

# PROTEIN DONUTS



**LOW SUGAR, LOW CARB, HIGH PROTEIN  
CONTAINS PROBIOTICS & FIBER  
FLAVORS CHANGE DAILY**

# PROTEIN WAFFLES



## FLAVORS

CHOCOLATE CARAMEL PEANUT BUTTER  
STRAWBERRY CHEESECAKE  
CARAMEL NUT ROLL  
BLUEBERRY GLAZE  
FAT ELVIS

### TOPPINGS AVAILABLE:

CARAMEL SYRUP, SUGAR FREE CHOCOLATE SYRUP,  
STRAWBERRY SYRUP, MAPLE SYRUP, PEANUT BUTTER,  
FRUIT OF THE DAY

## MACROS

PER WAFFLE  
272 CALORIES  
18.5G OF CARBS  
30G OF PROTEIN  
9G OF SUGAR

\*NUTRITION FACTS ARE WITHOUT TOPPINGS\*

NOT YOUR AVERAGE WAFFLE.  
PACKED WITH PROTEIN

# PROTEIN COFFEE

ASK ABOUT OUR  
**FAT REDUCTION CREAMER**

DUAL ACTION HUNGER CONTROL  
& BODY FAT REDUCTION

## ICED COFFEE <sup>M</sup> <sup>L</sup>

1. CARAMEL MACCHIATO
2. HOUSE BLEND
3. MOCHA

22.5G/30G PROTEIN - 150/200 CAL  
2G/4G SUGAR



## HOT COFFEE <sup>M</sup>

1. CARAMEL MACCHIATO
2. HOUSE BLEND
3. MOCHA

22.5G PROTEIN - 150/200 CAL  
2G SUGAR



## SIGNATURE <sup>M</sup> <sup>L</sup>

1. CHOC CHIP COOKIE
2. SEA SALT MOCHA
3. BUTTER PECAN

22.5G/30G PROTEIN - 150/200 CAL  
2G/4G SUGAR



## CREAMY SIGNATURE <sup>M</sup> <sup>L</sup>

1. PEANUT BUTTER CUP
2. GLAZED DONUT
3. CINNA-BUN

22.5G/30G PROTEIN - 210/260 CAL  
2G/4G SUGAR



## FLOAT <sup>L</sup> ONLY

1. CARAMEL BROWNIE
2. SUGAR COOKIE
3. S'MORES

39G PROTEIN - 300 CAL  
11G SUGAR



 CONTAINS NUTS



# ALL ABOUT GREENS

## GREENS

Greens Booster with choice of Aloe  
(Mango, Mandarin, Cranberry)

\$6

## IMMUNITY

Greens Booster with Immune Support  
& Aloe

\$9

## PROTEIN PEACH GREENS

Greens, Mango Aloe, Probiotic &  
Peach Mango Beverage Mix (15G Protein)

\$11

## COLLAGEN GREENS

Greens, Mango Aloe &  
Collagen

\$8

## PINEAPPLE GREENS

Greens, Mango Aloe, Probiotic &  
Pineapple Flavor

\$9

## PROTEIN BERRY GREENS

Greens, Cranberry Aloe, Probiotic &  
Wild Berry Beverage Mix (15G Protein)

\$11



## CAFFEINATED GREENS

### CUCUMBER GREENS M

Greens, Mango Aloe, Lemon Tea,  
Lime Liffoff, Collagen & Cucumber Flavor

\$12

### TROPICAL GREENS M

Greens, Mandarin Aloe, Lemon Tea, Tropical  
Liffoff, Collagen & Pineapple Flavor

\$12

### GREEN LIGHT TEA L

Greens, Lemon Tea, Pom Liffoff, Mandarin Aloe,  
Collagen, Peach Mango Beverage Mix, Pineapple &  
Watermelon Flavor (15G Protein)

\$14

### GREEN GODDESS M

Greens, H3O, Mandarin Aloe  
& Orange Liffoff

\$11

# GREENS BENEFITS



SWEET POTATO  
QUINOA SPROUTS  
GREEN TEA EXTRACT  
AMARANTH SPROUTS  
ASHWAGANDHA  
HAWTHORNE BERRY  
GINGER  
APPLE

POMEGRANATE  
BARLEY GRASS  
MORINGA LEAF  
WHEAT GRASS  
CINNAMON  
MILK THISTLE  
ARTICHOKE  
CARROT  
KALE

SPINACH  
TURMERIC  
BLUEBERRIES  
BANANA  
SPIRULINA  
BROCCOLI  
MANGO  
PARSLEY

NO ARTIFICIAL PRESERVATIVES, COLORS, FLAVORS OR SWEETENERS

# HEALTHY SHAKES

## 01. FAT ELVIS

CHOCOLATE  
PEANUT BUTTER  
BANANA



## 02. SNICKERS

COOKIES & CREAM  
PEANUT BUTTER  
CARAMEL



## 03. CHOCOLATE PB WAFFLE

CARAMEL  
PEANUT BUTTER  
CHOCOLATE



## 04. TURTLE CHEESECAKE

VANILLA  
CHEESECAKE  
CHOCOLATE  
PECANS



## 05. MONSTER COOKIE

COOKIES & CREAM  
WHITE CHOCOLATE  
PEANUT BUTTER  
OATMEAL



## 06. SCOTCHAROO

VANILLA  
BUTTERSOTCH  
PEANUT BUTTER  
CHOCOLATE



## 07. PB CHEESECAKE

VANILLA  
PEANUT BUTTER  
CHEESECAKE



## 08. CARAMEL NUT ROLL

PRALINES & CREAM  
CARAMEL  
CINNAMON



## 09. BROWNIE BATTER

CHOCOLATE  
WHITE CHOCOLATE  
CHEESECAKE



## 10. LEMON COOKIE

COOKIES & CREAM  
ORANGE  
LEMON



## 11. CAKE BATTER

VANILLA  
WHITE CHOCOLATE  
CHEESECAKE



## 12. MINT CHIP

MINT CHOC CHIP  
CHOCOLATE



## 13. WHITE CHOC RASPBERRY

VANILLA  
WHITE CHOCOLATE  
RASPBERRY



## 14. CHERRY DIPPED CONE

VANILLA  
ALMOND  
CHERRY



## 15. STRAWBERRY CHEESECAKE

STRAWBERRY  
CHEESECAKE



## 16. FRUITY PEBBLES

ORANGE  
RASPBERRY  
LEMON



**24G PROTEIN**  
**21 VITAMINS**  
**21 NUTRIENTS**  
VITAMIN A, C, D, E, B6, B12  
CALCIUM IRON - POTASSIUM  
**TOTAL CARBS 15G**  
**9G SUGAR**

ASK ABOUT OUR  
**PROTEIN COFFEE**



 CONTAINS NUTS



# LIT TEA FAVORITES

**ANTIOXIDANT  
VITAMIN C**

B, B1, B2, B3, B5, B6, B7, B12  
SUPPORTS BRAIN FUNCTION  
REDUCE MENTAL FATIGUE  
**160mg / 200mg  
CAFFEINE**

## **BOMB POP**

BLUE RASPBERRY  
POMEGRANATE



## **BAJA BLAST**

TROPICAL BLUE RAZ  
LEMON LIME



## **MERMAID**

BLUE RASPBERRY  
LEMON LIME



## **BLACK PEARL**

BLUE RASPBERRY  
POMEGRANATE  
GRAPE



## **PINK STARBURST**

PINK STARBURST  
WATERMELON



## **SWEEDISH FISH**

STRAWBERRY  
WATERMELON  
ORANGE



## **WHITE LIGHTNING**

BLACKBERRY  
COCONUT



## **GRAPE SKITTELEZ**

FRUIT PUNCH  
ORANGE



**AVAILABLE DAILY**  
SIZE MEDIUM OR LARGE

# BOOSTED TEAS

## 01. WATERMELON SPLASH

WATERMELON  
CUCUMBER



## 02. AQUAMARINE

GREEN APPLE  
BLUE BLAST  
PINEAPPLE



## 03. BIKINI BOTTOM

BLUE RASPBERRY  
PINEAPPLE



## 04. ORANGE BREEZE

ORANGE  
MANGO



## 05. PIXIE DUST

PINK STARBURST  
COTTON CANDY



## 06. ARCTIC BLAST

BLUE RASPBERRY  
BLACKBERRY



## 07. HYDRO ELIXIR

ORANGE MANGO  
BLUE BLAST



## 08. ISLAND VIBES

COCONUT  
MANGO



## 09. PINK LADY

WATERMELON  
GREEN APPLE



## 10. TIE DYE

GRAPE  
CHERRY



## 11. BLUE HAWAIIAN

BLUE BLAST  
COCONUT



## 12. GO BANANAS

BANANA  
MELON



## 13. FRUIT ROLLUP

CHERRY  
STRAWBERRY



## 14. BLACKBERRY FUSION

BLACKBERRY  
POMEGRANATE



## 15. BLACK PEARL

BLUE RASPBERRY  
GRAPE



## 16. TROPICANA

PINA COLADA  
ORANGE



## 17. CREAMSAVER

PINK STARBURST  
STRAWBERRY  
VANILLA



## 18. PURPLE RAIN

WATERMELON  
BLUE BLAST  
CHERRY  
VANILLA



## 19. BLUE DREAM

BLUE RASPBERRY  
BLUE BLAST  
VANILLA



## 20. CREAMSICLE

WHITE GRAPE  
ORANGE  
VANILLA



## ANTIOXIDANT VITAMIN C

B, B1, B2, B3, B5, B6, B7, B12  
SUPPORTS BRAIN FUNCTION  
REDUCE MENTAL FATIGUE  
CIRCULATION & VASCULAR HEALTH  
PROTEIN COLLAGEN  
HYDRATION  
ENERGY

## ASK ABOUT OUR GREENS DRINKS



CONTAINS PROTEIN



# KIDS CORNER

**ANTIOXIDANT  
VITAMIN C**

B, B1, B2, B3, B5, B6, B7, B12  
HYDRATION & PROTEIN  
NO CAFFEINE

**MINIONS**

ORANGE  
MANGO



**PAW PATROL**

ORANGE  
CHERRY



**BLUES CLUES**

ORANGE  
BLUE RASPBERRY



**HOTEL  
TRANSYLVANIA**

GRAPE  
ACAI BERRY



**CLIFFORD**

RASPBERRY  
CRANBERRY



**ELSA**

BLUE RASPBERRY  
ACAI BERRY



**AVAILABLE DAILY**

SIZE SMALL OR MEDIUM