

Customize your shake or smoothie  
with a healthy add-in.

## ADD INS

### Almond Milk

#### Chocolate (3/4 cup – 1 cup)

75-100 cal, 2-3g fat, 1g protein, 14-19g carbs, 13-17g sugar, 1g fiber, 180-240mg sodium

#### Vanilla (3/4 cup – 1 cup)

68-90 cal, 2-3g fat, 1g protein, 12-16g carbs, 12-16g sugar, <1g fiber, 120-160mg sodium

#### Vanilla Light (3/4 cup – 1 cup)

30-40 cal, 2g fat, <1g protein, 4-5g carbs, 4-5g sugar, <1g fiber, 120-160mg sodium

### Soy Milk

#### Chocolate Light (3/4 cup – 1 cup)

68-90 cal, 1-2g fat, 2-3g protein, 11-15g carbs, 11-14g sugar, 2g fiber, 60-80mg sodium

#### Vanilla Light (3/4 cup – 1 cup)

53-70 cal, 1-2g fat, 5-6g protein, 5-7g carbs, 4-5g sugar, <1-1g fiber, 75-100mg sodium

### Banana (half)

53 cal, 0g fat, <1g protein, 14g carbs, 7g sugar, 2g fiber, <1mg sodium

### Chai

197cal, 4g fat, 3g protein, 37g carbs, 32g sugar, 0g fiber, 222mg sodium

### Chocololics Choice Cocoa

189 cal, 4g fat, 2g protein, 40g carbs, 28g sugar, 2g fiber, 233mg sodium

### Frozen Blueberries (1/2 cup)

40 cal, 1g fat, <1g protein, 9g carbs, 6g sugar, 2g fiber, 0mg sodium

### Frozen Fruit Medley (1/2 cup)

47 cal, 0g fat, 1g protein, 11g carbs, 9g sugar, 1g fiber, 0mg sodium

### Frozen Strawberries (1/2 cup)

25 cal, 0g fat, <1g protein, 7g carbs, 3g sugar, 2g fiber, 0mg sodium

### Frozen Triple Berry Blend (1/2 cup)

40 cal, 0g fat, <1g protein, 11g carbs, 5g sugar, 5g fiber, 10mg sodium

### Honey

60 cal, 0g fat, 0g protein, 17g carbs, 16g sugar, 0g fiber, 0mg sodium

### Mocha

196 cal, 5g fat, 2g protein, 37g carbs, 28g sugar, 1g fiber, 228mg sodium

### Oatmeal

89 cal, 2g fat, 3g protein, 16g carbs, 1g sugar, 2g fiber, 0mg sodium

### Oreo (1 cookie)

45 cal, 2g fat, <1g protein, 7g carbs, 4g sugar, <1g fiber, 45mg sodium

### Peanut Butter (Jif)

95 cal, 8g fat, 4g protein, 4g carbs, 2g sugar, 1g fiber, 70mg sodium

### Peanut Butter (natural)

90 cal, 7g fat, 5g protein, 4g carbs, 1g sugar, 2g fiber, 60mg sodium

### Strawberry Granola

130 cal, 2g fat, 4g protein, 26g carbs, 7g sugar, 2g fiber, 9mg sodium

### Truly Latte

194 cal, 4g fat, 0g protein, 42g carbs, 36g sugar, 0g fiber, 306mg sodium

### Vanilla Creme

36 cal, 1g fat, 0g protein, 5g carbs, 4g sugar, 0g fiber, 63mg sodium

### Yogurt Lovers

36 cal, 0g fat, 0g protein, 7g carbs, 4g sugar, 0g fiber, 36mg sodium

## BUY YOUR BIO-WHEY PROTEIN POWDER & ADDITIVES IN BULK!



Bio-Whey is a unique, all-natural formula made with the highest quality protein blended with only pure extracts, low-glycemic sweeteners and flavoring. You won't find a more natural and concentrated whey supplement anywhere. Plus, Bio-Whey protein is certified free of all growth hormones. Bio-Whey delivers the purest form of protein to guarantee maximum absorption, utilization and bio-availability. Our ingredient profile is made up of only the highest quality natural ingredients containing minimum levels of lactose which virtually eliminates typical digestion issues associated with other protein supplements. In addition, Bio-Whey contains a blend of four digestive enzymes to help you break down and utilize every last gram. This is unique to the industry and great for your unique body!

Please see the Juice Bar staff for a full list of protein flavors, nutritional additives and container/bulk pricing.

## CHECK OUT OUR SPORT SHOP!

Did you forget your gear? We may have what you need!

- Headphones / Ear Buds
- Socks
- T-shirts
- Sweatshirts
- Goggles
- Swim Caps
- Ear Plugs
- Lip Balm
- Batteries
- Heart Monitors
- Fitness Trackers
- Sweatbands
- Personal Care Items
- ...and more!



4seasons-club.com



## Four Seasons Health Club

# Juice bar & Sport Shop



Replenish • Refuel • Rehydrate

## Drink Menu & Nutritional Information

You’re focused on performance.

Whether you need a pre-workout pick-me-up, a post-workout recharge, or a low cal great tasting shake that fits into your busy lifestyle – we have an option for you!

PRE-WORKOUT SHAKES

Milk Based (almond or soy / vanilla or chocolate)

Includes 1 scoop Get Energized additive

**Energize Me** 16oz Orange, tangerine & banana  
369-372 cal, 6-7g fat, 21g protein, 60g carbs, 48g sugar, <1g fiber, 428-469mg sodium

**Java Jolt** 16oz Colombian coffee & dark chocolate  
204-217 cal, 5g fat, 1-4g protein, 41g carbs, 31g sugar, 1g fiber, 223-320mg sodium

REFUEL & RECOVER SHAKES

Milk Based (almond or soy / vanilla or chocolate)

Includes 20g Bio-Whey Protein (vanilla or chocolate) & 1 additive

**Antioxidant Blast** 16oz(water based) Acai, blueberries, blackberries, pomegranate, banana, vanilla protein & Get Recovered  
479 cal, 2g fat, 23g protein, 92g carbs, 79g sugar, 4g fiber, 63mg sodium

**Body Builder** 16oz Banana, flax seed oil, vanilla or chocolate whey protein & Creatine  
237-277 cal, 4-5g fat, 21-25g protein, 24-32g carbs, 16-24g sugar, 2-3g fiber, 106-203mg sodium

**Cardio Freeway** 16oz Low-fat vanilla cream, strawberries, honey, vanilla whey protein & flax seed oil  
283-323 cal, 4-5g fat, 20-24g protein, 29-44g carbs, 28-36g sugar, 1-2g fiber, 168-265mg sodium

**Chocolate Frosty** 16oz Chocolate, chocolate whey protein & Get Regular  
328c-342 cal, 6-7g fat, 22-25g protein, 50g carbs, 35g sugar, 2-3g fiber, 281-378mg sodium

**Chocolate Thinny Mint** 16oz Dark chocolate, refreshing mint, chocolate whey protein & Get Lean  
333-347 cal, 6g fat, 22-25g protein, 51g carbs, 35g sugar, 2-3g fiber, 281-378mg sodium

**Mo’ Mass** 16oz Natural peanut butter, oatmeal, banana, vanilla or chocolate whey protein & Daily Mass  
531-571 cal, 13-14g fat, 37-41g protein, 69-77g carbs, 30-38g sugar, 5-6g fiber, 174-271mg sodium

TRIM & LOW CAL

Milk Based (almond or soy / vanilla or chocolate)

Includes 10g Bio-Whey Protein (vanilla or chocolate) & 1 additive

**Banana Slim** 16oz Banana, vanilla whey protein & Get Regular  
151-191 cal, 2-3g fat, 12-16g protein, 23-31g carbs, 14-22g sugar, 6-7g fiber, 85-182mg sodium

**Lean Machine** 16oz(water based) Banana, vanilla whey protein & Glutamine  
124-125 cal, <1g fat, 11g protein, 17-18g carbs, 11g sugar, 2g fiber, 21-22mg sodium

**Mocha Melt** 16oz Colombian coffee, chocolate, chocolate whey protein & Get Lean  
172 -173 cal, 3g fat, 11g protein, 26g carbs, 16g sugar, 1g fiber, 135-136mg sodium

**PB Cup Lite** 16oz Chocolate, natural peanut butter, chocolate whey protein & Get Lean  
302-342 cal, 12-13g fat, 15-19g protein, 35-43g carbs, 20-28g sugar, 2-4g fiber, 241-338mg sodium

You want a healthy choice and a great taste.

Our fruit purees are 100% natural, fat-free, lactose-free, no artificial colors, flavors or preservatives, are enriched with vitamins and minerals full of fun and bold flavors to get you moving!

SIGNATURE SHAKES

Milk Based (almond or soy / vanilla or chocolate)

**Banana Split** 16oz Banana, chocolate & strawberries  
232 cal, 1-2g fat, 1-3g protein, 52-53g carbs, 43g sugar, 2-3g fiber, 61-160mg sodium

**Chocolate Covered Strawberry** 16oz Strawberries & chocolate  
198-205 cal, 1-2g fat, 1-2g protein, 44-46g carbs, 41-43g sugar, 2g fiber, 58-160mg sodium

**Chocolate Truffle** 16oz Chocolate  
244-251 cal, 5-6g fat, 3-5g protein, 49-52g carbs, 37-39g sugar, 4g fiber, 290-397mg sodium

**Cookie Monster** 16oz Oreos & chocolate  
250-257 cal, 7-8g fat, 3-4g protein, 45-48g carbs, 32-34g sugar, 3-4g fiber, 268-388mg sodium

**Matcha Mint** 16oz Chocolate, mint & matcha green tea  
263-278 cal, 7-9g fat, 2-6g protein, 46-53g carbs, 39-46g sugar, <1g fiber, 312-357mg sodium

**Nutty Professor** 16oz Peanut butter & banana  
195-223 cal, 8-10g fat, 5-10g protein, 23-32g carbs, 12-22g sugar, 3-5g fiber, 120-250mg sodium

**PT Kick** 16oz Peanut butter, strawberries & banana  
370-402 cal, 7-9g fat, 4-5g protein, 74-78g carbs, 65-66g sugar, 1-4g fiber, 71-134mg sodium

FRUIT SMOOTHIES

Water Based

100% Crushed Fruit • Gluten-Free

**Acai Berry** 16oz Acai, pomegranate, blackberries & blueberries  
362 cal, 2g fat, 2g protein, 70g carbs, 62g sugar, 2g fiber, 32mg sodium

**Blueberry Banana**16oz  
256 cal, 0g fat, 2g protein, 64g carbs, 60g sugar, 0g fiber, 21mg sodium

**Butternut Squash** 16oz Squash, mango & 7-veggie blend  
277 cal, 0g fat, 2g protein, 68g carbs, 66g sugar, 1g fiber, 32mg sodium

**Carrot Orange**16oz Carrot, orange & 7-veggie blend  
277cal, 0g fat, 2g protein, 66g carbs, 62g sugar, 1g fiber, 96mg sodium

**Forbidden Fruit** 16oz Guava, passion fruit & orange  
298 cal, 0g fat, 2g protein, 70g carbs, 66g sugar, 4g fiber, 11mg sodium

**Four Berry** 16oz Raspberries, strawberries, blueberries & blackberries  
277 cal, 0g fat, 2g protein, 68g carbs, 62g sugar, 2g fiber, 11mg sodium

**Mango Tropics** 16oz Mango, banana & pineapple  
277 cal, 0g fat, 2g protein, 70g carbs, 60g sugar, <1g fiber, 11mg sodium

**Northwest Berry** 16oz Boysenberries & blackberries  
277 cal, 0g fat, <1g protein, 68g carbs, 62g sugar, 4g fiber, 21mg sodium

**Orange Tangerine**16oz  
298 cal, 0g fat, 2g protein, 70g carbs, 66g sugar, 0g fiber, 11mg sodium

**Peach Pear Apricot** 16oz  
277 cal, 0g fat, 2g protein, 70g carbs, 64g sugar, 2g fiber, 11mg sodium

**Pineapple** 16oz Pineapple, banana & coconut  
298 cal, 0g fat, 2g protein, 70g carbs, 68g sugar, 1g fiber, 21mg sodium

**Strawberry** 16oz  
298 cal, 0g fat, 0g protein, 72g carbs, 66g sugar, <1g fiber, 0mg sodium

**Strawberry Banana**16oz  
277 cal, 0g fat, 0g protein, 70g carbs, 64g sugar, <1g fiber, 11mg sodium

**Wild Cherry Cranberry** 16oz  
277 cal, 0g fat, <1g protein, 70g carbs, 62g sugar, 0g fiber, 21mg sodium

You’re unique, your shake can be too!

We have an assortment of additives and add-ins to boost the power of your shake or smoothie based on what your body needs. Pick the ones that fit you best, and your order becomes one of a kind!

PROTEIN SHAKES

Water Based

Includes 40g Bio-Whey Protein (vanilla or chocolate)

**Banana Blast** 16oz  
220 cal, 1g fat, 40g protein, 10g carbs, 6g sugar, 0g fiber, 84mg sodium

**Chocolate** 16oz  
214 cal, 2g fat, 40g protein, 8g carbs, 6g sugar, 0g fiber, 86mg sodium

**Vanilla** 16oz  
220 cal, 1g fat, 40g protein, 10g carbs, 6g sugar, 0g fiber, 84mg sodium

**Wild Berry** 16oz  
220 cal, 1g fat, 40g protein, 10g carbs, 6g sugar, 0g fiber, 84mg sodium

Boost the power of your shake with a nutiritional additive.

ADDITIVES

**Creatine**

20 cal, 0g fat, 0g protein, 5g carbs, <1g sugar, <1g fiber, \*sodium

**Get Essentials**

15 cal, 0g fat, 0g protein, 4g carbs, 0g sugar, 0g fiber, \*sodium

**Get Energized**

20 cal, 0g fat, 0g protein, 5g carbs, 0g sugar, 0g fiber, 0mg sodium

**Get Regular**

20 cal, 0g fat, 0g protein, 5g carbs, \*sugar, 3g fiber, 5mg sodium

**Flax Seed Oil**

21 cal, <1g fat, 1g protein, 2g carbs, 0g sugar, 2g fiber, 3mg sodium

**Get Hearty**

25 cal, 0g fat, 4g protein, 3g carbs, 0g sugar, 3g fiber, 0mg sodium

**Get Resistance**

15 cal, 0g fat, 0g protein, 4g carbs, 0g sugar, 0g fiber, \*sodium

**Get Flexible**

15 cal, 0g fat, 0g protein, 4g carbs, \*sugar, \*fiber, 4mg sodium

**L-Glutamine**

0 cal, \*fat, \*protein, \*carbs, \*sugar, \*fiber, \*sodium

**Get Recovered**

15 cal, 0g fat, 0g protein, 4g carbs, 0g sugar, \*fiber, \*sodium

**Get Greens**

30 cal, 0g fat, 6g protein, 6g carbs, 0g sugar, 6g fiber, 60mg sodium

**Get Girly**

20cal, 1g fat, \*protein, 4g carbs, \*sugar, \*fiber, \*sodium

**Bio-Whey Protein (20g scoop)**

**Banana Blast**

110 cal, <1g fat, 20g protein, 5g carbs, 3g sugar, 0g fiber, 42mg sodium

**Chocolate**

107 cal, 1g fat, 20g protein, 4g carbs, 3g sugar, 0g fiber, 43mg sodium

**Vanilla**

110 cal, <1g fat, 20g protein, 5g carbs, 3g sugar, 0g fiber, 42mg sodium

**Wild Berry**

110 cal, <1g fat, 20g protein, 5g carbs, 3g sugar, 0g fiber, 42mg sodium

\* information unavailable from manufacturer