

SMOOTHIE BAR MENU RECIPES

- 1. Apple Pie**
2 Vanilla PDM
2 Vanilla F1
1 Apple Fiber
1 tbsp Vanilla
½ tsp Cinnamon
- 2. Almond Joy**
2 Chocolate PDM
2 CC F1
1 tsp Coconut
1 tsp Almond
- 3. Bailey's Irish Cream**
1 Chocolate PDM
1 Vanilla PDM
2 CC F1
1 tsp Irish Cream
½ tsp Instant Coffee
- 4. Banana Split**
2 Chocolate PDM
2 CC F1
1 tsp Vanilla
1 tsp Banana Pudding
1 tsp Carmel
2 Strawberries
- 5. Banana Cream Pie**
2 Vanilla PDM
2 Vanilla F1
1 tsp Banana Pudding
- 6. Blue Monkey**
2 Vanilla PDM
2 Vanilla F1
1 tsp Vanilla
1/3 cup Blueberries
1 tsp Banana Pudding
- 7. Blueberry Cheesecake**
2 Vanilla PDM
2 Vanilla F1
1 tsp Vanilla
1/3 cup Blueberries
- 8. Blueberry Lemon Cheesecake**
2 Vanilla PDM
2 Vanilla F1
1 tsp Vanilla
¼ cup Blueberries
1 Lemon H3O
- 9. Black Cherry**
2 Vanilla PDM
2 CC F1
1 tsp Pistachio
1 tsp Almond
1/3 cup Raspberries
- 10. Butterfinger**
1 Chocolate PDM
1 Vanilla PDM
2 CC F1
1 tsp Butterscotch
1 tsp Peanut Butter
- 11. Butter Pecan**
2 Vanilla PDM
2 Vanilla F1
1 tsp Butter Rum
1 tsp Butterscotch
3 Pecans
- 12. Brownie Batter**
2 Chocolate PDM
2 Vanilla F1
1 tsp Cheesecake
1 tsp Carmel
- 13. Banana Nut Pancake**
2 Vanilla PDM
2 Vanilla F1
3 tsp Banana Pudding
2 pump Carmel
1 pump Pancake
3 pecans
- 14. Cake Batter (Vanilla)**
2 Vanilla PDM
2 Vanilla F1
1 tsp Cheesecake
1 tsp Carmel
(Chocolate)
2 Chocolate PDM
2 Chocolate F1
1 tsp Cheesecake
1 tsp Carmel
- 15. Carmel Apple**
2 Vanilla PDM
2 Dulce De Leche F1
1.5 Apple Fiber
1 pump Carmel
3 Pecans
- 16. Chocolate Carmel Cheesecake**
2 Chocolate PDM
2 Chocolate F1
1 tsp Carmel
1 tsp Cheesecake
- 17. Chocolate Carmel Café Latte**
2 Chocolate PDM
2 Café Latte F1
1 tsp Carmel
- 18. Chocolate Chip Pancake**
2 Chocolate PDM
2 CC F1
1 pump Maple
1 pump Cookie Dough
1 tsp Carmel
- 19. Chocolate Chunky Monkey**
2 Chocolate PDM
2 Chocolate F1
1 tsp Banana Pudding
2 Pieces Protein Bar
- 20. Chocolate Mint**
2 Vanilla PDM
2 Mint F1
- 21. Chocolate Peanut Butter Banana**
2 Chocolate PDM
2 CC F1
2 tsp Banana Pudding
1 tsp Peanut Butter
- 22. Chocolate Raspberry**
2 Chocolate PDM
2 CC F1
1/3 cup Raspberries
- 23. Chocolate Strawberry**
2 Chocolate PDM
2 Very Berry F1
2 Strawberries
- 24. Chocolate Strawberry Banana**
2 Chocolate PDM
2 Very Berry F1
1 tsp Banana Pudding
2 Strawberries
- 25. Chico Stick**
2 Chocolate PDM
2 CC F1
1 pump Carmel
1 pump Coconut
1 tsp Butterscotch
1 pump Butter Pecan

SMOOTHIE BAR MENU RECIPES cont.

26. Cinnamon Roll

2 Vanilla PDM
2 CC F1
1 tsp Carmel
1 tsp Vanilla
1 tsp Butter Rum
½ tsp Cinnamon
3 Pecans

27. Cookie Dough

1 Chocolate PDM
1 Vanilla PDM
2 CC F1
1 tsp Cookie Dough
1 tsp Vanilla

28. Coffee Cake

2 Vanilla PDM
2 CC F1
1 pump Butter Pecan
2 tsp Coffee
1 tsp Cinnamon
1 tsp Butterscotch

29. Carrot Cake

2 Vanilla PDM
2 CC F1
1 pump Carmel
1 tsp Butterscotch
1 tsp Carrot Cake
2 Pecans

30. French Toast

2 Vanilla PDM
2 Vanilla F1
1 tsp Maple
1 tsp Vanilla
½ tsp Cinnamon

31. German Chocolate Cake

2 Vanilla PDM
2 CC F1
1 tsp Coconut
2 Pecans

32. Grasshopper

2 Chocolate PDM
2 CC F1
1 tsp Pistachio
1 tsp Peppermint

33. Key Lime Pie

2 Vanilla PDM
2 Vanilla F1
1 tsp Key Lime
1 tsp Vanilla

34. Orange Julius

2 Vanilla PDM
2 Vanilla F1
1 tsp Vanilla
2 Orange H3O

35. Peanut Butter Cookie

2 Vanilla PDM
2 CC F1
1 tsp Peanut Butter
1 tsp Vanilla

36. Pistachio

2 Vanilla PDM
2 Vanilla F1
2 tsp Pistachio

37. Raspberry Fluff

2 Vanilla PDM
2 Vanilla F1
1 tsp Vanilla
1/3 cup Raspberries

38. Raspberry Lemonade

2 Vanilla PDM
2 Vanilla F1
1 tsp Vanilla
1 Lemon H3O
1/3 cup Raspberries

39. Reese's Peanut Butter Cup

2 Chocolate PDM
2 CC F1
1 tsp Peanut Butter

40. Root Beer Float

2 Vanilla PDM
2 Vanilla F1
1 tsp Root beer
1 tsp Vanilla

41. Oatmeal Cookie

2 Vanilla PDM
2 CC F1
1 tsp Peanut Butter
1 tsp Vanilla

42. S'mores

2 Chocolate PDM
2 CC F1
1 pump English Toffee
1 tsp Carmel
1 tsp Cinnamon

43. Snickers

2 Chocolate PDM
2 CC F1
1 tsp Carmel
1 tsp Peanut Butter

44. Sticky Bunz

2 Vanilla PDM
2 Vanilla F1
1 tsp Carmel
1 tsp Butter Rum
1 tsp Butterscotch
3 Pecans

45. Strawberry Banana

2 Vanilla PDM
2 Vanilla F1
1 tsp Banana Pudding
2 Strawberries

46. Strawberry Cheesecake

2 Vanilla PDM
2 CC F1
1 tsp Cheesecake
2 Strawberries

47. The "Elvis"

2 Vanilla PDM
2 Vanilla F1
1 tsp Banana Pudding
1 tsp Peanut Butter

48. Thin Mint

2 Mint F1
2 Chocolate PDM
2 Pistachio

49. Vanilla Café Latte

2 Vanilla PDM
2 CC F1
1 tsp Vanilla
1.5 tsp Coffee

50. Very Berry Day

2 Vanilla PDM
2 Vanilla F1
1/3 cup Raspberries
1/3 cup Blueberries
2 Strawberries

51. Pre Workout

2 Prepare
1 Bev Mix

52. The Works

2 Prepare
1 Bev Mix
1 Prolong

53. Post Workout

Use any shake number above and replace PDM with Rebuild.