

Create Your Shake!



1. Start Here

PICK A SIZE

8 oz 99¢
16 oz \$1.99

2. Choose Your Flavors

BASE

Chocolate Almond Milk
Vanilla Almond Milk
35¢/half cup • 75¢/cup
Skim Milk
10¢/half cup • 20¢/cup
Water

MAGNUM PROTEIN

Chocolate
Vanilla
Chocolate PB
Cookies & Cream
Salted Caramel
\$1.00/ half scoop • \$2.00/scoop

FROZEN FRUIT

Banana
Strawberry
Blueberry
Mango
50¢/half cup • \$1.00/cup

3. Make It Special

ADD-INS

Cocoa
Oatmeal
Honey
10¢/half scoop • 20¢/scoop
Instant Coffee
10¢/tsp
Organic Chocolate Cookie
35¢/cookie
PB Fit or
Natural Peanut Butter
20¢/half scoop • 40¢/scoop

ADDITIVES

Performance Greens
75¢/half scoop • \$1.50/scoop
Glutamine
25¢/half scoop • 50¢/scoop

FOUR SEASONS FAVORITES

- Café Mocha** Coffee, chocolate & protein
\$1.99/8 oz • \$4.04/16 oz
- PB Cup Delight** Chocolate, peanut butter & protein
\$2.54/8 oz • \$5.14/16 oz
- Cookie Monster** Cookies & cocoa
\$1.79/8 oz • \$3.64/16 oz
- Nutty Professor** Peanut butter & banana
\$2.04/8 oz • \$3.64/16 oz

FILL YOUR OWN BLENDER BOTTLE

Pre-Workout:

Rev up before your workout (contains caffeine)

- Fruit Punch w/ Peach Kicker**
- Black Cherry w/ Grape Kicker**
- \$2.00/scoop

BCAAs:

Help promote muscle growth, repair & reduce muscle soreness after exercise with branched-chain amino acids

- Blue Raspberry w/ Peach Kicker**
- Fruit Punch w/ Mango Kicker**
- Strawberry w/ Black Cherry Kicker**
- \$2.00/scoop

Protein:

Great for post-workout recovery & calorie burn

- Chocolate Vanilla**
- Chocolate PB**
- Cookies & Cream**
- Salted Caramel**
- \$2.00/scoop

