

NATURAL FITNESS FOOD

SHAKES

SIGNATURE SHAKES

MUSCLE GAIN



SUPERMAN

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

THE BEAST

Chocolate protein,
NFF hazelnut
cookie, creatine,
oat milk,
carb boost

PERFORMANCE



SNICKERS

Chocolate protein,
vegan chocolate,
dates, almond milk,
peanuts

RASPBERRY CASHEW

Coconut protein,
raspberries,
cashew butter,
almond milk, ice

LEAN



PB & J

Vanilla protein,
oat milk, peanut
butter, strawberry
compote

OREO

Vanilla protein,
almond milk,
NFF oreo

CLEAN



COCOLOCOC

Coconut protein,
coconut milk,
banana

REVENGE BOD

Vanilla protein,
almond milk,
cinnamon

VEGAN



BANANA BREAD

Vanilla protein,
coconut milk,
banana, oats,
dates, cinnamon

APPLE CRUMBLE

Vanilla protein,
almond milk, apple
compote, oats

BUILD YOUR OWN

1

PICK YOUR BASE

ALKALIME

Avocado, kale,
cashew nuts,
lime juice,
banana

BERRY BLAST

Mixed berries

BLUEBERRY ALMOND

Blueberries,
almond butter

BREAKFAST BEAT

Gluten
free oats,
mulberries,
banana, peanut
butter

NUTTER BUTTER

Banana, almond
butter

CHOCOLATE CHIEF

Raw cacao,
dates,
Himalayan pink
salt, banana

2

PICK YOUR PROTEIN

WHEY

Vanilla, chocolate,
coconut, strawberry

VEGAN

Vanilla, chocolate,
coconut, strawberry

3

PICK YOUR LIQUID

Almond milk
Coconut milk
Coconut water

Cow's milk
Whole & Semi skimmed

Oat milk

4

ADD ONS?

Protein scoop
Almond butter
Cashew butter
Peanut butter
Carb Boost
Creatine
Glutamine
Oats