



## The Nutritional Details

		CALORIES	CARBS grams	FIBER grams	SUGAR grams	SODIUM mg.	PROTEIN grams	TOTAL FAT grams	SATURATE D FAT grams	TRANS FAT grams	
<b>Fan Favorites</b>	<b>4x8</b>	<i>Milk, honey, peanut butter, yogurt, banana</i>	477	80	4	61	136	18	0	0	
	<b>Americas cup</b>	<i>Strawberry juice, yogurt, banana, strawberries</i>	392	93	5	70	65	4	1	0	
	<b>Bench Press</b>	<i>Milk, honey, peanut butter, yogurt, banana</i>	547	86	4	67	163	45	2	1	0
	<b>Butterfly</b>	<i>Strawberry juice, lemonade, raspberry sherbet, strawberries, raspberries</i>	276	66	4	53	171	2	1	1	0
	<b>Coaches Choice</b>	<i>Milk, yogurt, cappuccino</i>	505	85	0	66	212	20	7	7	0
	<b>Freestyle</b>	<i>Mango juice, pineapple sherbet, strawberries, peaches, mango</i>	334	81	3	69	30	3	1	1	0
	<b>World Cup</b>	<i>Milk, peanut butter, chocolate syrup, yogurt</i>	533	80	2	68	221	28	0	0	0
	<b>Grand Slam</b>	<i>Strawberry juice, orange, yogurt, banana, strawberries</i>	291	71	3	57	43	5	0	0	0
	<b>Half Nelson</b>	<i>Raspberry juice, orange sherbet, banana, strawberries</i>	350	85	3	69	29	2	2	1	0
	<b>Scissor Kick</b>	<i>Pineapple juice, strawberry juice, pineapple sherbet, strawberries, pineapple</i>	390	96	4	76	31	2	2	1	0
	<b>Triple Crown</b>	<i>Orange juice, yogurt, orange sherbet</i>	362	80	0	68	104	9	1	1	0
	<b>Wipe Out</b>	<i>Watermelon juice, orange sherbet, strawberries, peaches</i>	350	85	3	72	30	3	1	1	0

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Low Carb	The Good Life	Low carb strawberry kiwi juice, yogurt, strawberry protein, strawberries, banana	401	90	4	68	111	9	0	0	0
	Tropical Shred	Low carb strawberry kiwi juice, mango, pineapple, peaches, vanilla protein	255	56	3	46	90	25	2	1	0
Acai	Surfs Up	Apple juice, yogurt, acai, strawberries, banana, blueberries	345	70	7	53	64	3	6	2	0
	Rip Tide	Cranberry juice, yogurt, acai, raspberries, mango	369	71	7	57	90	6	6	2	0
	The Gnarly	Blueberry juice, yogurt, acai, lime sherbet, pineapple, peaches	423	89	6	75	72	4	7	2	0
Spinach	PB and Greens	Almond milk, peanut butter, spinach, banana, yogurt	467	73	5	50	335	16	3	0	0
Orange	Slalom	Pineapple juice, orange juice, orange sherbet, banana, strawberries	350	86	3	69	33	3	1	1	0
	Double Axle	Pineapple juice, orange juice, pineapple sherbet, banana, raspberries, strawberries, blackberries	335	83	8	64	26	4	1	0	0
	Slam Dunk	Pineapple juice, orange juice, pineapple sherbet, strawberries, blueberries	333	81	3	67	33	4	1	1	0
	Eagle	Cranberry juice, raspberry juice, orange, orange sherbet, banana, strawberries	355	86	3	70	32	3	1	1	0
	Marathon	Orange juice, banana, strawberries	298	76	5	57	20	3	1	0	0
Watermelon	Power Play	Watermelon juice, yogurt, raspberry sherbet, strawberries, raspberries	327	78	3	66	46	4	1	0	0
	Single track	Mango juice, watermelon juice, yogurt, raspberry sherbet, strawberries, raspberries, mango	323	76	4	63	47	4	1	0	0
	Cross Cage	Watermelon juice, orange sherbet, banana, strawberries	349	85	3	69	29	2	2	1	0

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	<b>Wipe Out</b>	<i>Watermelon juice, orange sherbet, strawberries, peaches</i>	350	85	3	72	30	3	1	1	0
<b>Peach and Papaya</b>	<b>Hat Trick</b>	<i>Papaya juice, coconut, orange sherbet, bananas, peaches</i>	384	88	4	72	29	2	5	3	0
	<b>Triple Threat</b>	<i>Papaya juice, raspberry sherbet, blueberries, blackberries</i>	357	86	6	71	30	2	2	1	0
	<b>Right Hook</b>	<i>Peach juice, yogurt, pineapple, peaches, blackberries</i>	332	77	4	68	65	6	1	0	0
	<b>Round House</b>	<i>Peach juice, orange sherbet, banana, peaches</i>	349	85	3	69	29	2	2	1	0
<b>Pineapple</b>	<b>Off the Lip</b>	<i>Pineapple juice, honey, coconut, banana, strawberries</i>	385	92	5	73	16	2	4	3	0
	<b>Squeeze Play</b>	<i>Pineapple juice, yogurt, pineapple sherbet, banana</i>	397	95	3	74	56	4	2	1	0
	<b>Personal Best</b>	<i>Pineapple juice, lime sherbet, yogurt, mango</i>	365	85	2	70	55	4	1	1	0
<b>Apple</b>	<b>Knock Out</b>	<i>Apple juice, yogurt, banana, strawberries</i>	310	72	3	58	64	5	1	0	0
	<b>Tour De France</b>	<i>Apple juice, yogurt, pineapple sherbet, banana, blueberries</i>	355	84	8	67	47	4	1	0	0
<b>Mango</b>	<b>Cross trainer</b>	<i>Mango juice, raspberry juice, yogurt, pineapple sherbet, strawberries, peaches, mango</i>	326	77	3	66	47	4	1	0	0
	<b>Freestyle</b>	<i>Mango juice, pineapple sherbet, strawberries, peaches, mango</i>	334	81	3	69	30	3	1	1	0
<b>Lemonade</b>	<b>Homerun</b>	<i>Lemonade, orange sherbet, strawberries</i>	259	62	2	50	225	2	1	1	0
	<b>Butterfly</b>	<i>Lemonade and strawberry juice, raspberry sherbet, strawberries, raspberries</i>	276	66	4	53	171	2	1	1	0

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<b>Raspberry</b>	<b>Jab Step</b>	<i>Raspberry juice, raspberry sherbet, pineapple, strawberries</i>	377	92	3	78	30	2	2	1	0
	<b>Touch Down</b>	<i>Raspberry juice, yogurt, banana, raspberries</i>	381	89	8	67	64	5	1	0	0
	<b>Sticky Wicket</b>	<i>Raspberry juice, lime sherbet, banana, strawberries, raspberries</i>	350	85	5	67	29	2	2	1	0
	<b>Finish Line</b>	<i>Raspberry juice, lime sherbet, banana, strawberries</i>	350	85	3	69	29	2	2	1	0
<b>Strawberry</b>	<b>Penalty Flag</b>	<i>Strawberry juice, rasperry sherbet, strawberries, peaches</i>	345	50	4	72	28	3	2	1	0
	<b>1080</b>	<i>Strawberry juice, peach juice, yogurt, strawberries, peaches, mangos</i>	317	65	3	63	63	6	1	0	0
	<b>Americas cup</b>	<i>Strawberry juice, yogurt, banana, strawberries</i>	392	93	5	70	65	4	1	0	0
<b>Cranberry</b>	<b>Slap Shot</b>	<i>Cranberry juice, yogurt, raspberry sherbet, strawberries, blueberries</i>	323	75	4	65	48	4	1	0	0

\*Amounts are aproximate

\*Variety may depend on location