

# SHAKES BY WORKOUT

WHAT CLASS TYPE?	CALORIES BURNED?	WHAT SHAKES?	IDEAL RATIOS (CARBS TO PROTEIN)	CATEGORY (DIFFICULTY LEVEL)	WHAT SUPPLEMENTS?
CARDIO	250–400 calories	Strawberry Slam; Berry, Berry Good; Mango Berry Burst; Hawaiian Harvest; I Love Veggies; Squashed Veggies	2-3 to 1	A <i>(Light)</i>	Get Energized; Get Lean; Get Recovered
	401–500 calories	Add 6-8 Banana Pieces OR 1 tbsp Honey to Any Shakes in Category A	3-4 to 1	B <i>(Medium)</i>	Get Energized; Get Lean; Get Recovered
	501 calories & above	Add 12 Banana Pieces OR 1½ tbsps Honey to Any Shakes in Category A	4 to 1	C <i>(Difficult)</i>	Get Energized; Get Flexible; Get Lean; Get Recovered
WEIGHTS	170–400 calories	Chocolate Thinny Mint; Cracker Jax; Banilla; Tender Greens; Tropical Shredder; Raw Energy Lite; The Caffeinator; Red Velvet Cupcake; Java Jolt	1-2 to 1	D <i>(Light)</i>	Creatine; Get Essentials; Super Greens; Glutamine
	401–500 calories	Organic Cookie Crunch	2-3 to 1	E <i>(Medium)</i>	Creatine; Get Essentials; Get Flexible; Super Greens; Glutamine
	501 calories & above	Mo' Mass	3-4 to 1	F <i>(Difficult)</i>	Creatine; Get Essentials; Get Flexible; Super Greens; Get Recovered; Glutamine
FUNCTIONAL	300–400 calories	Strawberry Slam; Berry, Berry Good; Mango Berry Burst; Hawaiian Harvest; I Love Veggies; Squashed Veggies	2-3 to 1	G <i>(Light)</i>	Creatine; Get Flexible; Get Lean; Get Recovered; Glutamine
	401–500 calories	Add 6-8 Banana Pieces OR 1 tbsp Honey to Any Shakes in Category G	3-4 to 1	H <i>(Medium)</i>	Creatine; Get Energized; Get Flexible; Get Lean; Get Recovered; Glutamine
	501 calories & above	Add 12 Banana Pieces OR 1½ tbsps Honey to Any Shakes in Category G	4 to 1	I <i>(Difficult)</i>	Creatine; Get Energized; Get Flexible; Get Lean; Get Recovered; Glutamine
MIND/BODY	140–300 calories	Banilla; Tropical Shredder; PB Cup Lite; Raw Energy Lite; Slenderberry; Strawberry Lean; The Caffeinator	1-2 to 1	J <i>(Light)</i>	Get Essentials; Super Greens
	301–400 calories	Strawberry Slam; Berry, Berry Good; Mango Berry Burst; Hawaiian Harvest; I Love Veggies; Squashed Veggies	2-3 to 1	K <i>(Medium)</i>	Get Essentials; Get Flexible; Super Greens
	401 calories & above	Mo' Mass	3 to 1	L <i>(Difficult)</i>	Get Essentials; Get Flexible; Super Greens; Get Recovered
MEAL REPLACEMENT	170 calories & above	Chocolate Frosty; Cracker Jax; Chocolate Thinny Mint; Black & Tan Chai; Organic Cookie Crunch; Banilla; Red Velvet Cupcake; Tropical Shredder; Raw Energy Lite; Pumpkin Patch; Tender Greens; Trail Mix; Peanut Butter Cup; PB Cup Lite; Banana Nut Blast; Vanilla Bean	1-2 to 1	M <i>(Meal Replacement)</i>	Get Essentials; Super Greens; Get Regular