

STEP 3: SHAKES

meal replacement
less than 250 calories | 24g of protein

***FROST any of our shakes to keep you fuller longer and reduce belly fat (+\$4.50)**

VANILLA



Birthday
Cake

1



Salted Caramel
Cheesecake

2



Coconut
Macaroon

3



Caramel
Waffle Cone

4



Oatmeal
Cookie

5

FRUITY



Strawberry
Cheesecake

6



Blueberry
Muffin

7



Banana
Cream Pie

8



Strawberry
Banana

9



Banana Nut
Bread

10

CHOCOLATE



Almond
Joy

11



Oreo
Cheesecake

12



Take
5

13



Snickers

14



Death by
Chocolate

15

PEANUT BUTTER



Reese's
Cheesecake

16



Peanut Butter
Waffle

17



Cookie
Dough

18



Chunky
Monkey

19



Elvis

20

COFFEE



Snicker
doodle

21



Caramel Brownie

22



Coffee
Lover

23



Caramel
Macchiato

24



Coconut
Dream

25