

Love it? Want More of it? Buy a Whole Case!

Name _____ ID _____ Date _____

Item	Price*	Quantity
Antiox & Cleanse - 2oz	\$23	
Bio Whey—3lb	\$27	
Burn Fat Burn—1lb	\$26	
Creatine—500gr	\$19	
CytoGainer—5lb	\$45	
Daily essentials—1lb	\$19	
Deep Van Crème—6.5lb	\$55	
Designer—2.1 lb	\$25	
Energizer—1lb	\$15	
Fiber Blend—1lb	\$13	
Flax Seed Oil—32oz	\$27	
Fruit Puree	\$17	
Glutamine—500gr	\$38	
Healthy Heart—1lb	\$38	
Hoodia Delight—20.8oz	\$34	
Isopure—3lb	\$44	
LeanBodyForHer—20 pkts	\$54	
Matcha Green Tea—5lb	\$119	
Milk Choco Mocha—6.5lb	\$52	
Mocha Java—6.5lb	\$54	
Muscle Milk—2.48lb	\$32	
Myoplex Delux - 36 pkts	\$130	
Myoplex Orig—42 pkts	\$105	
Natural Peanut Butter—3lb	\$16	
Original Chai—6.5lb	\$42	
Sniffles B'Gone—1lb	\$22	
Soy Protein—2lb	\$24	
Truly Latte—6.5lb	\$45	
Ultimate Recovery—1lb	\$19	

TOTAL _____

Why A Recovery Shake?

Our shakes are more than just tasty treats, they are an important part of your road to fitness and wellness. Exercise is only part of the equation, nutrition is just as important. We not only want to provide you with the best workout experience possible, we want to bring you total fitness.

Our shakes can be used for the following:

- ◆ Meal replacement
- ◆ Healthy snacking
- ◆ Muscle building
- ◆ Fat loss
- ◆ Increased metabolism

Depending on your goals, you can drink your shake either before, during or after your workout. Our recovery shakes include only vine ripened nutrient dense fruits and the highest quality Protein isolates. Pick your favorite flavors, add your personal nutritional boosts and you will have a yummy shake that will help you energize your body, helping you reach your individual goals.

If you are not sure which shake or ingredients are what you may need, ask our knowledgeable staff who can help you choose what ingredients are right for you.



A healthy obsession

create-a-shake



Inside this menu are all of the most natural, restorative and yummy ingredients to help you create your own individual recovery shake to meet your specific needs.

Simply choose your ingredients and we will customize your shake for you.

If you have any questions please ask our knowledgeable staff who are here to help you.

www.harborfitness.com

*prices are subject to change

Choose your ingredients, create your own nutrition....



A healthy obsession

Cup Size

Base

Nutritional Add-Ins

- ◇ 12oz - \$0.50
- ◇ 20oz - \$1.00
- ◇ 32oz - \$1.50
- ◇ Water—Free
- ◇ Milk (skim or soy) - \$1.00
- ◇ Orange Juice - \$1.00

- ◇ Antiox & Cleanse - \$1.00

- ◇ Burn Fat Burn - \$1.25

Fruit Puree—\$2.50

- ◇ Berry Blend
- ◇ Acai
- ◇ Mango
- ◇ Strawberry
- ◇ Peach Pear
- ◇ Pineapple Paradise
- ◇ Passionate Strawberry
- ◇ OrangeTangerine
- ◇ Forbidden Fruit

- ◇ Creatine - \$1.00

- ◇ Daily Essentials - \$0.75

- ◇ Energizer - \$0.75

- ◇ Fiber Blend - \$0.75

- ◇ Flax Seed Oil - \$0.50

- ◇ Glutamine - \$1.00

- ◇ Healthy Heart - \$0.75

- ◇ Sniffles B'Gone - \$1.00

- ◇ Ultimate Recovery - \$0.75

- ◇ Brainiac - \$0.75

- ◇ Veggie Meal For Real \$0.75

Protein (per scoop)-choose flavor

Number of Scoops: 1 2 3 4

- ◇ Bio Whey - \$1.00
Chocolate ~ Vanilla ~ Strawberry ~ Berry ~ Peach ~ Banana
- ◇ CytoGainer - \$1.00
Chocolate ~ Vanilla ~ Strawberry
- ◇ DesignerWhey - \$1.00
Chocolate ~ Vanilla ~ Strawberry ~ Choc. Peanut Caramel
- ◇ Hoodia DeLight - \$1.00
Chocolate
- ◇ Isopure - \$1.50
Chocolate ~ Vanilla ~ Strawberry ~ MangoPeach
- ◇ Muscle Milk - \$1.50
Chocolate ~ Vanilla ~ Strawberry
- ◇ Myoplex Original - 1 packet - \$3.00
Chocolate ~ Vanilla ~ Strawberry
- ◇ Myoplex Deluxe - 1 packet - \$3.50
Chocolate ~ Vanilla ~ Strawberry
- ◇ Soy Protein - \$1.00
Chocolate ~ Vanilla
- ◇ Lean Body—1 packet - \$3.00
Chocolate ~ Vanilla ~ Strawberry

Flavors - 1/2 scoop - \$1.00

- ◇ Deep Vanilla Creme
- ◇ Low Fat Vanilla Yogurt
- ◇ Mocha Java
- ◇ Truly Latte
- ◇ Milk Chocolate Mocha
- ◇ Original Chai
- ◇ Matcha Green Tea

Fruit ~ \$0.50 each

- ◇ Orange Zest - no charge
- ◇ Banana
- ◇ Strawberries
- ◇ Blueberries
- ◇ Peaches
- ◇ Coconut Flakes

Goodies

- ◇ Cinnamon Powder - \$0.25
- ◇ Espresso Beans - \$0.50
- ◇ Chocolate Syrup - \$0.25
- ◇ Granola - \$0.50
- ◇ Honey - \$0.25
- ◇ Oreos-LowFat - \$0.25 (each)
- ◇ Natural Peanut Butter - \$0.50
- ◇ Skippy Peanut Butter - \$0.50

Fruit Sold Separately

Apples, Bananas and Oranges—\$0.75