

Fruit or veg?  
There's something  
for everyone.

**A number of healthy frozen  
options for those on the go.**

For those who believe  
that good health is WELLth.



## Smoothies & Protein Shakes

Mint Chip ————— 10.50

(energy + immunity + protein)

Almond mylk + coconut water + spinach + plant-based protein powder + almond butter + dates + coconut flakes + cacao nibs + mint

Fountain of Youth ————— 9.75

(anti-aging, antioxidant overload, hydrating, hormone balancing)

Strawberries + blueberries + goji berries + coconut water + banana + raw cacao + maca

Glow ————— 9.50

(Hydrating, anti-inflammatory, anti-aging, energizing, repairs DNA or the renewal of skin)

Glow is packed w/ max amount of vitamins, antioxidants, fiber, minerals and amino acids (which build protein). *Glow from the inside out.*

Romaine + spinach + kale + banana + green apple + pineapple + cucumber + celery + cilantro + parsley

Colorado Love ————— 10.50

(anti-aging, hormone balancing, helps build lean muscle mass, and post-workout replenishment)

Raw cacao nibs + banana + almond butter + maca + dates + coconut butter + almond mylk + bee pollen + royal jelly

## Muscle Builder ————— 10.50

(helps build lean muscle mass, antioxidants, post-workout refuel)

Blueberries + almond mylk + banana + almond butter + plant based protein powder

## Brain Fuel ————— 11.50

(omega rich for brain development + calcium for strong bones + iron for healthy blood)

Almond mylk + coconut water + spinach + avocado + plant based protein + greens powder + chia powder + hemp seeds + E3Live + banana + strawberry + goji berries + almond butter + date

## Mojo ————— 11.50

(healthy and vibrant cells and hormone balancing)

Almond mylk + coconut water + plant based protein powder + greens powder + avocado + blueberries + banana + goji berries + maca + flax powder + bee pollen + royal jelly + coconut butter + strawberries

## Sexy Back ————— 10.50

(energy + libido + protein rich)

Almond mylk + raw cacao + banana + plant based protein + maca + cayenne + cinnamon + nutmeg

Hydrate \_\_\_\_\_ 10.50

(shining hair/skin/nails, hydration, energy)

Our house made green juice + coconut water + banana + almond butter + spinach

Immunity \_\_\_\_\_ 11.00

(immunity + vitamin C + antioxidant)

Almond mylk + whole orange + strawberries + mango + goji berries + coconut butter + camu camu + baobab + coconut nectar

Basic \_\_\_\_\_ 10.50

(perfect base to build your own)

Almond mylk + banana + sprouted almonds + date + plant based protein (vanilla or chocolate) \*chocolate adds raw cacao

Make your smoothie **LOW GLYCEMIC** + \$2.00

Replace banana and date in your smoothie with avocado and yacon.

*\*Yacon is a carmel tasting natural superfood that is a zero on the glycemic index.*

# Add On For:

## Energy

Maca  
Bee pollen  
Cacao nibs  
Sunpotion

## Energy and Recovery

Hawaiian Spirulina  
Sunpotion  
*(specialty blend of organic mushrooms for  
cellular rejuvenation + muscle recovery + energy)*  
*(Could use Sun Potion)*  
Flax Oil  
Greens Powder

## Immunity

Açaí  
Camu Camu  
Goji Berries  
Baobab

# Add On For:

## Protein

Plant Protein  
Hemp Seeds

## Health/Libido/ Hormones

Maca  
(Sunpotion add ins)  
Organic Mushroom blend

## Fruits and Veggies

Avocado  
Berries  
Banana  
Kale  
Spinach



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