

GOOD TO GO MEAL REPLACER NUTRITION

CHOCOLATE

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Ice Cream Purée	4	268	18	11	53	82	27	0	21	4	0	0	0	0	12	2	18	0
Chocolate V-Core Protein	1.5	225	4	2	68	255	11	5	4	38	345	45	225	270	0	0	45	0
Unsweetend Coconut Milk	6	34	3	3	0	26	1	0	1	0	30	0	0	0	8	0	34	2
TOTAL		527	24	15	120	363	38	5	26	41	375	45	225	270	19	2	96	2

VANILLA

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Ice Cream Purée	4	268	18	11	53	82	27	0	21	4	0	0	0	0	12	2	18	0
Vanilla V-Core Protein	1.5	225	3	2	68	255	11	5	4	38	165	30	180	270	0	0	45	0
Unsweetend Coconut Milk	6	34	3	3	0	26	1	0	1	0	30	0	0	0	8	0	34	2
TOTAL		527	24	15	120	363	38	5	26	41	195	30	180	270	19	2	96	2

STRAWBERRY

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Strawberry Purée	4	175	0	0	0	0	43	2	36	0	0	0	0	0	0	117	0	0
Vanilla V-Core Protein	1.5	225	3	2	68	255	11	5	4	38	165	30	180	270	0	0	45	0
Unsweetend Coconut Milk	6	34	3	3	0	26	1	0	1	0	30	0	0	0	8	0	34	2
TOTAL		434	6	5	68	281	54	7	41	38	195	30	180	270	8	117	79	2

LEAN IN MEAL REPLACER NUTRITION

CHOCOLATE

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Ice Cream Purée	1	77	5	3	15	23	8	0	6	1	0	0	0	0	3	1	5	0
Chocolate Smart Smoothie Protein	2	220	5	1	100	320	8	2	4	40	550	70	0	0	0	0	66	0
Unsweetened Coconut Milk	9	51	5	4	0	39	1	0	1	0	45	0	0	0	11	0	51	2
TOTAL		347	15	8	115	383	17	2	11	41	595	70	0	0	15	1	122	2

VANILLA

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Ice Cream Purée	1	77	5	3	15	23	8	0	6	1	0	0	0	0	3	1	5	0
Vanilla Smart Smoothie Protein	2	220	4	2	110	320	4	0	4	40	550	70	0	0	0	0	66	0
Unsweetened Coconut Milk	9	51	5	4	0	39	1	0	1	0	45	0	0	0	11	0	51	2
TOTAL		347	14	9	125	383	13	0	11	41	595	70	0	0	15	1	122	2

STRAWBERRY

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Strawberry Purée	1	50	0	0	0	0	12	1	10	0	0	0	0	0	0	33	0	0
Vanilla Smart Smoothie Protein	2	220	4	2	110	320	4	0	4	40	550	70	0	0	0	0	66	0
Unsweetened Coconut Milk	9	51	5	4	0	39	1	0	1	0	45	0	0	0	11	0	51	2
TOTAL		321	9	6	110	359	17	1	15	40	595	70	0	0	11	33	117	2

INCREDIBLE BULK NUTRITION

CHOCOLATE

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Ice Cream Purée	6	460	30	18	90	140	46	0	36	6	0	0	0	0	20	4	30	0
Chocolate V-Core Protein	2	300	5	3	90	340	14	6	5	50	460	60	300	360	0	0	60	0
Unsweetened Coconut Milk	8	45	4	4	0	35	1	0	1	0	40	0	0	0	10	0	45	2
Fortify	1	150	0	0	0	75	37	0	19	0	50	0	0	0	0	0	0	0
TOTAL		955	39	25	180	590	98	6	61	56	550	60	300	360	30	4	135	2

VANILLA

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Ice Cream Purée	6	460	30	18	90	140	46	0	36	6	0	0	0	0	20	4	30	0
Vanilla V-Core Protein	2	300	4	3	90	340	14	6	5	50	220	40	240	360	0	0	60	0
Unsweetened Coconut Milk	8	45	4	4	0	35	1	0	1	0	40	0	0	0	10	0	45	2
Fortify	1	150	0	0	0	75	37	0	19	0	50	0	0	0	0	0	0	0
TOTAL		955	38	25	180	590	98	6	61	56	310	40	240	360	30	4	135	2

STRAWBERRY

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Strawberry Purée	4	200	0	0	0	0	49	3	41	0	0	0	0	0	0	133	0	0
Ice Cream Purée	2	153	10	6	30	47	15	0	12	2	0	0	0	0	7	1	10	0
Strawberry V-Core Protein	2	300	4	2	100	180	18	6	4	50	340	50	0	0	0	0	60	0
Unsweetened Coconut Milk	8	45	4	4	0	35	1	0	1	0	40	0	0	0	10	0	45	2
Fortify	1	150	0	0	0	75	37	0	19	0	50	0	0	0	0	0	0	0
TOTAL		848	18	12	130	337	121	9	77	52	430	50	0	0	17	135	115	2

POST-WORKOUT RECHARGE NUTRITION

CHOCOLATE

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)	
Ice Cream Purée	4	307	20	12	60	93	31	0	24	4	0	0	0	0	13	3	20	0	
Chocolate V-Core Protein	2	300	5	3	90	340	14	6	5	50	460	60	300	360	0	0	60	0	
Unsweetened Coconut Milk	8	45	4	4	0	35	1	0	1	0	40	0	0	0	10	0	45	2	
Creatine																			
TOTAL		652	29	19	150	468	46	6	30	54	500	60	300	360	23	3	125	2	

VANILLA

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)	
Ice Cream Purée	4	307	20	12	60	93	31	0	24	4	0	0	0	0	13	3	20	0	
Vanilla V-Core Protein	2	300	4	3	90	340	14	6	5	50	220	40	240	360	0	0	60	0	
Unsweetened Coconut Milk	8	45	4	4	0	35	1	0	1	0	40	0	0	0	10	0	45	2	
Creatine																			
TOTAL		652	28	19	150	468	46	6	30	54	260	40	240	360	23	3	125	2	

STRAWBERRY

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)	
Strawberry Purée	4	200	0	0	0	0	49	3	41	0	0	0	0	0	0	133	0	0	
Strawberry V-Core Protein	2	300	4	2	100	180	18	6	4	50	340	50	0	0	0	0	60	0	
Unsweetened Coconut Milk	8	45	4	4	0	35	1	0	1	0	40	0	0	0	10	0	45	2	
Creatine																			
TOTAL		545	8	6	100	215	68	9	46	50	380	50	0	0	10	133	105	2	

HEYO! JAVA RUSH NUTRITION

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Nonfat Yogurt Purée	3	140	0	0	0	180	30	0	26	0	0	0	0	0	0	20	0	0
Coffee Protein	2	220	4	3	120	300	6	0	4	42	590	90	0	790	4	0	64	8
Unsweetened Coconut Milk	7	39	4	3	0	31	1	0	1	0	35	0	0	0	9	0	39	2
TOTAL		399	8	3	120	511	37	0	31	42	625	90	0	790	13	20	103	10

CLASSIC FRUIT NUTRITION

STRAWBERRY BANANA

Product	Multiplier	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Sug (g)	Protein (g)	K (mg)	Mg (mg)	Cl (mg)	P (mg)	Vit A (%)	Vit C (%)	Ca (%)	Fe (%)
Nonfat Yogurt Purée	3	140	0	0	0	180	30	0	26	0	0	0	0	0	0	20	0	0
Strawberry Purée	3	150	0	0	0	0	37	2	31	0	0	0	0	0	0	100	0	0
Banana Purée	2	107	0	0	0	0	26	1	21	0	0	0	0	0	1	120	0	0
TOTAL		397	0	0	0	180	93	3	78	0	0	0	0	0	1	240	0	0