



Shakes by Workout



AEROBIC

CARDIO (CYCLING, CLMFIT, ZUMBA, COMBAT, TURBOKICK, ETC.)

You Burned 400+ Calories

- Java Jolt
- Chocolate Thinny Mint
- Green Balance

Recommended Supplements: Get Lean, Get Recovered, Glutamine

You Burned under 400 Calories

- Hawaiian Harvest
- Strawberry Fields
- Fruity Greens

CARDIO with WEIGHTS or FUNCTIONAL TRAINING

(BODYPUMP, CLMFIT, ADRENALINE, GRIT, UNRIVALED, ETC.)

You Burned 500+ Calories

- Any Fruit Shake w/ 1TBsp of Flax Seed Oil
- Banana Nut Blast
- Peanut Butter Cup

Recommended Supplements: Creatine, Glutamine, Get Lean, Get Recovered, Get Flexible

You Burned under 500 Calories

- Any Fruit Shake w/ 1Tsp of Flax Seed Oil
- Chocolate Thinny Mint
- Peanut Buster

ANAEROBIC

WEIGHT TRAINING

(STRENGTH WORK, BARRE, CUT+CORE, ETC.)

- Any Fruit Shake w/ 1.5 Scoops of Protein
- Cracker Jax
- Berry, Berry Good
- Fruity Greens
- Banana Nut Blast
- Mango Harvest
- Peanut Butter Cup

Recommended Supplements: Creatine, Glutamine, Get Essentials, Get Recovered

LIGHT WORKOUT

(WALKING, ACTIVE OLDER ADULTS)

- Java Jolt
- Hawaiian Harvest
- I Love Veggies
- Probiotic Power

Recommended Supplements: Get Flexible, Get Essentials, Get Recovered, Get Regular

MIND BODY

(YOGA, PILATES, CXWORX, BARRE, ETC.)

- PB Cup Lite
- Strawberry Lean
- The Caffeinator
- Chocolate Brownie

Recommended Supplements: Creatine, Glutamine, Get Essentials, Get Recovered

MEAL REPLACEMENT

(COMPLETE WHOLE-FOOD MEAL IN A CUP)

- Banana Nut Blast
- Red Velvet
- Peanut Butter Cup
- Cracker Jax

Recommended Supplements: Flax Seed Oil, Get Resistance, Get Essentials, Oatmeal

See reverse side for Frequently Asked Questions.

