

BREAKFAST SHAKES – SHAKE NUTRITION AT A GLANCE

20 oz.	A Great Start	AM Special	Apple Spiced Oats	Berry Sunrise
Calories	450	420	330	440
Fat	3g	7g	2g	8g
Carbohydrates	82g	52g	57g	69g
Protein	30g	46g	24g	27g

20 oz.	Morning Sunrise	Rise and Shine
Calories	370	390
Fat	6g	7g
Carbohydrates	60g	75g
Protein	21g	8g

BREAKFAST 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 450	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 82g	27%
Dietary Fiber 7g	28%
Sugars 45g	
Protein 30g	
Vitamin A 8%	Vitamin C 50%
Calcium 25%	Iron 10%
*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	

A Great Start | 20oz.

- 6 oz Choice of Milk
- 8 Freeze-Dried Banana Pieces (or 4" Fresh Banana)
- 1 tbsp Honey
- 1 scp Apple Cinnamon Granola
- 1 scp Get Regular
- 1 scp Vanilla Whey Protein
- 12 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)
- 1 scp Freeze-Dried Strawberries (pulse in the end)

A Great Start | 12oz.

- 4 oz Choice of Milk
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 tbsp Honey
- ½ scp Apple Cinnamon Granola
- 1 scp Get Regular
- 1 scp Vanilla Whey Protein
- 7 oz Ice
- 1 scp Freeze-Dried Blueberries (pulse in the end)
- 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 350	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 59g	20%
Dietary Fiber 5g	20%
Sugars 35g	
Protein 26g	
Vitamin A 6%	Vitamin C 45%
Calcium 15%	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	

A GREAT START

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 52g	17%
Dietary Fiber 8g	32%
Sugars 12g	
Protein 46g	
Vitamin A 2%	Vitamin C 10%
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	

AM Special | 20oz.

- 6 oz Water
- 10 Freeze-Dried Banana Pieces (or 7.5" Fresh Banana)
- 2 tbsps Natural Peanut Butter or PB Lite*
- 1 scp Oatmeal
- 1½ scps Chocolate Whey Protein
- 12 oz Ice

AM Special | 12oz.

- 4 oz Water
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 1 tbsp Natural Peanut Butter or PB Lite*
- ½ scp Oatmeal
- 1 scp Chocolate Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 38g	
Vitamin A 0%	Vitamin C 4%
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	

AM SPECIAL

*PB Lite used for both Nutritional Facts panels

BREAKFAST 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.

APPLE SPICED OATS

20 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 57g	19%
Dietary Fiber 2g	8%
Sugars 38g	
Protein 24g	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	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	

Apple Spiced Oats | 20oz.

- 3 oz Choice of Milk
- 3 oz Dr. Smoothie Northwest Red Apple Purée/Water Mix
- 1 scp Apple Cinnamon Granola
- 1 dash Cinnamon
- 1 scp Raisins
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Apple Spiced Oats | 12oz.

- 2 oz Choice of Milk
- 2 oz Dr. Smoothie Northwest Red Apple Purée/Water Mix
- 1/2 scp Apple Cinnamon Granola
- 1 dash Cinnamon
- 1 scp Raisins
- 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 330	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 57g	19%
Dietary Fiber 2g	8%
Sugars 38g	
Protein 24g	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	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	

BERRY SUNRISE

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 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 69g	23%
Dietary Fiber 5g	20%
Sugars 52g	
Protein 27g	
Vitamin A 2%	Vitamin C 35%
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 Sunrise | 20oz.

- 6 oz Dr. Smoothie Four Berry Purée/Water Mix
- 6 Freeze-Dried Banana Pieces (or 1/2 of a Fresh Banana)
- 1 scp Natural Peanut Butter or PB Lite*
- 1 tsp Flax Seed Oil
- 1 scp Vanilla Whey Protein
- 12 oz Ice

Berry Sunrise | 12oz.

- 4 oz Dr. Smoothie Four Berry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1/2 scp Natural Peanut Butter or PB Lite*
- 1/2 tsp Flax Seed Oil
- 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 310	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 34g	
Protein 24g	
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	

*PB-Lite used for both Nutritional Facts panels

BREAKFAST 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 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 60g	20%
Dietary Fiber 2g	8%
Sugars 48g	
Protein 21g	
Vitamin A 2%	Vitamin C 110%
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	

Morning Sunrise | 20oz.

- 6 oz Dr. Smoothie Orange Tangerine Purée/Water Mix
- 1 tsp Flax Seed Oil
- 1 scp Get Essentials
- 1 scp Vanilla Whey Protein
- 12 oz Ice
- 1 scp Freeze-Dried Strawberries (pulse in the end)

Morning Sunrise | 12oz.

- 4 oz Dr. Smoothie Orange Tangerine Purée/Water Mix
- ½ tsp Flax Seed Oil
- 1 scp Get Essentials/Daily Essentials
- 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 290	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 1g	4%
Sugars 33g	
Protein 21g	
Vitamin A 2%	Vitamin C 90%
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	

MORNING SUNRISE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 440mg	18%
Total Carbohydrate 75g	25%
Dietary Fiber 4g	16%
Sugars 55g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
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	

Rise and Shine | 20oz.

- 6 oz Choice of Milk
- 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
- 2 scps Truly Latte
- 1 scp Get Regular
- 1 scp Get Essentials
- 16 oz Ice

Rise and Shine | 12oz.

- 4 oz Choice of Milk
- 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
- 1 scp Truly Latte
- 1 scp Get Regular
- 1 scp Get Essentials
- 10 oz Ice

12 oz.	
Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 30g	
Protein 5g	
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	

RISE AND SHINE