

## KIDS – SHAKE NUTRITION AT A GLANCE

| 12 oz.        | Blueberry Banana Burst | Br'er Rabbit | Cookie Monster | Cookie Monster+ |
|---------------|------------------------|--------------|----------------|-----------------|
| Calories      | 200                    | 200          | 340            | 170             |
| Fat           | 1.5g                   | 1.5g         | 14g            | 6g              |
| Carbohydrates | 38g                    | 46g          | 44g            | 15g             |
| Protein       | 11g                    | 2g           | 13g            | 14g             |

| 12 oz.        | Eat Your Veggies | Junior Chocolate Frosty | Kids Classic | Mango Madness |
|---------------|------------------|-------------------------|--------------|---------------|
| Calories      | 190              | 120                     | 190          | 200           |
| Fat           | 1g               | 2.5g                    | 0g           | 1.5g          |
| Carbohydrates | 34g              | 12g                     | 47g          | 38g           |
| Protein       | 12g              | 11g                     | 1g           | 11g           |

| 12 oz         | PB & J | PB Banana Jamma | Razzleberry | Strawberry Shortcake |
|---------------|--------|-----------------|-------------|----------------------|
| Calories      | 270    | 190             | 180         | 190                  |
| Fat           | 9g     | 10g             | 1.5g        | 1g                   |
| Carbohydrates | 48g    | 10g             | 33g         | 34g                  |
| Protein       | 5g     | 15g             | 11g         | 11g                  |

| 12 oz.        | The Hulk | Tootie Fruitie |
|---------------|----------|----------------|
| Calories      | 210      | 190            |
| Fat           | 2.5g     | 1g             |
| Carbohydrates | 34g      | 33g            |
| Protein       | 12g      | 11g            |

# KIDS SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## Blueberry Banana Burst | 12oz.

- 4 oz Dr. Smoothie Blueberry Banana Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Freeze-Dried Blueberries
- ½ scp Vanilla Whey Protein
- 7 oz Ice

| 12 oz.  |                                      |
|---|--------------------------------------|
| <b>Nutrition Facts</b>  |                                      |
| servings per container  |                                      |
| <b>Serving size</b>   | <b>12 fl. oz. (354 ml)</b><br>(239g) |
| <b>Amount per serving</b>   |                                      |
| <b>Calories</b>   | <b>200</b>                           |
| <b>% Daily Value*</b>   |                                      |
| <b>Total Fat</b> 1.5g   | 2%                                   |
| Saturated Fat 0.5g  | 3%                                   |
| <i>Trans Fat</i> 0g   |                                      |
| <b>Cholesterol</b> 30mg   | 10%                                  |
| <b>Sodium</b> 35mg  | 2%                                   |
| <b>Total Carbohydrate</b> 38g   | 14%                                  |
| Dietary Fiber 2g  | 7%                                   |
| Total Sugars 29g  |                                      |
| Includes 0g Added Sugars  | 0%                                   |
| <b>Protein</b> 11g  |                                      |
| Vitamin D 0mcg  | 0%                                   |
| Calcium 93mg  | 8%                                   |
| Iron 0mg  | 0%                                   |
| Potassium 202mg   | 4%                                   |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                                      |

BLUEBERRY BANANA BURST

## Br'er Rabbit | 12oz.

- 6 oz Dr. Smoothie Pineapple Blend Puree/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Freeze-Dried Kale
- ½ scp Freeze-Dried Spinach
- ¼ tsp Freeze-Dried Lemon
- ¼ tsp Lemon Extract
- 10 oz Ice

| 12 oz.  |                                      |
|---|--------------------------------------|
| <b>Nutrition Facts</b>  |                                      |
| servings per container  |                                      |
| <b>Serving size</b>   | <b>12 fl. oz. (354 ml)</b><br>(328g) |
| <b>Amount per serving</b>   |                                      |
| <b>Calories</b>   | <b>200</b>                           |
| <b>% Daily Value*</b>   |                                      |
| <b>Total Fat</b> 1.5g   | 2%                                   |
| Saturated Fat 0g  | 0%                                   |
| <i>Trans Fat</i> 0g   |                                      |
| <b>Cholesterol</b> 0mg  | 0%                                   |
| <b>Sodium</b> 30mg  | 1%                                   |
| <b>Total Carbohydrate</b> 46g   | 17%                                  |
| Dietary Fiber 3g  | 11%                                  |
| Total Sugars 34g  |                                      |
| Includes 0g Added Sugars  | 0%                                   |
| <b>Protein</b> 2g   |                                      |
| Vitamin D 0mcg  | 0%                                   |
| Calcium 72mg  | 6%                                   |
| Iron 1mg  | 6%                                   |
| Potassium 525mg   | 10%                                  |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                                      |

BR'ER RABBIT

# KIDS SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## COOKIE MONSTER

### Cookie Monster | 12oz.

- 4 oz Choice of Liquid
- 1 scp Cafe Essentials Cookies & Cream
- ½ scp Chocolate Whey Protein
- 7 oz Ice
- 2 Organic Sandwich Cookies  
*(pulse in the end)*

12 oz.

### Nutrition Facts

servings per container  
Serving size 12 fl. oz. (354 ml)  
(273g)

Amount per serving  
**Calories 340**

% Daily Value\*

Total Fat 14g 18%  
Saturated Fat 7g 35%  
Trans Fat 0g

Cholesterol 25mg 8%  
Sodium 290mg 13%

Total Carbohydrate 44g 16%  
Dietary Fiber 2g 7%

Total Sugars 28g  
Includes 12g Added Sugars 24%

Protein 13g

Vitamin D 1mcg 6%

Calcium 187mg 15%

Iron 2mg 10%

Potassium 205mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## COOKIE MONSTER+

### Cookie Monster+ | 12oz.

- 4 oz Choice of Liquid
- ¼ scp Powdered Yogurt
- ½ scp Vanilla Whey Protein
- 7 oz Ice
- 1 Organic Sandwich Cookie  
*(pulse in the end)*

12 oz.

### Nutrition Facts

servings per container  
Serving size 12 fl. oz. (354 ml)  
(237g)

Amount per serving  
**Calories 170**

% Daily Value\*

Total Fat 6g 8%  
Saturated Fat 2g 10%  
Trans Fat 0g

Cholesterol 30mg 10%

Sodium 200mg 9%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 1mcg 6%

Calcium 248mg 20%

Iron 1mg 6%

Potassium 251mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# KIDS SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## Eat Your Veggies | 12oz.

- 4 oz Dr. Smoothie Pineapple Blend Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 1 scp Organic Super Greens
- 7 oz Ice

| 12 oz.                   |                            |
|--------------------------|----------------------------|
| Nutrition Facts          |                            |
| servings per container   |                            |
| Serving size             | 12 fl. oz. (354 ml) (240g) |
| Amount per serving       |                            |
| <b>Calories</b>          | <b>190</b>                 |
| % Daily Value*           |                            |
| Total Fat 1g             | 1%                         |
| Saturated Fat 0.5g       | 3%                         |
| Trans Fat 0g             |                            |
| Cholesterol 30mg         | 10%                        |
| Sodium 60mg              | 3%                         |
| Total Carbohydrate 34g   | 12%                        |
| Dietary Fiber 3g         | 11%                        |
| Total Sugars 23g         |                            |
| Includes 0g Added Sugars | 0%                         |
| <b>Protein 12g</b>       |                            |
| Vitamin D 0mcg           | 0%                         |
| Calcium 120mg            | 10%                        |
| Iron 1mg                 | 6%                         |
| Potassium 443mg          | 10%                        |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EAT YOUR VEGGIES

## Junior Chocolate Frosty | 12oz.

- 4 oz Choice of Liquid
- ¼ scp Flavor Fusions - Chocolate Truffle
- ¼ scp Chocolate Whey Protein
- ¼ scp Vanilla Whey Protein
- 7 oz Ice

| 12 oz.                   |                            |
|--------------------------|----------------------------|
| Nutrition Facts          |                            |
| servings per container   |                            |
| Serving size             | 12 fl. oz. (354 ml) (226g) |
| Amount per serving       |                            |
| <b>Calories</b>          | <b>120</b>                 |
| % Daily Value*           |                            |
| Total Fat 2.5g           | 3%                         |
| Saturated Fat 0.5g       | 3%                         |
| Trans Fat 0g             |                            |
| Cholesterol 25mg         | 8%                         |
| Sodium 150mg             | 7%                         |
| Total Carbohydrate 12g   | 4%                         |
| Dietary Fiber 1g         | 4%                         |
| Total Sugars 9g          |                            |
| Includes 9g Added Sugars | 18%                        |
| <b>Protein 11g</b>       |                            |
| Vitamin D 1mcg           | 6%                         |
| Calcium 171mg            | 15%                        |
| Iron 1mg                 | 6%                         |
| Potassium 127mg          | 2%                         |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

JR CHOCOLATE FROSTY

# KIDS SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## KIDS CLASSIC

### Kids Classic | 12oz.

- 6 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1 1/2" Fresh Banana)
- 1/4 tsp Lemon Extract or Freeze-Dried Lemon (optional)\*
- 10 oz Ice

\*Optional Items not used for Nutrition Facts panel.

| 12 oz.                        |                                      |
|-------------------------------|--------------------------------------|
| <b>Nutrition Facts</b>        |                                      |
| servings per container        |                                      |
| <b>Serving size</b>           | <b>12 fl. oz. (354 ml)</b><br>(323g) |
| <b>Amount per serving</b>     |                                      |
| <b>Calories</b>               | <b>190</b>                           |
| <b>% Daily Value*</b>         |                                      |
| <b>Total Fat</b> 0g           | <b>0%</b>                            |
| Saturated Fat 0g              | <b>0%</b>                            |
| <i>Trans Fat</i> 0g           |                                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>                            |
| <b>Sodium</b> 10mg            | <b>0%</b>                            |
| <b>Total Carbohydrate</b> 47g | <b>17%</b>                           |
| Dietary Fiber 1g              | <b>4%</b>                            |
| Total Sugars 38g              |                                      |
| Includes 0g Added Sugars      | <b>0%</b>                            |
| <b>Protein</b> 1g             |                                      |
| Vitamin D 0mcg                | <b>0%</b>                            |
| Calcium 37mg                  | <b>2%</b>                            |
| Iron 0mg                      | <b>0%</b>                            |
| Potassium 153mg               | <b>4%</b>                            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## MANGO MADNESS

### Mango Madness | 12oz.

- 4 oz Dr. Smoothie Mango Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1 1/2" Fresh Banana)
- 1 scp Freeze-Dried Strawberries
- 1/2 scp Vanilla Whey Protein
- 1/4 tsp Lemon Extract or Freeze-Dried Lemon (optional)\*
- 7 oz Ice

\*Optional Items not used for Nutrition Facts panel.

| 12 oz.                        |                                      |
|-------------------------------|--------------------------------------|
| <b>Nutrition Facts</b>        |                                      |
| servings per container        |                                      |
| <b>Serving size</b>           | <b>12 fl. oz. (354 ml)</b><br>(239g) |
| <b>Amount per serving</b>     |                                      |
| <b>Calories</b>               | <b>200</b>                           |
| <b>% Daily Value*</b>         |                                      |
| <b>Total Fat</b> 1.5g         | <b>2%</b>                            |
| Saturated Fat 0.5g            | <b>3%</b>                            |
| <i>Trans Fat</i> 0g           |                                      |
| <b>Cholesterol</b> 30mg       | <b>10%</b>                           |
| <b>Sodium</b> 35mg            | <b>2%</b>                            |
| <b>Total Carbohydrate</b> 38g | <b>14%</b>                           |
| Dietary Fiber 2g              | <b>7%</b>                            |
| Total Sugars 28g              |                                      |
| Includes 0g Added Sugars      | <b>0%</b>                            |
| <b>Protein</b> 11g            |                                      |
| Vitamin D 0mcg                | <b>0%</b>                            |
| Calcium 92mg                  | <b>8%</b>                            |
| Iron 0mg                      | <b>0%</b>                            |
| Potassium 332mg               | <b>8%</b>                            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# KIDS SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## PB & J | 12oz.

- 6 oz Dr. Smoothie Four Berry Blend Purée/Water Mix
- 1 scp Freeze-Dried Strawberries
- ½ scp Peanut Butter or PB Lite\*
- 10 oz Ice

\*Peanut Butter used for Nutrition Facts panel.

| 12 oz.                   |                               |
|--------------------------|-------------------------------|
| Nutrition Facts          |                               |
| servings per container   |                               |
| Serving size             | 12 fl. oz. (354 ml)<br>(337g) |
| Amount per serving       |                               |
| <b>Calories</b>          | <b>270</b>                    |
| % Daily Value*           |                               |
| Total Fat 9g             | 12%                           |
| Saturated Fat 1.5g       | 8%                            |
| Trans Fat 0g             |                               |
| Cholesterol 0mg          | 0%                            |
| Sodium 10mg              | 0%                            |
| Total Carbohydrate 48g   | 17%                           |
| Dietary Fiber 4g         | 14%                           |
| Total Sugars 31g         |                               |
| Includes 0g Added Sugars | 0%                            |
| <b>Protein 5g</b>        |                               |
| Vitamin D 0mcg           | 0%                            |
| Calcium 60mg             | 4%                            |
| Iron 1mg                 | 6%                            |
| Potassium 378mg          | 8%                            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PB & J

## PB Banana Jamma | 12oz.

- 4 oz Choice of Liquid
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Peanut Butter or PB Lite\*
- ½ scp Vanilla Whey Protein
- 7 oz Ice

\*Peanut Butter used for Nutrition Facts panel.

| 12 oz.                   |                               |
|--------------------------|-------------------------------|
| Nutrition Facts          |                               |
| servings per container   |                               |
| Serving size             | 12 fl. oz. (354 ml)<br>(237g) |
| Amount per serving       |                               |
| <b>Calories</b>          | <b>190</b>                    |
| % Daily Value*           |                               |
| Total Fat 10g            | 13%                           |
| Saturated Fat 1.5g       | 8%                            |
| Trans Fat 0g             |                               |
| Cholesterol 30mg         | 10%                           |
| Sodium 120mg             | 5%                            |
| Total Carbohydrate 10g   | 4%                            |
| Dietary Fiber 2g         | 7%                            |
| Total Sugars 2g          |                               |
| Includes 0g Added Sugars | 0%                            |
| <b>Protein 15g</b>       |                               |
| Vitamin D 1mcg           | 6%                            |
| Calcium 184mg            | 15%                           |
| Iron 0mg                 | 0%                            |
| Potassium 348mg          | 8%                            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PB BANANA JAMMA

# KIDS SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## RAZZLEBERRY

### Razzleberry | 12oz.

- 4 oz Dr. Smoothie Four Berry Blend Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 7 oz Ice

12 oz.

### Nutrition Facts

servings per container  
Serving size 12 fl. oz. (354 ml)  
(235g)

Amount per serving  
**Calories 180**

% Daily Value\*

Total Fat 1.5g 2%  
Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 35mg 2%

Total Carbohydrate 33g 12%

Dietary Fiber 2g 7%

Total Sugars 20g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 102mg 8%

Iron 1mg 6%

Potassium 335mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## STRAWBERRY SHORTCAKE

### Strawberry Shortcake | 12oz.

- 4 oz Dr. Smoothie Strawberry Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 7 oz Ice

12 oz.

### Nutrition Facts

servings per container  
Serving size 12 fl. oz. (354 ml)  
(235g)

Amount per serving  
**Calories 190**

% Daily Value\*

Total Fat 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 35mg 2%

Total Carbohydrate 34g 12%

Dietary Fiber 1g 4%

Total Sugars 26g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 95mg 8%

Iron 0mg 0%

Potassium 190mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# KIDS SHAKES

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

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

## The Hulk | 12oz.

- 4 oz Dr. Smoothie Pineapple Blend Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Freeze-Dried Kale
- ½ scp Freeze-Dried Spinach
- ¼ tsp Dried Avocado
- ¼ tsp Freeze-Dried Lemon
- ½ scp Vanilla Whey Protein
- ¼ tsp Lemon Extract
- 7 oz Ice

| 12 oz.                   |                               |
|--------------------------|-------------------------------|
| Nutrition Facts          |                               |
| servings per container   |                               |
| Serving size             | 12 fl. oz. (354 ml)<br>(240g) |
| Amount per serving       |                               |
| <b>Calories</b>          | <b>210</b>                    |
| % Daily Value*           |                               |
| Total Fat 2.5g           | 3%                            |
| Saturated Fat 0.5g       | 3%                            |
| Trans Fat 0g             |                               |
| Cholesterol 30mg         | 10%                           |
| Sodium 60mg              | 3%                            |
| Total Carbohydrate 34g   | 12%                           |
| Dietary Fiber 3g         | 11%                           |
| Total Sugars 24g         |                               |
| Includes 0g Added Sugars | 0%                            |
| <b>Protein 12g</b>       |                               |
| Vitamin D 0mcg           | 0%                            |
| Calcium 130mg            | 10%                           |
| Iron 1mg                 | 6%                            |
| Potassium 486mg          | 10%                           |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

THE HULK

## Tootie Fruitie | 12oz.

- 2 oz Dr. Smoothie Strawberry Purée/Water Mix
- 2 oz Dr. Smoothie Pineapple Blend Purée/Water Mix
- 3 Freeze-Dried Banana Pieces (or 1½" Fresh Banana)
- ½ scp Vanilla Whey Protein
- 7 oz Ice

| 12 oz.                   |                               |
|--------------------------|-------------------------------|
| Nutrition Facts          |                               |
| servings per container   |                               |
| Serving size             | 12 fl. oz. (354 ml)<br>(235g) |
| Amount per serving       |                               |
| <b>Calories</b>          | <b>190</b>                    |
| % Daily Value*           |                               |
| Total Fat 1g             | 1%                            |
| Saturated Fat 0.5g       | 3%                            |
| Trans Fat 0g             |                               |
| Cholesterol 30mg         | 10%                           |
| Sodium 35mg              | 2%                            |
| Total Carbohydrate 33g   | 12%                           |
| Dietary Fiber 1g         | 4%                            |
| Total Sugars 25g         |                               |
| Includes 0g Added Sugars | 0%                            |
| <b>Protein 11g</b>       |                               |
| Vitamin D 0mcg           | 0%                            |
| Calcium 97mg             | 8%                            |
| Iron 0mg                 | 0%                            |
| Potassium 267mg          | 6%                            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TOOTIE FRUITIE