

NAME/DATE: _____

SHAKES		
POWDER ONLY	Pro/Cal	Quantity Each
Chocolate Powder	15g/100	
Vanilla Powder	15g/100	
Strawberry Powder	15g/100	
Dark Choc Powder	15g/100	
Mocha Powder	15g/100	
Choc Salted Caramel	15g/100	
Chocolate Mint	15g/100	
Hot Chocolate	15g/100	
Berry Smoothie	15g/100	

Shakes

SNACKS		
BARS	Pro/Cal	Quantity Each
Brownie Bar w/Caramel	10g/160	
Peanut Butter Crunch	10g/160	
Chocolate Mint Bar	10g/150	
Sweet & Salty Peanut	10g/160	
Lemon Meringue	10g/150	
Oatmeal Cinn. Raisin	10g/160	
Butter Pecan w/Caramel	10g/	
Blender Bottle		

SNACKS		
OATMEAL & CEREAL	Pro/Cal	Qty
Apples & Cinnamon	12g/130	
Maple Brown Sugar	15g/120	
HOT ENTREES	Pro/Cal	Qty
Nacho Pasta	15g/140	
Cheesesteak Pasta	12g/140	
SALTY SNACKS	Pro/Cal	Qty
Pretzels Twists	12g/120	
Cheddar Bites	10g/130	
Honey Mustard	10g/130	
Party Mix	10g/140	

Snacks

SNACKS		
BARS	Pro/Cal	Qty
Fudge Graham	15g/160	
Cinnamon Bar	15g/160	
Peanut Bar	15g/160	
Double Berry Bar	15g/160	
Vanilla Caramel	15g/160	
Caramel Cocoa	15g/160	
Chocolate Almond Bar	15g/160	