espresso shot,
almond milk

REVENGE BOD

Vanilla protein,
almond milk, cinnamon

LEAN

MANGO MAGIC

Coconut protein,
mango, coconut milk,
coconut yogurt

OREO

Vanilla protein,
almond milk, NFF cookie

FUEL

SUPERMAN

Vanilla protein, coconut
milk, berries, banana,
almond butter

BISCOFF

Vanilla protein,
NFF biscuit, oat milk,
banana

FUEL +

BEASTED OREO

Double chocolate protein,
double NFF cookie, oats,
banana, oat milk
