

NATURAL FITNESS FOOD

SHAKES

SIGNATURE SHAKES

MUSCLE GAIN



SUPERMAN

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

LEAN



REVENGE BOD

Vanilla protein,
coconut milk,
cinnamon, ice

PERFORMANCE



KICKSTARTER

Vanilla protein,
milk, oats, spinach,
raw cacao

VEGAN



MOCHA

Chocolate protein,
CRU Kafe coffee,
almond milk, ice

BUILD YOUR OWN

1

PICK YOUR BASE

ALKALIME

Avocado, kale,
cashew nuts, lime
juice, banana

BERRY BLAST

Mixed berries

CHOCOLATE CHIEF

Raw cacao, dates,
Himalayan pink
salt, banana

BREAKFAST BEAT

Gluten free oats,
mulberries,
banana, peanut
butter

NUTTER BUTTER

Banana, almond
butter

2

PICK YOUR PROTEIN

WHEY

Chocolate, vanilla or berry

Vegan

Chocolate, vanilla or berry

3

PICK YOUR LIQUID

Coconut milk
Coconut water
Almond milk
Milk
Water

4

ADD ONS?

Almond butter
Peanut butter
Banana
Protein Scoop
Glycomaize
Creatine
L-Glutamine
Pre-workout
Amino energy
Ice, free, just ask!