

## *Specific Goals*

### FAT BURNER

Made the same way as our smoothie, this drink includes Carnitine, Chromium Piccolinate, and Protein for maximum weight loss potential

1 6oz Small.....\$5.25

20oz Medium.....\$5.75

32oz Large.....\$6.75

Choose one Puree, one Fruit and a Protein Flavor

### SUGAR FREE FAT BURNER

Choose one fruit and a Protein Flavor

### MUSCLE BUILDER

Made the same way as our smoothie, this drink includes Universal brand Gain Fast, designed to help you put on weight in a safe and healthy way

1 6oz Small.....\$5.25

20oz Medium.....\$5.75

32oz Large.....\$6.75

Choose one Puree, one Fruit



## Stout Gym

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### Our Most Popular Supplements:

#### 50 cents

Echinacea (500mg)  
Chromium Piccolinate (200mg)

#### 75 cents

Flaxseed (11g)  
Carnitine (500mg)

#### 1 dollar

Glutamine (5g)

#### \$1.25

Protein (33g) Gain Fast (46g)

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## Stout Gym Snack Bar



## *Smoothie Menu*

## Best Sellers

### SMOOTHIES

This is our basic drink, made with real fruit and sweetened fruit puree or yogurt.

16oz Small.....\$3.25

20oz Medium..\$3.75

32oz Large....\$4.75

Choose one Fruit Puree and one Fruit

### OATMEAL SHAKE

This is a meal replacement drink, made with oatmeal, banana, peanut butter, vanilla or chocolate yogurt, and raisins.

20oz Medium..\$6.25

32oz Large.....\$7.25

You can substitute the banana for another fruit; no other substitutions please

## Flavors

Banana  
Strawberry  
Peach  
Orange Juice \*  
Vanilla Yogurt \*  
Chocolate Yogurt \*

Mango  
Piña Colada  
Raspberry

## Fruits

Banana \*  
Strawberry  
Pineapple \*  
Raspberry \*  
Mixed Fruit (mix of peaches, strawberries, grapes, and melon) \*  
Tropical Fruit (mix of pineapple, mango, and strawberry)  
Triple Berry (mix of raspberries, blueberries, and blackberries) \*  
Antioxidant Fruit Blend (mix of strawberry, blackberry, raspberry, blueberry and pomegranate) \*

Mango  
Blueberry \*  
Peach \*

## Protein

Choice of Vanilla or Chocolate

\* denotes healthier choices

## Protein Drinks

### POWER SHAKE

This drink is made the same way as our smoothies, but with a serving of protein!

16oz Small.....\$5.75

20oz Medium..\$6.25

32oz Large....\$7.25

Choose one Puree, one Fruit, and Protein Flavor

### PURE PROTEIN

Made specially for people watching their carb intake

20oz Medium..\$5.75

32oz Large....\$6.75

Choose a fruit OR orange juice OR vanilla or chocolate yogurt and a Protein Flavor

Both the Power Shake and the Pure Protein have:

⇒ Small—33g protein

⇒ Medium—49.5g protein

⇒ Large—66g protein