



# NUTRITIONAL INFORMATION

[www.retroblendsmoothies.com](http://www.retroblendsmoothies.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: 388 / 570  
Protein: 20g / 20g  
Fat: 4.5g / 6g  
Sugar: 56g / 94g



### Elvis' Return

Calories: 358 / 460  
Protein: 20g / 20g  
Fat: 4.5g / 6g  
Sugar: 51g / 72g



### Malibu Chocolate

Calories: 373 / 550  
Protein: 23g / 24g  
Fat: 6g / 8g  
Sugar: 51g / 86g

## BURNER BLENDS: 16oz./24oz.



### Tropical Bombshell

Calories: 285 / 325  
Protein: 22g / 23g  
Fat: 4.5g / 5g  
Sugar: 25g / 32g



### Belly Buster

Calories: 275 / 310  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 25g / 32g



### Orange Peeler

Calories: 290 / 330  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 31g / 40g



### Berry Berry Good

Calories: 305 / 350  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 31g / 40g



### Pom. Bliss

Calories: 290 / 330  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 31g / 40g



### Slim Sally

Calories: 275 / 310  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 25g / 32g



### Wonder Twins

Calories: 290 / 330  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 28g / 36g

## VEGGIE BLENDS: 16oz./24oz.



### Yo Yo Berry

Calories: 345 / 390  
Protein: 21g / 21g  
Fat: 3.5g / 3.5g  
Sugar: 41g / 50g



### Pomlicious

Calories: 330 / 370  
Protein: 21g / 21g  
Fat: 3.5g / 3.5g  
Sugar: 41g / 50g



### Straw-a-delic

Calories: 315 / 350  
Protein: 21g / 21g  
Fat: 3.5g / 3.5g  
Sugar: 35g / 42g



### Malibu Mango

Calories: 330 / 370  
Protein: 21g / 21g  
Fat: 3.5g / 3.5g  
Sugar: 38g / 46g

# MUSCLE BLENDS: 16oz./24oz.



**Strawnana Pounder**

Calories: - / 584  
Protein: - / 44g  
Fat: - / 9g  
Sugar: - / 56g



**The Kingpin**

Calories: 309 / 354  
Protein: 24g / 24g  
Fat: 3.5g / 3.5g  
Sugar: 31g / 40g



**Twisted Strawberry**

Calories: 279 / 314  
Protein: 24g / 24g  
Fat: 3.5g / 3.5g  
Sugar: 25g / 32g



**Purple People Eater**

Calories: 279 / 314  
Protein: 24g / 24g  
Fat: 3.5g / 3.5g  
Sugar: 25g / 32g



**In The Tropics**

Calories: 289 / 329  
Protein: 26g / 27g  
Fat: 4.5g / 5g  
Sugar: 25g / 32g



**The Fat Boy**

Calories: - / 829  
Protein: - / 51.5g  
Fat: - / 26g  
Sugar: - / 70g



**Mocha Mania**

Calories: 427 / 724  
Protein: 25g / 26g  
Fat: 8g / 13g  
Sugar: 21g / 40g



**The Incredible Bulk**

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



**Peanut Butter Power**

Calories: 275 / 310  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 25g / 32g



**The King Kong**

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

# JUST FRUIT BLENDS: 16oz./24oz.



**Orange Push-Up**

Calories: 280 / 320  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 31g / 40g



**Strawberry Ban. Blast**

Calories: 265 / 300  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 25g / 32g



**Pomegranate Paradise**

Calories: 280 / 320  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 31g / 40g



**Tropical Bliss**

Calories: 280 / 320  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 28g / 36g



**Pina Colada Madness**

Calories: 280 / 320  
Protein: 23g / 24g  
Fat: 5g / 5.5g  
Sugar: 25g / 32g



**All That Razz**

Calories: 265 / 300  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 25g / 32g



**Triple Berry Sensation**

Calories: 295 / 340  
Protein: 20g / 20g  
Fat: 3.5g / 3.5g  
Sugar: 31g / 40g



**Rainbow Sherbet**

Calories: 80 / 80  
Protein: 0g / 0g  
Fat: 0g / 0g  
Sugar: 18g / 18g



**Berry Bombscicle**

Calories: 90 / 90  
Protein: 0g / 0g  
Fat: 0g / 0g  
Sugar: 18g / 18g



**Cherry Punch**

Calories: 80 / 80  
Protein: 0g / 0g  
Fat: 0g / 0g  
Sugar: 18g / 18g



**Razzy Grape**

Calories: 70 / 70  
Protein: 0g / 0g  
Fat: 0g / 0g  
Sugar: 14g / 14g



**Pina Colada**

Calories: 80 / 80  
Protein: 0g / 0g  
Fat: 1g / 1g  
Sugar: 14g / 14g



**Tropical Mango**

Calories: 70 / 70  
Protein: 0g / 0g  
Fat: 0g / 0g  
Sugar: 14g / 14g

**AMINO BLENDS: 16OZ./24OZ.**