Nutritional Lifestyle Centers™

Smoothie King® nutritional smoothies are a refreshing, custom-made meal alternative that tastes great and is good for you!

Menu

1. Find your function.
   We have smoothies that will help nourish your body with what it needs to stay healthy and active. We have some that will give you just the right kind of lean fuel to help you trim a few pounds. Some will help give you the energy boost you’ll need to keep going at full speed. And if you’re looking to build up, we’ve got just the smoothie to help promote muscle growth.
   It’s a beautiful thing — even snacking is healthy and easy at Smoothie King®. Of course, maybe you just have the taste for something cool, delicious and refreshing. Yeah, we do that too.

2. Select your smoothie.
   Pick a smoothie that’s your favorite blend or try something new. We’ve got a wide range of smoothie goodness waiting for you. You can even have us “Make it Skinny” by blending your smoothie without turbinado, saving you 100 calories and 23g of carbs.

3. Choose your size.
   Whether you’re building up, trimming down or snacking right, Smoothie King® smoothies come in the right sizes — 40, 32 or 20 ounces of goodness.

4. Add an enhancer.
   Order a smoothie and enhance it with either extra fruit or one of our proprietary enhancers. Being active and healthy has never been so delicious.

Try our complete line of nutritional products and healthy snacks too.

Thank you very much for your business!
**FULL INGREDIENT LIST**

### trim down

These smoothies are low fat and under 400 calories each (based on 20 oz.)

**Angel Food™**
Strawberries, Bananas, Soy Protein, Non-Fat Milk, Vanilla, Turbinado & Honey.

**Blackberry Dream**
Blackberries, Soy Protein, Carbohydrate Mix, Turbinado & Honey.

**Colostrum Cherry Milk™**
Bananas, Black Cherry, Pappaya, Turbinado & Honey.

**MangoTastic™**
Mango, Orange Juice & Pineapple.

**Muscle Punch™**
Strawberries, Bananas, Soy Protein, Non-Fat Milk, Vanilla, Wheat Germ, Nutritional Yeast, Turbinado & Honey.

**Low Carb Smoothies**
*(Note, these smoothies have non-lactose ingredients.)*

**Yerba Mate™**
Yerba Mate, Pomegranate, Carbohydrate Mix & Turbinado & Honey.

**Yerba Mate-Mixed Berry™**
Yerba Mate, Pomegranate, Blueberries, Non-Fat Milk & Turbinado.

**Peach Slice Plus**
Peaches, Pappaya, Soy Protein, Carbohydrate Mix, Non-Fat Milk, Turbinado & Honey.

### snack tight

These smoothies are low fat and are a great tasting snack.

**Banana Berry Treat™**
Strawberries, Bananas, Raspberry Sorbet, Vanilla Protein Blend & Turbinado.

**Berry Punch™**
Strawberries, Blueberries, Raspberry Sorbet & Electrolyte Mix.

**Ocean Blue™**
Orange Juice, Bananas, Soy Protein, Turbinado & Honey.

**Passion Punch Plus™**
Passion Fruit, Bananas, Mango, Soy Protein & Turbinado.

**Pineapple Pleasure™**
Pineapple, Bananas, Pappaya, Soy Protein & Turbinado & Honey.

**Raspberry Cooler™**
Raspberries, Bananas, Orange Juice, Raspberry Sorbet & Electrolyte Mix.

**Raspberry Sunrise™**
Raspberries, Soy Protein, Carbohydrate Mix, Turbinado & Honey.

**Slim- N-Trim™**
Vanilla, Chocolate, Strawberry or Orange Vanilla Bananas, Protein Blend, Fruiture or Turbinado & Honey.

**Strawberry Kiwi Breeze™**
Strawberries, Kiwi, Pomegranate & Protein Blend.

**The Shredder™**
Vanilla or Chocolate, Glutared Low Carb Meal Replacement, Diet Down Enhancer & Protein Blend.

**Youth Fountain™**
Bananas, Orange Juice, Egg Protein & Turbinado & Honey.

### build up

These smoothies are geared toward weight gain/muscle building.

They are either high calorie or high protein.

**Gladiator™**
Gladiator Low Carb Meal Replacement (45g of Protein) & Your Choice of Two Fruits.

**High Protein Smoothies**
*Avocado, Maca, Banana, Chocolate or Lemon or Pineapple Whey Protein, Protein Blend, Amaranth & Other Ingredients.*

### Post-Workout Builder™
Pick One of Power Packed Engineered Foods Mixed With Your Choice of Two Fruits.

**The Hulk™**
*(Note, these smoothies have non-lactose ingredients.)*

**TCA®**
*(Note, these smoothies have non-lactose ingredients.)*

### energy

Enhance your Smoothie King® Nutritional Smoothie with one of our Smoothie Enhancers. Our Enhancers are recommended for adults 18 and older.

**Energy**
Contains Ginseng Rhizoma and Siberian Ginseng. This formula is designed to help increase energy brain function, mental alertness and is stimulant free.

**Muscle Builder**
Contains 100% pure Creatine Monohydrate and the amino acids L-Arginine and L-Taurine. This formula can help to build muscle mass, increase muscle strength and endurance. It also can help speed up recovery time after workouts.

**Fiber Blend**
If of soluble fiber. Helps protect against heart disease, diabetes, diverticulosis disease and constipation.

**Joint & Tissue Repair**
Contains MSM, which is known as a natural remedy to assist with pain relief, deteaddel, inflammatory conditions, bowel immuno. and may help to the body’s resistance to stress. An added benefit of MSM is that it provides Sulfer, which is vital for healthy hair, skin, and nails. Many find regular intake of MSM helps their energy level.

**Stress Relief**
Contains L-Theanine, Gaba, Ashwagandha, and Green Tea Extract. This formula is designed to help relax the nervous system, improve focus and performance, reduce stress and anxiety.

**Caffeine Charge**
Contains pure powdered Caffeine and MSM. The Caffeine/ MSM synergy helps support quick energy, mental clarity and sustained energy boost. The amount of Caffeine in this enhancer is 15mg, which is equal to 1 cup of coffee.

**Multi Vitamin**
Contains all of the B Complex vitamins that help to promote a healthy cardiovascular system, nervous system, hair, skin and nails, and also assists in converting food into energy. The antioxidant Vitamin C and E, and the minerals Zinc and Selenium, along with other nutrients is a vital part of this formula to support immune function and prevent cell from the damaging effects of free radical.

**Immune**
Contains Vitamins C, Green Tea, Zinc, Echinacea, Selenium and Beta Carotene. This formula supports immune function while providing antioxidant protection.

### standard recipes

Some Smoother King® Nutritional Smoothies are not listed on our menu board. Because our smoothies may be customized, exact information may vary.

**Kids Kups**
The following contain 100% of the ADA Vitamins for Kids. These products are not intended to diagnose, treat, care or prevent any disease.

- **Kids Kups**
  - Banana, Vanilla Protein Blend & Ice Cream & Turbinado & Honey.  
  - Cinnamon, Pecan, Pineapple, Bananas, Non-Fat Milk, Vanilla, Wheat Germ, Turbinado & Honey.  
  - Cinnamon, Pecan, Pineapple, Bananas, Non-Fat Milk, Vanilla, Wheat Germ, Turbinado & Honey.

### Kids Kups

**KIDS KUPS**
All Kids’ Kups contain 100% of the ADA Vitamins for Kids.

**Smart Start**
Lemon, Grape, Pappaya, Soy Protein, Fruiture & Multi-Vitamin Enhancer.

**Choc-A-Laka™**
*(Note, these smoothies have non-lactose ingredients.)*

**Gimme-Grape™**
*(Note, these smoothies have non-lactose ingredients.)*

**Lil’ Angel™**
*(Note, these smoothies have non-lactose ingredients.)*

All Natural Vanilla Frozen Yogurt Blended with Choice of One Fruit, Non-Fat Milk, Vanilla Protein Blend, Soy Protein & Turbinado.