

KIDS' SHAKES – SHAKE NUTRITION AT A GLANCE

12 oz.	Blueberry Banana Burst	Br'er Rabbit	Cookie Monster	Cookie Monster +
Calories	230	240	340	190
Fat	1g	0g	10g	4.5g
Carbohydrates	45g	57g	50g	24g
Protein	11g	2g	16g	15g

12 oz.	Eat Your Veggies	Junior Chocolate Frosty	Kid's Classic	Mango Madness
Calories	230	200	220	230
Fat	1g	3g	0g	1g
Carbohydrates	45g	30g	53g	45g
Protein	14g	15g	1g	11g

12 oz	PB & J	PB Banana Jamma	Razzleberry	Strawberry Shortcake
Calories	300	220	210	210
Fat	8g	9g	1g	1g
Carbohydrates	54g	18g	40g	40g
Protein	5g	18g	11g	10g

12 oz.	The Hulk	Tootie Fruitie
Calories	230	210
Fat	1.5g	1g
Carbohydrates	44g	41g
Protein	12g	11g

KIDS' SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.
Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

Blueberry Banana Burst | 12oz.

- 4 oz Dr. Smoothie Blueberry Banana Purée/Water Mix
- 3 Freeze Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 7 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 37g	
Protein 11g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

BLUEBERRY BANANA BURST

Br'er Rabbit | 12oz.

- 6 oz Dr. Smoothie Pineapple Puree/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Freeze-Dried Kale
- ½ scp Freeze-Dried Spinach
- ¼ tsp Lemon Extract
- ¼ tsp Freeze-Dried Lemon
- 10 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 57g	19%
Dietary Fiber 3g	12%
Sugars 51g	
Protein 2g	
Vitamin A 40%	Vitamin C 90%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

BR'ER RABBIT

KIDS' SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

COOKIE MONSTER

Cookie Monster | 12oz.

- 4 oz Choice of Milk
- 1 scp Cookies n' Cream
- ½ scp Chocolate Whey Protein
- 7 oz Ice
- 2 Organic Sandwich Cookies (pulse in the end)

12 oz.

Nutrition Facts

Serving Size 12 fl. oz. (354 ml)
Servings Per Container

Amount Per Serving

Calories 340 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 260mg **11%**

Total Carbohydrate 50g **17%**

 Dietary Fiber 1g **4%**

 Sugars 32g

Protein 16g

Vitamin A 6% • Vitamin C 0%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

COOKIE MONSTER+

Cookie Monster + | 12oz.

- 4 oz Choice of Milk
- ¼ scp Vanilla Cream (or Yogurt Lover's Choice)
- ½ scp Vanilla Whey Protein
- 7 oz Ice
- 1 Organic Sandwich Cookies (pulse in the end)

12 oz.

Nutrition Facts

Serving Size 12 fl. oz. (354 ml)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 105mg **4%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 0g **0%**

 Sugars 16g

Protein 15g

Vitamin A 6% • Vitamin C 0%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

KIDS' SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR**.
Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

Eat Your Veggies | 12oz.

- 4 oz Dr. Smoothie Pineapple Paradise/Water Mix
- 3 Freeze-Dried Banana Pieces
(or 2" Fresh Banana)
- 1 scp Get Greens
- 1/2 scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Sugars 35g	
Protein 14g	
Vitamin A 8%	Vitamin C 45%
Calcium 4%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

EAT YOUR VEGGIES

Junior Chocolate Frosty | 12oz.

- 4 oz Choice of Milk
- 3/4 scp Chocoholic's Choice
- 1/2 scp Chocolate Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml) (251g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 15g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

JR CHOCOLATE FROSTY

KIDS' SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.
Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

KID'S CLASSIC

Kid's Classic | 12oz.

- 6 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces
(or 2" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- 10 oz Ice

12 oz.

Nutrition Facts

Serving Size 12 fl. oz. (354 ml)
 Servings Per Container

Amount Per Serving
Calories 220 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**
 Saturated Fat 0g **0%**
 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 53g **18%**

Dietary Fiber 3g **12%**

Sugars 48g

Protein 1g

Vitamin A 2% • Vitamin C 60%

Calcium 2% • Iron 2%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

MANGO MADNESS

Mango Madness | 12oz.

- 4 oz Dr. Smoothie Mango Tropics Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ¼ tsp Lemon Extract or Freeze-Dried Lemon (optional)
- ½ scp Vanilla Whey Protein
- 7 oz Ice
- ¼ cup Freeze-Dried Strawberries (pulse in the end)

12 oz.

Nutrition Facts

Serving Size 12 fl. oz. (354 ml)
 Servings Per Container

Amount Per Serving
Calories 230 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**
 Saturated Fat 0g **0%**
 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 45g **15%**

Dietary Fiber 3g **12%**

Sugars 36g

Protein 11g

Vitamin A 10% • Vitamin C 70%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

KIDS' SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR**.
Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

PB & J | 12oz.

- 6 oz Dr. Smoothie Four Berry Purée/Water Mix
- ½ scp Natural Peanut Butter* or PB Lite
- 10 oz Ice
- ¼ cup Freeze-Dried Strawberries (pulse in the end)

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 54g	18%
Dietary Fiber 4g	16%
Sugars 48g	
Protein 5g	
Vitamin A 2%	Vitamin C 70%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PB & J

*Natural Peanut Butter used for both Nutritional Facts panels

PB Banana Jamma | 12oz.

- 4 oz Choice of Milk
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Natural Peanut Butter* or PB Lite
- ½ scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 18g	
Vitamin A 6%	Vitamin C 4%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

PB BANANA JAMMA

*Natural Peanut Butter used for both Nutritional Facts panels

KIDS' SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain **NO ADDED SUGAR.**

Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

RAZZLEBERRY

Razzleberry | 12oz.

- 4 oz Dr. Smoothie Four Berry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 7 oz Ice

12 oz.

Nutrition Facts

Serving Size 12 fl. oz. (354 ml)
Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 40g **13%**

Dietary Fiber 2g **8%**

Sugars 34g

Protein 11g

Vitamin A 2% • Vitamin C 25%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

STRAWBERRY SHORTCAKE

Strawberry Shortcake | 12oz.

- 4 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 7 oz Ice

12 oz.

Nutrition Facts

Serving Size 12 fl. oz. (354 ml)
Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 40g **13%**

Dietary Fiber 2g **8%**

Sugars 33g

Protein 10g

Vitamin A 0% • Vitamin C 45%

Calcium 2% • Iron 2%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

KIDS' SHAKES

Add ingredients, add ice, push #4 on blender.

Fruit Purees contain NO ADDED SUGAR.
Carbs (Sugars) are 100% necessary for an effective post-workout recovery.

The Hulk | 12oz.

- 4 oz Dr. Smoothie Pineapple Puree/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Freeze-Dried Spinach
- ½ scp Freeze-Dried Kale
- ¼ tsp Dried Avocado
- ¼ tsp Lemon Extract
- ¼ tsp Freeze-Dried Lemon
- ½ scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 12g	
Vitamin A 40%	Vitamin C 70%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

THE HULK

Tootie Fruitie | 12oz.

- 2 oz Dr. Smoothie Strawberry Purée/Water Mix
- 2 oz Dr. Smoothie Pineapple Paradise Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 34g	
Protein 11g	
Vitamin A 2%	Vitamin C 40%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

TOOTIE FRUITIE