

## FRAPPÉS – SHAKE NUTRITION AT A GLANCE

20 oz.	Chocolate Caramel De-lite	Chocolate Chai Latte	Chocolate Espresso Crunch
Calories	360	450	470
Fat	7g	8g	9g
Carbohydrates	65g	68g	73g
Protein	11g	28g	28g

20 oz.	Latte Launch	Matcha Green Tea	Matcha Mint	Mocha Latte
Calories	430	600	480	390
Fat	8g	12g	11g	7g
Carbohydrates	62g	95g	71g	71g
Protein	27g	31g	28g	11g

20 oz.	Mocha Motion	Toffee Bar	Vanilla Honey Chai Tea
Calories	520	380	460
Fat	10g	7g	7g
Carbohydrates	84g	52g	89g
Protein	29g	28g	12g



# FRAPPÉS

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.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 360</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 7g</b>	11%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 640mg</b>	27%
<b>Total Carbohydrate 65g</b>	22%
Dietary Fiber 2g	8%
Sugars 32g	
<b>Protein 11g</b>	
Vitamin A 10%	Vitamin C 0%
Calcium 35%	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 Caramel De-lite | 20oz.

- 8 oz Choice of Milk
- 1 scp Salted Caramel
- 1 scp Chocoholic's Choice
- 16 oz Ice

## Chocolate Caramel De-lite | 12oz.

- 6 oz Choice of Milk
- ½ scp Salted Caramel
- ½ scp Chocoholic's Choice
- 10 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat 3.5g</b>	5%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 340mg</b>	14%
<b>Total Carbohydrate 36g</b>	12%
Dietary Fiber 1g	4%
Sugars 19g	
<b>Protein 8g</b>	
Vitamin A 8%	Vitamin C 0%
Calcium 25%	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	

CHOCOLATE CARAMEL DE-LITE

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 450</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 8g</b>	12%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 440mg</b>	18%
<b>Total Carbohydrate 68g</b>	23%
Dietary Fiber 1g	4%
Sugars 55g	
<b>Protein 28g</b>	
Vitamin A 8%	Vitamin C 0%
Calcium 30%	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	

## Chocolate Chai Latte | 20oz.

- 6 oz Choice of Milk
- 1 scp Chai Tea
- 1 scp Truly Latte
- 1 scp Chocolate Whey Protein
- 12 oz Ice

## Chocolate Chai Latte | 12oz.

- 4 oz Choice of Milk
- ½ scp Chai Tea
- ½ scp Truly Latte
- ¾ scp Chocolate Whey Protein
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 270</b>	Calories from Fat 40
% Daily Value*	
<b>Total Fat 4.5g</b>	7%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 230mg</b>	10%
<b>Total Carbohydrate 37g</b>	12%
Dietary Fiber 0g	0%
Sugars 29g	
<b>Protein 20g</b>	
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	

CHOCOLATE CHAI LATTE

# FRAPPÉS

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.

## CHOCOLATE ESPRESSO CRUNCH

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 470</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 73g</b>	<b>24%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 58g	
<b>Protein 28g</b>	
Vitamin A 8%	Vitamin C 0%
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	

### Chocolate Espresso Crunch | 20oz.

- 6 oz Choice of Milk
- 1 scp Mocha Java
- 1 scp Truly Latte
- 1 scp Vanilla Whey Protein
- 12 oz Ice
- 1 tsp Espresso Beans (pulse in the end)

### Chocolate Espresso Crunch | 12oz.

- 4 oz Choice of Milk
- ½ scp Mocha Java
- ½ scp Truly Latte
- ¾ scp Vanilla Whey Protein
- 7 oz Ice
- ½ tsp Espresso Beans (pulse in the end)

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 30g	
<b>Protein 20g</b>	
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	

## LATTE LAUNCH

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 430</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 62g</b>	<b>21%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 50g	
<b>Protein 27g</b>	
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	

### Latte Launch | 20oz.

- 6 oz Choice of Milk or Water
- 2 scps Truly Latte
- 1 scp Chocolate Whey Protein
- 12 oz Ice

### Latte Launch | 12oz.

- 4 oz Choice of Milk or Water
- 1 scp Truly Latte
- ¾ scp Chocolate Whey Protein
- 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 27g	
<b>Protein 20g</b>	
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	

# FRAPPÉS

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.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 600</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 95g</b>	<b>32%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 71g	
<b>Protein 31g</b>	
Vitamin A 8%	• Vitamin C 6%
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 | 20oz.
- 6 oz Choice of Milk
  - 4 Freeze-Dried Banana Pieces (or 3" Fresh Banana)
  - 2 scps Matcha Green Tea
  - 1 tbsp Honey
  - 1 scp Vanilla Whey Protein
  - 12 oz Ice

- Matcha Green Tea | 12oz.
- 4 oz Choice of Milk
  - 3 Freeze-Dried Banana Pieces (or 2" Fresh Banana)
  - 1 scp Matcha Green Tea
  - 1 tbsp Honey
  - ¾ scp Vanilla Whey Protein
  - 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 61g</b>	<b>20%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 47g	
<b>Protein 22g</b>	
Vitamin A 6%	• Vitamin C 4%
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	

MATCHA GREEN TEA

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 480</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 71g</b>	<b>24%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 59g	
<b>Protein 28g</b>	
Vitamin A 10%	• Vitamin C 0%
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 Mint | 20oz.
- 6 oz Choice of Milk
  - 2 scps Matcha Mint Chip
  - 1 scp Vanilla Whey Protein
  - 12 oz Ice

- Matcha Mint | 12oz.
- 4 oz Choice of Milk
  - 1 scp Matcha Mint Chip
  - ¾ scp Vanilla Whey Protein
  - 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 38g</b>	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 31g	
<b>Protein 20g</b>	
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	

MATCHA MINT

# FRAPPÉS

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 LATTE

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 390</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 71g</b>	<b>24%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 61g	
<b>Protein 11g</b>	
Vitamin A 10%	Vitamin C 0%
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	

- Mocha Latte | 20oz.
- 8 oz Choice of Milk
  - 1 scp Mocha Java
  - 1 scp Truly Latte
  - 16 oz Ice

- Mocha Latte | 12oz.
- 6 oz Choice of Milk
  - ½ scp Mocha Java
  - ½ scp Truly Latte
  - 10 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz.	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 33g	
<b>Protein 7g</b>	
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	

## MOCHA MOTION

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 520</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 84g</b>	<b>28%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 65g	
<b>Protein 29g</b>	
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 Motion | 20oz.
- 6 oz Choice of Milk or Water
  - 2 scps Mocha Java
  - 1 scp Chocolate Whey Protein
  - 12 oz Ice

- Mocha Motion | 12oz.
- 4 oz Choice of Milk or Water
  - 1 scp Mocha Java
  - ¾ scp Chocolate Whey Protein
  - 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 300</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 44g</b>	<b>15%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 34g	
<b>Protein 21g</b>	
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	

# FRAPPÉS

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.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 380</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 7g</b>	11%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 430mg</b>	18%
<b>Total Carbohydrate 52g</b>	17%
Dietary Fiber 1g	4%
Sugars 41g	
<b>Protein 28g</b>	
Vitamin A 8%	Vitamin C 0%
Calcium 30%	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	

- Toffee Bar | 20oz.**
- 6 oz Choice of Milk
  - 2 scps Whole Lotta Toffee
  - 1 scp Vanilla Chocolate Protein
  - 12 oz Ice

- Toffee Bar | 12oz.**
- 4 oz Choice of Milk
  - 1 scp Whole Lotta Toffee
  - ¾ scp Vanilla Chocolate Protein
  - 7 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat 4g</b>	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 230mg</b>	10%
<b>Total Carbohydrate 29g</b>	10%
Dietary Fiber 0g	0%
Sugars 22g	
<b>Protein 20g</b>	
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	

TOFFEE BAR

20 oz.	
<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 460</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 7g</b>	11%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 470mg</b>	20%
<b>Total Carbohydrate 89g</b>	30%
Dietary Fiber 1g	4%
Sugars 80g	
<b>Protein 12g</b>	
Vitamin A 10%	Vitamin C 2%
Calcium 40%	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	

- Vanilla Honey Chai Tea | 20oz.**
- 8 oz Choice of Milk or Water
  - 2 scps Chai Tea or Vanilla Chai Tea (Qualify)
  - 1 tbps Honey
  - 16 oz Ice

- Vanilla Honey Chai Tea | 12oz.**
- 4 oz Choice of Milk or Water
  - 1 scp Chai Tea or Vanilla Chai Tea (Qualify)
  - 1 tbps Honey
  - 10 oz Ice

12 oz.	
<b>Nutrition Facts</b>	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories 260</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat 3.5g</b>	5%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 240mg</b>	10%
<b>Total Carbohydrate 53g</b>	18%
Dietary Fiber 0g	0%
Sugars 49g	
<b>Protein 6g</b>	
Vitamin A 6%	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	

VANILLA HONEY CHAI TEA