

WOMEN'S SHAKES – SHAKE NUTRITION AT A GLANCE

20 oz.	Baby On Board	Berry Lean	Cardio Queen	Choco Soy-licious
Calories	370	360	390	340
Fat	2g	5g	3g	3g
Carbohydrates	65g	79g	71g	46g
Protein	27g	2g	21g	40g

20 oz.	Energy Elixir	Skin So Silky	Stress Solution	Sweet Indulgence
Calories	440	390	500	370
Fat	8g	3g	9g	2g
Carbohydrates	67g	71g	78g	68g
Protein	27g	22g	30g	21g

WOMEN'S 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.

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 65g	22%
Dietary Fiber 4g	16%
Sugars 42g	
Protein 27g	
Vitamin A 8%	Vitamin C 50%
Calcium 25%	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	

Baby On Board | 20oz.

- 6 oz Choice of Milk
- 12 Freeze-Dried Banana Pieces (or 1 Whole Fresh Banana)
- 1 scp Get Essentials
- 1 tbsp Honey
- 1 scp Vanilla Whey Protein
- 12 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Baby On Board | 12oz.

- 4 oz Choice of Milk
- 6 Freeze-Dried Banana Pieces (or 1/2 of a Fresh Banana)
- 1 scp Get Essentials/Daily Essentials
- 1 tbsp Honey
- 1 scp Vanilla Whey Protein
- 7 oz Ice
- 1 scp 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 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 32g	
Protein 25g	
Vitamin A 6%	Vitamin C 45%
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	

BABY ON BOARD

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 79g	26%
Dietary Fiber 4g	16%
Sugars 67g	
Protein 2g	
Vitamin A 2%	Vitamin C 45%
Calcium 4%	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	

Berry Lean | 20oz.

- 8 oz Dr. Smoothie Four Berry Purée/ Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Get Lean
- 1 tsp Flax Seed Oil
- 16 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

Berry Lean | 12oz.

- 6 oz Dr. Smoothie Four Berry Purée/Water Mix
- 3 Freeze Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Get Lean
- 1/2 tsp Flax Seed Oil
- 10 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 270	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 62g	21%
Dietary Fiber 3g	12%
Sugars 51g	
Protein 1g	
Vitamin A 2%	Vitamin C 35%
Calcium 4%	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	

BERRY LEAN

WOMEN'S 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.

CARDIO QUEEN

20 oz.

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 390	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 71g	24%
Dietary Fiber 3g	12%
Sugars 54g	
Protein 21g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	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

Cardio Queen | 20oz.

- 6 oz Dr. Smoothie Acai Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Get Recovered
- 1 scp Vanilla Whey Protein
- 12 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)

Cardio Queen | 12oz.

- 4 oz Dr. Smoothie Acai Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Get Recovered
- 1 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 310	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 52g	17%
Dietary Fiber 3g	12%
Sugars 37g	
Protein 21g	
Vitamin A 2%	Vitamin C 10%
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

CHOCO SOY-LICIOUS

20 oz.

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 340	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 26g	
Protein 40g	
Vitamin A 8%	Vitamin C 15%
Calcium 30%	Iron 35%

*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

Choco Soy-licious | 20oz.

- 6 oz Choice of Milk
- 12 Freeze-Dried Banana Pieces (or 1 whole Fresh Banana)
- 1 scp Get Girly
- 1 scp Chocolate Soy Protein
- 12 oz Ice

Choco Soy-licious | 12oz.

- 4 oz Choice of Milk
- 6 Freeze-Dried Banana Pieces (or 1/2 of a Fresh Banana)
- 1 scp Get Girly
- 1 scp Chocolate Soy Protein
- 7 oz Ice

12 oz.

Nutrition Facts

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

Amount Per Serving

Calories 270	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 38g	
Vitamin A 6%	Vitamin C 8%
Calcium 25%	Iron 35%

*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

WOMEN'S 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.

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 440	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 67g	22%
Dietary Fiber 1g	4%
Sugars 50g	
Protein 27g	
Vitamin A 8%	Vitamin C 0%
Calcium 25%	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	

- Energy Elixir | 20oz.**
- 6 oz Choice of Milk
 - 2 scps Truly Latte
 - 1 scp Get Energized
 - 1 scp Vanilla Whey Protein
 - 12 oz Ice

- Energy Elixir | 12oz.**
- 4 oz Choice of Milk
 - 1 scp Truly Latte
 - 1 scp Get Energized
 - 1 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 300	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 25g	
Vitamin A 4%	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	

ENERGY ELIXIR

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 71g	24%
Dietary Fiber 4g	16%
Sugars 54g	
Protein 22g	
Vitamin A 2%	Vitamin C 50%
Calcium 4%	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	

- Skin So Silky | 20oz.**
- 6 oz Dr. Smoothie Acai Purée/Water Mix
 - 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
 - 1 scp Get Girly
 - 1 scp Strawberry Whey Protein
 - 12 oz Ice
 - 1 scp Freeze-Dried Strawberries (pulse in the end)

- Skin So Silky | 12oz.**
- 4 oz Dr. Smoothie Acai Purée/Water Mix
 - 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
 - 1 scp Get Girly
 - 1 scp Strawberry Whey Protein
 - 7 oz Ice
 - 1 scp 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 310	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 52g	17%
Dietary Fiber 3g	12%
Sugars 37g	
Protein 21g	
Vitamin A 0%	Vitamin C 50%
Calcium 4%	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	

SKIN SO SILKY

WOMEN'S 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.

STRESS SOLUTION

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 500	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 450mg	19%
Total Carbohydrate 78g	26%
Dietary Fiber 0g	0%
Sugars 60g	
Protein 30g	
Vitamin A 8%	Vitamin C 2%
Calcium 35%	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	

Stress Solution | 20oz.

- 6 oz Choice of Milk
- 2 scps Chai Tea
- 1 scp Get Resistance
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Stress Solution | 12oz.

- 4 oz Choice of Milk
- 1 scp Chai Tea
- 1 scp Get Resistance
- 1 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 320	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 45g	15%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 26g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%
*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	

SWEET INDULGENCE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 68g	23%
Dietary Fiber 4g	16%
Sugars 52g	
Protein 21g	
Vitamin A 2%	Vitamin C 100%
Calcium 4%	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	

Sweet Indulgence | 20oz.

- 6 oz Dr. Smoothie Strawberry Purée/Water Mix
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 scp Get Girly
- 1 scp Chocolate Whey Protein
- 12 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Sweet Indulgence | 12oz.

- 4 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Get Girly
- 1 scp Chocolate Whey Protein
- 7 oz Ice
- 1 scp 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 290	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 21g	
Vitamin A 2%	Vitamin C 80%
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	