**PROTEIN SMOOTHIES**

1. **Dark Cocoa Crunch Blast**

**[SMT-DCB-M]**

* 1 ½ cups whole milk (360 mL)
* 1 scoop chocolate protein powder (30g)
* ¼ cup peanut butter (60 g)
* 1 tablespoon dark chocolate cocoa powder (8g)
* 2 bananas (240g)

**[SMT-DCB-L**

* 2 ½ cups whole milk (600 mL)
* 1.5 scoops chocolate protein powder (45g)
* ⅓ cup peanut butter (80 g)
* 1.5 tablespoons dark chocolate cocoa powder (12g)
* 3 bananas (360g)

1. **Vanilla Berry Burst**

**[SMT-VBB-M]**

* 1 ½ cups whole milk (360 mL)
* 1 scoop vanilla protein powder (30g)
* ½ cup strawberry (75g)
* ½ cup blueberry (50 g)
* ¼ cup raspberry (30 g)
* ¼ cup blackberry (38 g)

**[SMT-VBB-L]**

* 3 cups whole milk (720 mL)
* 2 scoops vanilla protein powder (60g)
* 1 cup strawberry (150 g)
* 1 cup blueberry (100 g)
* 1/2 cup raspberry (60 g)
* 1/2 cup blackberry (75 g)

1. **Tropical Hulk Fuel**

**[SMT-THF-M]**

* 1 ½ cups coconut milk (360 mL) 2
* 1 scoop vanilla protein powder (30g) 4
* 1 cup fresh spinach (50 g) 10
* ¾cup mango (125 g) 16
* ¾ cup pineapple (65 g) 17

**[SMT-THF-L]**

* 3 cups coconut milk (720 mL)
* 2 scoops vanilla protein powder (60g)
* 2 cups fresh spinach (100 g)
* 1 1/2 cups mango (250 g)
* 1 1/2 cups pineapple (130 g)

1. **Choco Almond Coco Craze**

**[SMT-CAC-M]**

* 1 ½ cups coconut milk (360 mL) 2
* 1 scoop chocolate protein powder (30g) 3
* ¼ cup almond butter (60 g) 6
* 1 cup ice (140 g) 8

**[SMT-CAC-L]**

* 3 cups coconut milk (720 mL) 2
* 2 scoops chocolate protein powder (60g) 3
* ½ cup almond butter (120 g) 6
* 2 cups ice (280 g) 8

1. **Peachy Creamsicle Delight**

**[SMT-PCD-M]**

* 1 ½ cups whole milk (360 mL) 1
* 1 scoop vanilla protein powder (30g) 4
* 1 ½ cups peaches (340 g) 18
* 1 ½ cups orange (300 g) 19

**[SMT-PCD-L]**

* 3 cups whole milk (720 mL)
* 2 scoops vanilla protein powder (60g)
* 3 cups peaches (680 g)
* 3 cups orange juice (600 g)

1. **Pineapple Mango Tango**

**[SMT-PMT-M]**

* 1 ½ cups whole milk (360 mL) 1
* 1 cup plain greek yogurt (285 g) 7
* 1/2 cup pineapple (123 g) 17
* 1/2 whole orange (68g) 19
* 1/2 whole mango (83g) 16

**[SMT-PMT-L]**

* 3 cups whole milk (720 mL)
* 2 cups plain Greek yogurt (570 g)
* 1 cups pineapple (245 g)
* 1 whole oranges (145 g)
* 1 whole mangoes (165 g)

1. **Kiwi Kickstart Booster**

**[SMT-KKB-M]**

* 1 ½ cup whole milk (360 mL) 1
* 1 cup plain greek yogurt (285 g) 7
* 3 kiwis (210g) 20
* 1 banana (120g) 11

**[SMT-KKB-L]**

* 3 cups whole milk (720 mL)
* 2 cups plain Greek yogurt (570 g)
* 6 kiwis (420 g)
* 2 bananas (240 g)

1. **Strawnana**

**[SMT-SNN-M]**

* 1 ½ cups whole milk (360 mL) 1
* 1 cup plain greek yogurt (285 g) 7
* 1 cup strawberry (150 g) 12
* 1 banana (120g) 11

**[SMT-SNN-L]**

* 3 cups whole milk (720 mL)
* 2 cups plain Greek yogurt (570 g)
* 2 cups strawberries (300 g)
* 2 bananas (240 g)

**PROTEIN BARS**

1. Power Crunch Bar
2. Mighty Muscle Munch
3. Protein Packed Prodigy
4. Energy Blast Bar
5. Protein Fuel Frenzy

**UNQIUE INGREDIENT LIST**

1. Whole milk
2. Chocolate protein powder
3. Peanut butter
4. Dark chocolate cocoa powder
5. Bananas
6. Vanilla protein powder
7. Strawberry
8. Blueberry
9. Raspberry
10. Blackberry
11. Coconut milk
12. Fresh spinach
13. Mango
14. Pineapple
15. Almond butter
16. Ice
17. Peaches
18. Orange
19. Plain Greek yogurt
20. Kiwis