

# WINTER MENU

## Seasonal Shakes – 20oz.

### HEALTHY HOLIDAY NOG

6 oz	Unsweetened Vanilla Almond Milk
½ scp	Flavor Fusions - Spiced Chai
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
½ tsp	Cinnamon
12 oz	Ice

Add ingredients, add ice, push #4 on blender.

### GINGER MOCHA SPICE

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Flavor Fusions - Mocha Latte
½ scp	Flavor Fusions - Chocolate Truffle
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
¼ tsp	Ginger
12 oz	Ice

Add ingredients, add ice, push #4 on blender.

### BEETROOT & BERRIES

6 oz	Dr. Smoothie Beetroot & Berries Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
½ scp	Freeze-Dried Blueberries
½ scp	Freeze-Dried Raspberries
1 scp	Vanilla Whey Protein
1 tsp	Cardamom
12 oz	Ice

Add ingredients, add ice, push #4 on blender.

### THE RESOLUTION

6 oz	Dr. Smoothie Pineapple Blend Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
2 scps	Freeze-Dried Spinach
1 scp	Vanilla Whey Protein
1 scp	Get Lean
¼ tsp	Lemon Extract
12 oz	Ice

Add ingredients, add ice, push #4 on blender.

### PEPPERMINT MOCHA

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Flavor Fusions - Mocha Latte
½ scp	Flavor Fusions - Chocolate Truffle
½ scp	Powdered Yogurt
1 ½ scps	Vanilla Whey Protein
¼ tsp	Mint Extract
12 oz	Ice

Add ingredients, add ice, push #4 on blender.

### CHOCOLATE HEART-BEET

6 oz	Dr. Smoothie Strawberry Purée/Water Mix
1 tsp	Dried Beets
1 tsp	Ground Cacao Powder
1 scp	Chocolate Whey Protein
12 oz	Ice

Add ingredients, add ice, push #4 on blender.

## LIQUID & ICE GUIDE

SHAKE SIZE	PROTEIN TYPE	LIQUID	ICE
20 oz	Whey	6 oz	12 oz
	Plant/Soy/None	8 oz	16 oz

SHAKE SIZE	PROTEIN TYPE	LIQUID	ICE
12 oz	Whey	4 oz	7 oz
	Plant/Soy/None	6 oz	10 oz



**If a member/customer asks why they should have a shake, say:**

Welcome! This juice bar has the BEST meal of your day! The ingredients here are CLEAN and nutrient-dense living foods. They are also essential for completing your workout. Hurry up! The clock is ticking... you only have 30 minutes for effective post-workout Recovery. Let me make you a shake that will do the job!

**OR**

Clean nutrition is the key for generating new powerful cells! These shakes are packed with only the phytonutrients from nature – nothing else! They are the MOST nutrient-dense, raw, healthy shakes on the market today! Let me build you a shake that will fit you, your workout and your goals!

**If a member/customer asks why your menu has changed, say:**

We've switched products because we love you and have decided to raise our standards! From now on, everything we serve will be CLEAN nutrition! We will build your shake your way and match anything you've had before in flavor, but it will be soooo much better nutritionally!

**If a member/customer asks about the ingredients in your shakes, say:**

The swiig brand of products that we serve stands for Stuff with infinite Goodness and they believe in Clean Nutrition from Clean Sources. That means No GMOs, Hormones, Antibiotics or anything artificial or synthetic in anything they make. Their founder's motto is "You are what your food eats!"