



NUTRITIONAL INFORMATION

www.retroblendssmoothies.com

STACKS

- Slim N' Trim:** Calories: 20
- Jump Start:** Calories: 60
- Muscle Recovery:** Cal.: 24
- Mega Gainer:** Calories: 10
- Daily Health:** Cal.: 55
- Breakfast Pack:** Cal.: 225

ADD-INS

- Veggie Boost:** Calories: 50
- Glutamine:** Calories: 14
- Multivitamin:** Calories: 5
- BCAAs:** Calories: 10
- Energy Boost:** Calories: 10
- Creatine:** Calories: 0
- Fiber:** Calories: 7
- Fat Burner:** Calories: 10
- Chocolate:** Calories: 100 (Sugar Free: 40)
- Peanut Butter:** Calories: 180 (Low-Fat: 40)
- Mocha:** Calories: 260
- Granola:** Calories: 220
- Protein (Vanilla):** Calories: 160
- Protein (Chocolate):** Calories: 115

SIGNATURE BLENDS: 16oz./24oz.



Dirty Peanut

Calories: 433 / 570
 Protein: 27g / 27g
 Fat: 19.5g / 21g
 Sugar: 33.5g / 62g



Mocha Peanut Butter

Calories: 593 / 630
 Protein: 28g / 28g
 Fat: 23g / 24g
 Sugar: 24.5g / 31g



Mudslide Latte

Calories: 413 / 450
 Protein: 21g / 21g
 Fat: 8g / 9g
 Sugar: 20.5g / 27g



Berried In Chocolate

Calories: 523 / 750
 Protein: 20g / 20g
 Fat: 4.5g / 6g
 Sugar: 89.5g / 138g



Elvis' Return

Calories: 253 / 390
 Protein: 20g / 20g
 Fat: 4.5g / 6g
 Sugar: 29.5g / 58g



Malibu Chocolate

Calories: 523 / 750
 Protein: 20g / 20g
 Fat: 4.5g / 6g
 Sugar: 89.5g / 138g

BURNER BLENDS: 16oz./24oz.



Tropical Bombshell

Calories: 410 / 500
 Protein: 20g / 20g
 Fat: 3.5g / 3.5g
 Sugar: 58g / 78g



Belly Buster

Calories: 430 / 530
 Protein: 20g / 20g
 Fat: 3.5g / 3.5g
 Sugar: 64g / 87g



Orange Peeler

Calories: 470 / 570
 Protein: 20g / 20g
 Fat: 3.5g / 3.5g
 Sugar: 73g / 96g



Berry Berry Good

Calories: 440 / 530
 Protein: 20g / 20g
 Fat: 3.5g / 3.5g
 Sugar: 64g / 84g



Pom. Bliss

Calories: 350 / 410
 Protein: 20g / 20g
 Fat: 3.5g / 3.5g
 Sugar: 52g / 68g



Slim Sally

Calories: 410 / 500
 Protein: 20g / 20g
 Fat: 3.5g / 3.5g
 Sugar: 58g / 78g



Wonder Twins

Calories: 470 / 570
 Protein: 20g / 20g
 Fat: 3.5g / 3.5g
 Sugar: 73g / 96g

VEGGIE BLENDS: 16oz./24oz.



Yo Yo Berry

Calories: 480 / 570
 Protein: 21g / 21g
 Fat: 3.5g / 3.5g
 Sugar: 74g / 94g



Pomlicious

Calories: 390 / 450
 Protein: 21g / 21g
 Fat: 3.5g / 3.5g
 Sugar: 62g / 78g



Straw-a-delic

Calories: 510 / 610
 Protein: 21g / 21g
 Fat: 3.5g / 3.5g
 Sugar: 83g / 106g



Malibu Mango

Calories: 474 / 575
 Protein: 24g / 24g
 Fat: 3.5g / 3.5g
 Sugar: 73g / 96g

MUSCLE BLENDS: 16oz./24oz.



Strawnana Pounder

Calories: - / 829
Protein: - / 44g
Fat: - / 9g
Sugar: - / 118g



The Kingpin

Calories: 444 / 534
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 64g / 84g



Twisted Strawberry

Calories: 434 / 534
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 64g / 87g



Purple People Eater

Calories: 414 / 504
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 58g / 78g



In The Tropics

Calories: 414 / 504
Protein: 24g / 24g
Fat: 3.5g / 3.5g
Sugar: 58g / 78g



The Fat Boy

Calories: - / 829
Protein: - / 51.5g
Fat: - / 26g
Sugar: - / 69.5g



Mocha Mania

Calories: 427 / 724
Protein: 25g / 26g
Fat: 8g / 13g
Sugar: 33.5g / 66g



The Incredible Bulk

Calories: 447 / 584
Protein: 31g / 31g
Fat: 19.5g / 21g
Sugar: 33.5g / 62g



Peanut Butter Power

Calories: 392 / 609
Protein: 31g / 38g
Fat: 19.5g / 35.5g
Sugar: 14.5g / 25g



The King Kong

Calories: - / 519
Protein: - / 44g
Fat: - / 9g
Sugar: - / 59g



Rainbow Sherbet

Calories: 245 / 245
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 55g / 55g



Berry Bombosicle

Calories: 215 / 215
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 47g / 47g



Cherry Punch

Calories: 155 / 155
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 39g / 39g



Razzy Grape

Calories: 220 / 220
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 48g / 48g

JUST FRUIT BLENDS: 16oz./24oz.



Orange Push-Up

Calories: 460 / 560
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 73g / 96g



Strawberry Ban. Blast

Calories: 420 / 520
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 64g / 87g



Pomegranate Paradise

Calories: 340 / 400
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 52g / 68g



Tropical Bliss

Calories: 460 / 560
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 73g / 96g



Pina Colada Madness

Calories: 430 / 520
Protein: 23g / 24g
Fat: 5g / 5.5g
Sugar: 64g / 84g



All That Razz

Calories: 400 / 490
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 58g / 78g



Triple Berry Sensation

Calories: 430 / 520
Protein: 20g / 20g
Fat: 3.5g / 3.5g
Sugar: 64g / 84g



Pina Colada

Calories: 220 / 220
Protein: 1g / 1g
Fat: .5g / .5g
Sugar: 47g / 47g



Tropical Mango

Calories: 240 / 240
Protein: 0g / 0g
Fat: 0g / 0g
Sugar: 55g / 55g

AMINO BLENDS: 16oz./24oz.