

SMOOTHIE BAR MENU RECIPES

1. Apple Pie

2 Vanilla PDM
2 Vanilla F1
1 Apple Fiber
1 tbsps 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.