

Chocolate Peanut Butter™
You will think you're drinking a liquid peanut butter cup.

Cookie Monster™
We raided the cookie jar to make this thick chocolaty Oreo® extravaganza.

No Bake Cookie™
Don't feel guilty if this tastes better than your mom used to make! We won't tell.

German Chocolate Cake™
After drinking this shake, you'll think we have a baker in the back. Enjoy!



Chocolate Banana™
You will look like you've been sculpted from stone after drinking this delicious blend of chocolate and banana.

Candy Bar Craving™
This tastes like a Snickers®. It's so good you'll be looking for the candy bar wrapper in the bottom of your cup.

Thin Mint™
You'll think we have a girl scout troop on staff after tasting this delicious blend of chocolate mint and Oreos®!



• SHAKE THIS •

NUTRITION BARS SHAKIN' UP YOUR WORLD

Caramel Apple™
You'll think that we just picked this shake up at the County Fair! Don't worry, it doesn't come on a stick.

Caramel Banana™
This combination resembles homemade ice cream.

PB&J™
Jiffy® and Smucker's® will be envious of this shake. It's so much better in a shake than on bread!

Peanut Butter Banana™
This taste similar to a Butterfinger® with bananas, hazelnut and peanut butter.

Coconut Almond™
You know the old saying, "sometimes you feel like a nut..." Enough said. This tastes just like an Almond Joy®!

Strawberry Banana™
Try curling this popular combination of strawberries and bananas.

Banana Bonita™
Slim down with this south-of-the-border favorite which includes a delicious blend of pineapple juice, banana, pineapple and coconut.

Tuti-Fruiti™
Wop-bop-alo-bop-a-wop-bam-boom, Good golly Miss Molly this mixture of raspberry juice, strawberries, blueberries and bananas will shake you up.

Tropical Twist™
Twist it up with this combination of passion mango juice, guava and pineapple juices along with pineapple and banana.

Berry Blast™
Blast off with this mixture of raspberry, apple and guava juice, banana, pineapple and strawberries.

Purple People Eater™
Get ripped and shredded to the bone with this blueberry banana bomb.



All Shakes available as High Protein or a Low Calorie Burner.

High Protein

\$4.95

High Protein shakes are 20 ounces and have 36 to 40 grams of protein. Calories range from 350 to 540.

Low Calorie BURNERS

\$4.50

Low Calorie Burners are 20 ounces and have 18 to 22 grams of protein and contain the Fat Burning Blend. Calories range from 200 to 390.

WESTSIDE
Fitness

S.M.O.K.I.N.
SMOOTHIES



\$4.25

Pro-1 • Carb-48
Fat-0 • Cal-196

If You Like Pina Colodas
Pineapple Juice, Pineapple, Banana, Coconut

Very Berry
Raspberry Juice, Apple Juice, Blueberries, Strawberries

Raging Raspberry
Raspberry Juice & Raspberries

Fuzzy Navel
Passion Mango Juice, Banana, Peach

Blueberry Bomb
Apple Juice, Blueberries (Double Dose)

Passionate Pomegranate
Passion Mango Juice, Banana, Pomegranate

You've Guava Be Kidding Me
Guava Juice, Pineapple, Banana

Strawana
Raspberry Juice, Apple Juice, Strawberries, Banana

LOW CARB
PROTEIN SHAKES

\$4.50

Pro-32 • Carb-8
Fat-2 • Cal-180

Possible flavors:
Chocolate, Vanilla, Strawberry, Vanilla, Chocolate, Caramel, Hazelnut, Vanilla, Raspberry, Vanilla

ADD OMS for \$1.00

Meal Replacement Powder

An ideal protein powder to use for a meal replacement. This is our most popular and highest quality protein powder.
Pro-10 • Carb-15 • Fat-1 • Cal-110

Whey Protein

Lactose free and easy for your body to digest, absorb and use.
Pro-16 • Carb-4 • Fat-1 • Cal-90

ADD OMS for \$.50

Multi Vitamin Blend

Forget to eat your veggies today, no problem. Vitamin A, Thiamin B1, Riboflavin B2, Nicotin B2, Vitamin B6, Vitamin B12, Biotin, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Panthothentic Acid, Calcium, Iodine, Iron, Magnesium, Phosphorus, Potassium, Sodium, Copper, Zinc

Energy Blend

If your wagon is draggin', get dialed up and plugged in with this movement making combo.

Fat Burner Blend

Keep your jeans from looking like spandex with this blend of herbs, supplements and fat burning agents.

Creatine (10 Grams)

Creatine can be one of the muscles main sources of energy. Creatine forces fluid into the muscle which in return helps muscles recover faster, handle heavy loads and have more endurance. (which all lead to quicker muscle growth) Ask for any shake "Pumped Up"

Glutamine (5 Grams)

Aids in muscle recovery by increasing blood levels to help the body regulate protein synthesis. High levels of glutamine signal a need for growth hormone.