



## Retro Blends Nutritional Information (Power of Fruit Product Line SKINNY Recipes)

| Serving Size | Calories | Fat g | Cholesterol g | Sodium %DV | Carbs g | Fiber g | Sugar g | Protein g | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|--------------|----------|-------|---------------|------------|---------|---------|---------|-----------|---------------|---------------|-------------|----------|
|--------------|----------|-------|---------------|------------|---------|---------|---------|-----------|---------------|---------------|-------------|----------|

### SIGNATURE BLENDS

Chocolate blends made with 20g of Protein

|   |       |       |     |       |     |      |     |      |    |   |   |    |    |
|---|-------|-------|-----|-------|-----|------|-----|------|----|---|---|----|----|
| <b>The Dirty Peanut</b><br><i>Chocolate Peanut Butter</i> | 16oz. | 175   | 4.5 | 0.125 | 5   | 23   | 2.5 | 8    | 16 | 1 | 0 | 11 | 6  |
|   | 24oz. | 252.5 | 6.5 | 0.225 | 6.5 | 40.5 | 2.5 | 14.5 | 17 | 1 | 0 | 11 | 12 |

|  |       |       |     |       |     |      |     |      |    |   |   |    |   |
|--|-------|-------|-----|-------|-----|------|-----|------|----|---|---|----|---|
| <b>Mocha Peanut Butter</b><br><i>Mocha Peanut Butter</i> | 16oz. | 395   | 7.5 | 0.125 | 4   | 39   | 0.5 | 20   | 12 | 0 | 0 | 10 | 7 |
|  | 24oz. | 432.5 | 8.5 | 0.125 | 4.5 | 46.5 | 0.5 | 26.5 | 12 | 0 | 0 | 10 | 7 |

|                                       |        |       |     |       |     |      |     |      |    |   |   |    |   |
|---------------------------------------|--------|-------|-----|-------|-----|------|-----|------|----|---|---|----|---|
| <b>Mudslide Latte</b><br><i>Mocha</i> | 16 oz. | 355   | 6.5 | 0.025 | 3   | 29   | 0.5 | 20   | 11 | 0 | 0 | 10 | 1 |
|                                       | 24 oz. | 392.5 | 7.5 | 0.025 | 3.5 | 36.5 | 0.5 | 26.5 | 11 | 0 | 0 | 10 | 1 |

|  |       |       |     |       |     |      |     |      |    |   |   |    |    |
|--|-------|-------|-----|-------|-----|------|-----|------|----|---|---|----|----|
| <b>Berried In Chocolate</b><br><i>Chocolate &amp; Strawberry</i> | 16oz. | 270   | 3.5 | 0.125 | 3   | 46   | 0.5 | 34   | 11 | 0 | 0 | 10 | 12 |
|  | 24oz. | 392.5 | 5.5 | 0.225 | 4.5 | 72.5 | 0.5 | 49.5 | 12 | 0 | 0 | 10 | 20 |

|   |       |       |     |       |     |      |     |      |    |   |   |    |    |
|---|-------|-------|-----|-------|-----|------|-----|------|----|---|---|----|----|
| <b>Elvis' Return</b><br><i>Chocolate &amp; Banana</i> | 16oz. | 240   | 3.5 | 0.125 | 3   | 46   | 0.5 | 28   | 11 | 0 | 0 | 10 | 12 |
|   | 24oz. | 282.5 | 5.5 | 0.225 | 4.5 | 54.5 | 0.5 | 27.5 | 12 | 0 | 0 | 10 | 16 |

|   |       |       |     |       |     |      |     |      |    |   |    |    |    |
|---|-------|-------|-----|-------|-----|------|-----|------|----|---|----|----|----|
| <b>Malibu Chocolate</b><br><i>Chocolate &amp; Pina Colada</i> | 16oz. | 255   | 5   | 0.125 | 6   | 49   | 0.5 | 28   | 14 | 0 | 45 | 10 | 12 |
|   | 24oz. | 372.5 | 7.5 | 0.225 | 8.5 | 76.5 | 0.5 | 41.5 | 16 | 0 | 60 | 10 | 20 |

### BURNER BLENDS

Includes Fat Burner & 20g of Protein (Nutritional Information is calculated using vanilla protein)

|  |       |     |      |      |      |      |   |    |    |     |     |   |   |
|--|-------|-----|------|------|------|------|---|----|----|-----|-----|---|---|
| <b>Tropical Bombshell</b><br><i>Pina Colada &amp; Banana</i> | 16oz. | 205 | 2.75 | 0.25 | 2.45 | 37.5 | 2 | 23 | 12 | 0   | 448 | 5 | 6 |
|  | 24oz. | 250 | 1.75 | 0.25 | 0.45 | 48.5 | 2 | 37 | 10 | 505 | 604 | 5 | 6 |

|   |       |     |      |      |      |      |   |    |    |   |     |   |   |
|---|-------|-----|------|------|------|------|---|----|----|---|-----|---|---|
| <b>Belly Buster</b><br><i>Strawberry Banana</i> | 16oz. | 195 | 1.75 | 0.25 | 0.45 | 35.5 | 2 | 23 | 10 | 0 | 418 | 5 | 6 |
|   | 24oz. | 230 | 1.75 | 0.25 | 0.45 | 44.5 | 2 | 30 | 10 | 0 | 418 | 5 | 8 |

|   |        |     |      |      |      |      |   |    |    |     |     |   |   |
|---|--------|-----|------|------|------|------|---|----|----|-----|-----|---|---|
| <b>Orange Peeler</b><br><i>Orange Crème</i> | 16 oz. | 210 | 1.75 | 0.25 | 0.45 | 38.5 | 2 | 29 | 10 | 480 | 598 | 5 | 6 |
|   | 24 oz. | 250 | 1.75 | 0.25 | 0.45 | 48.5 | 2 | 38 | 10 | 640 | 658 | 5 | 8 |

|  |       |     |      |      |      |      |   |    |    |   |     |   |   |
|--|-------|-----|------|------|------|------|---|----|----|---|-----|---|---|
| <b>Berry Berry Good</b><br><i>Triple Berry</i> | 16oz. | 225 | 1.75 | 0.25 | 0.45 | 35.5 | 2 | 29 | 10 | 0 | 418 | 5 | 6 |
|  | 24oz. | 270 | 1.75 | 0.25 | 0.45 | 44.5 | 2 | 38 | 10 | 0 | 418 | 5 | 8 |

|   |       |     |      |      |      |      |   |    |    |     |     |   |   |
|---|-------|-----|------|------|------|------|---|----|----|-----|-----|---|---|
| <b>Pomegranate Bliss</b><br><i>Pomegranate Cherry</i> | 16oz. | 210 | 1.75 | 0.25 | 0.45 | 38.5 | 2 | 29 | 10 | 135 | 448 | 5 | 0 |
|   | 24oz. | 250 | 1.75 | 0.25 | 0.45 | 48.5 | 2 | 38 | 10 | 180 | 458 | 5 | 0 |

|  |       |     |      |      |      |      |   |    |    |   |     |   |   |
|--|-------|-----|------|------|------|------|---|----|----|---|-----|---|---|
| <b>Slim Sally</b><br><i>Raspberry Banana</i> | 16oz. | 195 | 1.75 | 0.25 | 0.45 | 35.5 | 2 | 23 | 10 | 0 | 418 | 5 | 2 |
|  | 24oz. | 230 | 1.75 | 0.25 | 0.45 | 44.5 | 2 | 30 | 10 | 0 | 418 | 5 | 2 |

|   |       |     |      |      |      |      |   |    |    |     |     |   |   |
|---|-------|-----|------|------|------|------|---|----|----|-----|-----|---|---|
| <b>Wonder Twins</b><br><i>Mango Peach</i> | 16oz. | 210 | 1.75 | 0.25 | 0.45 | 38.5 | 2 | 26 | 10 | 75  | 436 | 5 | 0 |
|   | 24oz. | 250 | 1.75 | 0.25 | 0.45 | 48.5 | 2 | 34 | 10 | 100 | 442 | 5 | 0 |

### MUSCLE BLENDS

Includes Glutamine & 20g-40g of Protein

|   |       |     |     |     |     |    |   |    |    |   |   |    |    |
|---|-------|-----|-----|-----|-----|----|---|----|----|---|---|----|----|
| <b>The Strawnana Pounder</b><br><i>Strawberry Banana + 40g of Protein</i> | n/a   |     |     |     |     |    |   |    |    |   |   |    |    |
|   | 24oz. | 424 | 5.5 | 0.5 | 1.9 | 71 | 0 | 52 | 24 | 0 | 2 | 10 | 10 |

|   |       |     |      |      |      |      |   |    |    |   |   |   |   |
|---|-------|-----|------|------|------|------|---|----|----|---|---|---|---|
| <b>The Kingpin</b><br><i>Triple Berry</i> | 16oz. | 229 | 1.75 | 0.25 | 0.45 | 32.5 | 0 | 29 | 14 | 0 | 1 | 5 | 6 |
|   | 24oz. | 274 | 1.75 | 0.25 | 0.45 | 41.5 | 0 | 38 | 14 | 0 | 1 | 5 | 8 |

|   |        |     |      |      |      |      |   |    |    |   |   |   |   |
|---|--------|-----|------|------|------|------|---|----|----|---|---|---|---|
| <b>Twisted Strawberry</b><br><i>Strawberry Banana</i> | 16 oz. | 199 | 1.75 | 0.25 | 0.45 | 32.5 | 0 | 23 | 14 | 0 | 1 | 5 | 6 |
|   | 24 oz. | 234 | 1.75 | 0.25 | 0.45 | 41.5 | 0 | 30 | 14 | 0 | 1 | 5 | 8 |

|   |       |     |      |      |      |      |   |    |    |   |   |   |   |
|---|-------|-----|------|------|------|------|---|----|----|---|---|---|---|
| <b>Purple People Eater</b><br><i>Raspberry Banana</i> | 16oz. | 199 | 1.75 | 0.25 | 0.45 | 32.5 | 0 | 23 | 14 | 0 | 1 | 5 | 2 |
|   | 24oz. | 234 | 1.75 | 0.25 | 0.45 | 41.5 | 0 | 30 | 14 | 0 | 1 | 5 | 2 |



|  |           |     |   |   |   |    |   |    |   |     |     |    |    |
|--|-----------|-----|---|---|---|----|---|----|---|-----|-----|----|----|
| <b>Daily Health</b>                      | 1 Serving | 55  | 0 | 0 | 2 | 16 | 3 | 10 | 1 | 160 | 989 | 15 | 2  |
| <i>(Multivitamin &amp; Veggie Boost)</i> |           |     |   |   |   |    |   |    |   |     |     |    |    |
| <b>Jump Start</b>                        | 1 Serving | 60  | 0 | 0 | 2 | 15 | 1 | 10 | 1 | 110 | 880 | 2  | 2  |
| <i>(Energy Boost &amp; Veggie Boost)</i> |           |     |   |   |   |    |   |    |   |     |     |    |    |
| <b>Mega Gainer</b>                       | 1 Serving | 10  | 0 | 0 | 0 | 2  | 0 | 0  | 0 | 0   | 0   | 0  | 0  |
| <i>(Creatine &amp; BCAAs)</i>            |           |     |   |   |   |    |   |    |   |     |     |    |    |
| <b>Breakfast Pack</b>                    | 1 Serving | 225 | 7 | 0 | 0 | 40 | 7 | 7  | 6 | 50  | 209 | 17 | 10 |
| <i>(Multivitamin &amp; Granola)</i>      |           |     |   |   |   |    |   |    |   |     |     |    |    |

### CUSTOMIZE IT!

*Individual boosts, supplements and add-ins*

|                                |         |     |     |      |    |     |     |    |    |     |     |    |    |
|--------------------------------|---------|-----|-----|------|----|-----|-----|----|----|-----|-----|----|----|
| <b>Veggie Boost</b>            | 1 oz    | 50  | 0   | 0    | 2  | 13  | 1   | 10 | 1  | 110 | 780 | 2  | 2  |
| <b>Glutamine</b>               | 5g      | 14  | 0   | 0    | 0  | 0   | 0   | 0  | 4  | 0   | 0   | 0  | 0  |
| <b>Multivitamin</b>            | 4.25g   | 5   | 0   | 0    | 0  | 3   | 2   | 0  | 0  | 50  | 209 | 13 | 0  |
| <b>BCAAs</b>                   | 4.25g   | 10  | 0   | 0    | 0  | 2   | 0   | 0  | 0  | 0   | 0   | 0  | 0  |
| <b>Energy Boost</b>            | 4.25g   | 10  | 0   | 0    | 0  | 2   | 0   | 0  | 0  | 0   | 100 | 0  | 0  |
| <b>Creatine</b>                | 3.75g   | 0   | 0   | 0    | 0  | 0   | 0   | 0  | 0  | 0   | 0   | 0  | 0  |
| <b>Fiber</b>                   | 5g      | 7   | 0   | 0    | 0  | 2.5 | 3.5 | 0  | 0  | 0   | 0   | 0  | 0  |
| <b>Fat Burner</b>              | 4.25g   | 10  | 0   | 0    | 0  | 3   | 2   | 0  | 0  | 0   | 417 | 0  | 0  |
| <b>Chocolate</b>               | 1 oz    | 100 | 0.5 | 0    | 0  | 23  | 0   | 22 | 0  | 0   | 0   | 0  | 4  |
| <b>Sugar Free Chocolate</b>    | 1 oz    | 40  | 1   | 0.1  | 1  | 10  | 0   | 0  | 1  | 0   | 0   | 0  | 6  |
| <b>Pumpable Peanut Butter</b>  | 1 oz    | 180 | 15  | 0    | 12 | 8   | 2   | 4  | 7  | 0   | 0   | 0  | 4  |
| <b>Low Fat Peanut Butter</b>   | 10g     | 40  | 1   | 0    | 2  | 4   | 2   | 1  | 5  | 1   | 0   | 1  | 0  |
| <b>Mocha</b>                   | 1 Scoop | 260 | 4   | 0    | 1  | 20  | 0   | 13 | 1  | 0   | 0   | 0  | 1  |
| <b>Granola</b>                 | 94cc    | 220 | 7   | 0    | 0  | 37  | 5   | 7  | 6  | 0   | 0   | 4  | 10 |
| <b>Vanilla Protein (20g)</b>   | 94cc    | 160 | 3.5 | 0.5  | 1  | 11  | 0   | 4  | 20 | 0   | 2   | 10 | 0  |
| <b>Chocolate Protein (20g)</b> | 90cc    | 115 | 3   | 0.05 | 3  | 3   | 1   | 1  | 20 | 0   | 0   | 20 | 0  |
| <b>Smoothie Crème</b>          | 25cc    | 75  | 2   | 0    | 1  | 15  | 0   | 13 | 0  | 0   | 0   | 0  | 0  |

[www.retroblendsmoothies.com](http://www.retroblendsmoothies.com)

### LIMITED TIME ONLY

|                           |       |     |   |   |   |     |   |     |    |   |     |    |   |
|---------------------------|-------|-----|---|---|---|-----|---|-----|----|---|-----|----|---|
| <b>Energy Ice</b>         | 2 oz. | 160 | 0 | 0 | 1 | 40  | 0 | 40  | 0  | 0 | 0   | 0  | 0 |
|                           | 1 oz. | 90  | 0 | 0 | 0 | 23  | 0 | 21  | 0  | 0 | 0   | 0  | 0 |
| <b>Green Apple</b>        | 16oz. | 468 | 5 | 1 | 1 | 88  | 0 | 74  | 20 | 0 | 2   | 10 | 0 |
|                           | 24oz. | 595 | 6 | 1 | 2 | 118 | 0 | 101 | 20 | 0 | 2   | 10 | 0 |
|                           | 1 oz. | 70  | 0 | 0 | 0 | 19  | 0 | 17  | 0  | 0 | 80  | 0  | 2 |
| <b>Lemon Ice</b>          | 16oz. | 408 | 5 | 1 | 1 | 76  | 0 | 62  | 20 | 0 | 242 | 10 | 6 |
|                           | 24oz. | 515 | 6 | 1 | 2 | 102 | 0 | 85  | 20 | 0 | 322 | 10 | 8 |
|                           | 1 oz. | 0   | 0 | 0 | 0 | 0   | 0 | 0   | 0  | 0 | 0   | 0  | 0 |
| <b>Peppermint Vanilla</b> | 16oz. | 378 | 4 | 0 | 2 | 30  | 0 | 26  | 0  | 0 | 0   | 0  | 0 |

|       |     |   |   |   |    |   |    |   |   |   |   |   |
|-------|-----|---|---|---|----|---|----|---|---|---|---|---|
| 24oz. | 567 | 6 | 0 | 3 | 45 | 0 | 39 | 0 | 0 | 0 | 0 | 0 |
|-------|-----|---|---|---|----|---|----|---|---|---|---|---|

|       |    |   |   |   |    |   |    |   |   |   |   |   |
|-------|----|---|---|---|----|---|----|---|---|---|---|---|
| 1 oz. | 50 | 0 | 0 | 0 | 14 | 0 | 14 | 0 | 0 | 0 | 0 | 0 |
|-------|----|---|---|---|----|---|----|---|---|---|---|---|

|                  |       |     |   |   |   |    |   |    |   |   |   |   |
|------------------|-------|-----|---|---|---|----|---|----|---|---|---|---|
| <b>Sweet Tea</b> | 16oz. | 150 | 0 | 0 | 0 | 42 | 0 | 42 | 0 | 0 | 0 | 0 |
|                  | 24oz. | 200 | 0 | 0 | 0 | 56 | 0 | 56 | 0 | 0 | 0 | 0 |

|       |     |   |   |   |    |   |    |   |   |   |   |   |
|-------|-----|---|---|---|----|---|----|---|---|---|---|---|
| 1 oz. | 110 | 1 | 0 | 2 | 26 | 0 | 23 | 1 | 0 | 0 | 4 | 0 |
|-------|-----|---|---|---|----|---|----|---|---|---|---|---|

|                                 |       |       |     |     |     |      |   |      |    |   |   |    |   |
|---------------------------------|-------|-------|-----|-----|-----|------|---|------|----|---|---|----|---|
| <b>Pumpkin Spice</b>            | 16oz. | 527.5 | 6   | 0.5 | 7.4 | 96.5 | 0 | 79.5 | 23 | 0 | 2 | 22 | 0 |
| <i>Made with smoothie crème</i> | 24oz. | 675   | 7.5 | 0.5 | 9.9 | 130  | 0 | 109  | 24 | 0 | 2 | 26 | 0 |

|                       |       |     |   |   |   |    |   |    |   |   |   |   |   |
|-----------------------|-------|-----|---|---|---|----|---|----|---|---|---|---|---|
| White Chocolate Sauce | 1 oz. | 110 | 1 | 0 | 3 | 25 | 0 | 22 | 1 | 0 | 0 | 4 | 0 |
|-----------------------|-------|-----|---|---|---|----|---|----|---|---|---|---|---|

|                                   |       |     |     |     |      |     |   |     |    |   |   |    |   |
|-----------------------------------|-------|-----|-----|-----|------|-----|---|-----|----|---|---|----|---|
| <b>White Chocolate Peppermint</b> | 16oz. | 565 | 7   | 0.5 | 9.9  | 102 | 0 | 84  | 23 | 0 | 2 | 22 | 0 |
|                                   | 24oz. | 675 | 7.5 | 0.5 | 12.9 | 127 | 0 | 106 | 24 | 0 | 2 | 26 | 0 |

|                       |       |     |   |   |   |    |   |    |   |   |   |   |   |
|-----------------------|-------|-----|---|---|---|----|---|----|---|---|---|---|---|
| White Chocolate Sauce | 1 oz. | 110 | 1 | 0 | 3 | 25 | 0 | 22 | 1 | 0 | 0 | 4 | 0 |
|-----------------------|-------|-----|---|---|---|----|---|----|---|---|---|---|---|

|                              |       |       |     |     |      |      |   |      |    |   |   |    |   |
|------------------------------|-------|-------|-----|-----|------|------|---|------|----|---|---|----|---|
| <b>White Chocolate Mocha</b> | 16oz. | 677.5 | 9.5 | 0.5 | 8.4  | 88.5 | 0 | 67.5 | 23 | 0 | 2 | 18 | 1 |
|                              | 24oz. | 825   | 11  | 0.5 | 11.9 | 121  | 0 | 96   | 24 | 0 | 2 | 22 | 1 |

|       |    |   |   |   |   |   |   |   |   |   |   |   |
|-------|----|---|---|---|---|---|---|---|---|---|---|---|
| 1 oz. | 35 | 0 | 0 | 0 | 9 | 0 | 7 | 0 | 0 | 0 | 0 | 2 |
|-------|----|---|---|---|---|---|---|---|---|---|---|---|

|               |        |     |     |     |     |    |   |    |    |   |   |    |   |
|---------------|--------|-----|-----|-----|-----|----|---|----|----|---|---|----|---|
| <b>Banana</b> | 16 oz. | 265 | 3.5 | 0.5 | 0.9 | 38 | 0 | 25 | 20 | 0 | 2 | 10 | 6 |
|               | 24 oz. | 300 | 3.5 | 0.5 | 0.9 | 47 | 0 | 32 | 20 | 0 | 2 | 10 | 8 |

|                                   |      |     |   |   |   |    |   |    |   |   |    |   |   |
|-----------------------------------|------|-----|---|---|---|----|---|----|---|---|----|---|---|
| <b>Fresh Banana (medium size)</b> | 118g | 105 | 0 | 0 | 1 | 27 | 3 | 14 | 1 | 2 | 17 | 1 | 2 |
|-----------------------------------|------|-----|---|---|---|----|---|----|---|---|----|---|---|