

HOT CAFÉ BLENDS – SHAKE NUTRITION AT A GLANCE

20 oz.	Almond Mocha (Hot)	Chai Latte (Hot)	Chocoholic's Choice (Hot)	Chocolate Chai (Hot)
Calories	380	310	300	320
Fat	8g	7g	6g	7g
Carbohydrates	74g	59g	62g	63g
Protein	6g	6g	7g	7g

20 oz.	Matcha Green Tea (Hot)	Milk Chocolate Mocha (Hot)	Mocha Java (Hot)
Calories	420	300	380
Fat	10g	7g	8g
Carbohydrates	77g	55g	74g
Protein	8g	9g	6g

20 oz.	Truly Latte (Hot)	Vanilla Honey Chai Latte (Hot)
Calories	290	360
Fat	6g	10g
Carbohydrates	53g	63g
Protein	4g	7g

HOT CAFÉ BLENDS

Add ingredients, add hot water, stir in cup or pulse in blender.*

(*Blending hot liquid can be dangerous, PULSE only!)

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 380	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 74g	25%
Dietary Fiber 3g	12%
Sugars 61g	
Protein 6g	
Vitamin A 4%	• Vitamin C 0%
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	

Almond Mocha (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 2 scps Mocha Java
- ¼ tsp Almond Extract

ALMOND MOCHA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	17%
Total Carbohydrate 59g	20%
Dietary Fiber 1g	4%
Sugars 51g	
Protein 6g	
Vitamin A 4%	• Vitamin C 0%
Calcium 20%	• 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 (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 1 scp Chai Tea
- 1 scp Truly Latte

CHAI LATTE

HOT CAFÉ BLENDS

Add ingredients, add hot water, stir in cup or pulse in blender.*

(*Blending hot liquid can be dangerous, PULSE only!)

Fruit Purees contain NO ADDED SUGAR.

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

CHOCOLIC'S CHOICE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 62g	21%
Dietary Fiber 4g	16%
Sugars 45g	
Protein 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	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 (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 2 scps Chocoholic's Choice

CHOCOLATE CHAI

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 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 400mg	17%
Total Carbohydrate 63g	21%
Dietary Fiber 2g	8%
Sugars 50g	
Protein 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	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 (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 1 scp Chocoholic's Choice
- 1 scp Chai Tea

HOT CAFÉ BLENDS

Add ingredients, add hot water, stir in cup or pulse in blender.*

(*Blending hot liquid can be dangerous, PULSE only!)

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 420	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 77g	26%
Dietary Fiber 2g	8%
Sugars 61g	
Protein 8g	
Vitamin A 4%	• Vitamin C 2%
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	

Matcha Green Tea (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 2 scps Matcha Green Tea
- 1 tbsp Honey

MATCHA GREEN TEA

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 400mg	17%
Total Carbohydrate 55g	18%
Dietary Fiber 2g	8%
Sugars 47g	
Protein 9g	
Vitamin A 4%	• Vitamin C 2%
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	

Milk Chocolate Mocha (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 2 scps Milk Chocolate Mocha

MILK CHOCOLATE MOCHA

HOT CAFÉ BLENDS

Add ingredients, add hot water, stir in cup or pulse in blender.*

(*Blending hot liquid can be dangerous, PULSE only!)

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 380	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 74g	25%
Dietary Fiber 3g	12%
Sugars 61g	
Protein 6g	
Vitamin A 4%	Vitamin C 0%
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	

Mocha Java (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 2 scps Mocha Java

TRULY LATTE

20 oz.	
Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 53g	18%
Dietary Fiber 1g	4%
Sugars 46g	
Protein 4g	
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	

Truly Latte (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 2 scps Truly Latte

HOT CAFÉ BLENDS

Add ingredients, add hot water, stir in cup or pulse in blender.*

(*Blending hot liquid can be dangerous, PULSE only!)

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 360	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 450mg	19%
Total Carbohydrate 63g	21%
Dietary Fiber 0g	0%
Sugars 55g	
Protein 7g	
Vitamin A 4%	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

Vanilla Honey Chai Latte (Hot) | 20oz.

- 15 oz Hot Water
- 3 oz Choice of Milk
- 2 scps Vanilla Chai Tea or Chai Tea (Qualify)

VANILLA HONEY CHAI LATTE