

ICED CAFÉ BLENDS – SHAKE NUTRITION AT A GLANCE

20 oz.	Almond Mocha	Chai Latte	Chocoholic's Choice	Chocolate Chai
Calories	410	370	330	350
Fat	8g	7g	6g	7g
Carbohydrates	79g	69g	66g	67g
Protein	10g	10g	10g	10g

20 oz.	Matcha Green Tea	Milk Chocolate Mocha	Mocha Java	Truly Latte
Calories	450	330	410	320
Fat	11g	7g	8g	6g
Carbohydrates	82g	60g	79g	58g
Protein	11g	12g	10g	8g

20 oz.	Vanilla Honey Chai Latte
Calories	390
Fat	10g
Carbohydrates	68g
Protein	10g

ICED CAFÉ BLENDS

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 410	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	17%
Total Carbohydrate 79g	26%
Dietary Fiber 3g	12%
Sugars 65g	
Protein 10g	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• 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	

Almond Mocha (Iced) | 20oz.

- 6 oz Choice of Milk
- 2 scps Mocha Java
- ¼ tsp Almond Extract
- 22 oz Ice

ALMOND MOCHA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 450mg	19%
Total Carbohydrate 69g	23%
Dietary Fiber 0g	0%
Sugars 60g	
Protein 10g	
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	

Chai Latte (Iced) | 20oz.

- 6 oz Choice of Milk
- 1 scp Chai Tea
- 1 scp Truly Latte
- 22 oz Ice

CHAI LATTE

ICED CAFÉ BLENDS

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.

CHOCOHOLICS CHOICE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 66g	22%
Dietary Fiber 4g	16%
Sugars 49g	
Protein 10g	
Vitamin A 8%	Vitamin C 0%
Calcium 30%	Iron 20%
*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	

Chocoholic's Choice (Iced) | 20oz.

- 6 oz Choice of Milk
- 2 scps Chocoholic's Choice
- 22 oz Ice

CHOCOLATE CHAI

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 350	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 67g	22%
Dietary Fiber 2g	8%
Sugars 55g	
Protein 10g	
Vitamin A 8%	Vitamin C 0%
Calcium 30%	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	

Chocolate Chai (Iced) | 20oz.

- 6 oz Choice of Milk
- 1 scp Chocoholic's Choice
- 1 scp Chai Tea
- 22 oz Ice

ICED CAFÉ BLENDS

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 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	17%
Total Carbohydrate 82g	27%
Dietary Fiber 2g	8%
Sugars 66g	
Protein 11g	
Vitamin A 8%	• Vitamin C 2%
Calcium 35%	• 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	

Matcha Green Tea (Iced) | 20oz.

- 6 oz Choice of Milk
- 2 scps Matcha Green Tea
- 1 tbsp Honey
- 22 oz Ice

MATCHA GREEN TEA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 60g	20%
Dietary Fiber 2g	8%
Sugars 51g	
Protein 12g	
Vitamin A 8%	• Vitamin C 2%
Calcium 35%	• 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	

Milk Chocolate Mocha (Iced) | 20oz.

- 6 oz Choice of Milk
- 2 scps Milk Chocolate Mocha
- 22 oz Ice

MILK CHOCOLATE MOCHA

ICED CAFÉ BLENDS

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.

MOCHA JAVA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 410	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	17%
Total Carbohydrate 79g	26%
Dietary Fiber 3g	12%
Sugars 65g	
Protein 10g	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• 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	

Mocha Java (Iced) | 20oz.

6 oz Choice of Milk
 2 scps Mocha Java
 22 oz Ice

TRULY LATTE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 440mg	18%
Total Carbohydrate 58g	19%
Dietary Fiber 1g	4%
Sugars 50g	
Protein 8g	
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	

Truly Latte (Iced) | 20oz.

6 oz Choice of Milk
 2 scps Truly Latte
 22 oz Ice

ICED CAFÉ BLENDS

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 390	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 480mg	20%
Total Carbohydrate 68g	23%
Dietary Fiber 0g	0%
Sugars 59g	
Protein 10g	
Vitamin A 8%	• Vitamin C 0%
Calcium 35%	• 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	

Vanilla Honey Chai Latte (Iced) | 20oz.

- 6 oz Choice of Milk
- 2 scps Vanilla Chai Tea or Chai Tea (Qualify)
- 22 oz Ice

VANILLA HONEY CHAI LATTE