

SHAKE NUTRITION AT A GLANCE

20 oz.	Strawberry Slam	Java Jolt	Berry, Berry Good	Chocolate Frosty	Mango Crusher	Hawaiian Harvest
Calories	350	470	340	420	350	360
Fat	2g	9g	1.5g	6g	2g	3g
Carbohydrates	63g	73g	62g	47g	65g	63g
Protein	21g	28g	21g	48g	21g	21g

20 oz.	Chocolate Thinny Mint	Cracker Jax	Black & Tan Chai	Mo' Mass	Organic Cookie Crunch
Calories	380	390	590	600	410
Fat	5g	8g	10g	6g	9g
Carbohydrates	49g	50g	78g	106g	47g
Protein	38g	34g	49g	37g	37g

20 oz.	Red Velvet	I Love Veggies	Raw Energy	Squashed Veggies	Tender Greens	Pumpkin Patch
Calories	410	370	300	370	400	490
Fat	8g	2.5g	7g	2.5g	15g	6g
Carbohydrates	60g	65g	39g	64g	41g	71g
Protein	28g	22g	22g	22g	27g	40g

20 oz.	Peanut Butter Cup	Banana Nut Blast	Trail Mix	Vanilla Bean
Calories	610	570	550	380
Fat	22g	19g	12g	7g
Carbohydrates	54g	51g	71g	36g
Protein	56g	55g	43g	42g

20 oz.	PB Cup Lite	Berry Trim	Body Shredder	Mocha Melt	Skinny Minny
Calories	280	330	330	350	260
Fat	4.5g	1.5g	2.5g	6g	2.5g
Carbohydrates	32g	64g	42g	53g	33g
Protein	33g	16g	37g	22g	30g

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12 oz.	Strawberry Slam	Java Jolt	Berry, Berry Good	Chocolate Frosty	Mango Crusher	Hawaiian Harvest
Calories	270	380	270	250	280	280
Fat	1.5g	7g	1.5g	3.5g	1.5g	2.5g
Carbohydrates	46g	55g	44g	32g	47g	44g
Protein	21g	26g	21g	25g	21g	21g

12 oz.	Chocolate Thinny Mint	Cracker Jax	Black & Tan Chai	Mo' Mass	Organic Cookie Crunch
Calories	270	210	420	350	240
Fat	3.5g	4g	6g	4g	5g
Carbohydrates	37g	26g	45g	60g	26g
Protein	25g	18g	45g	23g	25g

12 oz.	Red Velvet	I Love Veggies	Raw Energy	Squashed Veggies	Tender Greens	Pumpkin Patch
Calories	240	230	170	230	220	270
Fat	4.5g	1.5g	4g	1.5g	8g	3.5g
Carbohydrates	36g	43g	22g	42g	24g	43g
Protein	16g	11g	11g	12g	15g	16g

12 oz.	Peanut Butter Cup	Banana Nut Blast	Trail Mix	Vanilla Bean
Calories	310	300	320	240
Fat	11g	10g	6g	3.5g
Carbohydrates	28g	27g	41g	25g
Protein	29g	28g	28g	27g

12 oz.	PB Cup Lite	Berry Trim	Body Shredder	Mocha Melt	Skinny Minny
Calories	180	250	220	300	180
Fat	2.5g	1g	1.5g	5g	2g
Carbohydrates	19g	46g	28g	44g	20g
Protein	22g	16g	24g	21g	22g

SHAKE NUTRITION AT A GLANCE

20 oz.	Banilla	Chocolate Brownie	Peanut Buster	Pineapple Shredder	Raw Energy Lite	Razzle Dazzle
Calories	250	300	270	290	300	220
Fat	4.5g	10g	10g	11g	5g	3.5g
Carbohydrates	22g	18g	17g	26g	35g	25g
Protein	31g	36g	30g	22g	32g	22g

20 oz.	Skinny Delight	Strawberry Lean	The Caffeinator
Calories	280	200	290
Fat	6g	5g	6g
Carbohydrates	22g	20g	27g
Protein	37g	21g	31g

12 oz.	Banilla	Chocolate Brownie	Peanut Buster	Pineapple Shredder	Raw Energy Lite	Razzle Dazzle
Calories	170	190	210	170	180	160
Fat	3g	6g	7g	4g	3g	2.5g
Carbohydrates	16g	12g	12g	19g	19g	16g
Protein	21g	23g	26g	16g	21g	16g

12 oz.	Skinny Delight	Strawberry Lean	The Caffeinator
Calories	190	140	220
Fat	4g	2.5g	5g
Carbohydrates	15g	15g	24g
Protein	25g	16g	21g

Kids - 12 oz.	Junior Chocolate Frosty	The Hulk	Cookie Monster+	Strawberry Shortcake
Calories	200	230	190	210
Fat	3g	1.5g	4.5g	1g
Carbohydrates	30g	44g	24g	40g
Protein	15g	12g	15g	10g