



Mon, Weds, Fri: 7:00 am – 4:30 pm • Tues, Thurs: 7:00 am – 4:00 pm • Saturdays: 9:00 am – 2:00 pm



Fuze Nutrition Club

FuzeNutritionClub.com



FuzeNutritionClub

Combos

Includes: Smoothie, Tea & Aloe shot

- **Classic**
- **Energy**
-Adds Liftoff Booster
- **Beauty**
-Adds Collagen Booster
- **Immune**
-Adds Best Defense Booster
- **Fat Burner**
-Adds Prolessa Duo Booster
- **Muscle**
-Chocolate formula - 43g protein
- **Kids**
-10 oz Smoothie + aloe (no tea)

Smoothies

20 oz Healthy meal, 24+g Protein, 24 Vitamins and Minerals, 200-350 Calories

- | | | |
|----------------------------|--|--------------------------------------|
| 1. Lucky Charmer | 16. Peanut Butter Cookie | 31. Keto |
| 2. Bananas Foster | 17. Salted Caramel Cashew | 32. Naked Vanilla |
| 3. Frooty Pebbles | 18. White Chocolate Raspberry | 33. Naked Chocolate |
| 4. Butter Pecan | 19. Green Goddess | 34. Naked Cookies & Cream |
| 5. Strawnana | 20. Coffee Toffee Crunch | 35. Naked Wild Berry |
| 6. Cookie Dough | 21. PBJ Raspberry or Strawberry | 36. Naked Pina Colada |
| 7. Birthday Cake | 22. White Chocolate Snickerz | 37. Naked Orange Cream |
| 8. Thin Mint | 23. Rasp/Strawberry Cheesecake | 38. Naked Dulce De Leche |
| 9. Blast O' Berry | 24. Lemon Blueberry Cheesecake | 39. Naked Café Latte |
| 10. French Silk Pie | 25. Turtle Cheesecake | 40. Naked Mint Chocolate Chip |
| 11. Sugar Cookie | 26. Oreo Nutter Fluffer | 41. Naked Banana Caramel |
| 12. Cherry Bounce | 27. Peanut Butter Cup | |
| 13. Brownie Batter | 28. Cookies & Cream | |
| 14. Nutella | 29. Carrot Cake | |
| 15. Apple Crumble | 30. Orange Mango | |

42. **Flavor of the Week**
See menu

Gluten Free, Vegan and Whey Protein options available

Smoothie Bowls

- **Chocolicious**
Cocoa, Chocolate Whey Protein blend.
Topped: Chocolate chips, Almonds, Coconut.
- **Berry Bliss**
Berry blend. Topped with
Coconut, Chia, Berries.
- **Peanut Butter Dream**
Banana, Peanut butter blend.
Topped with Granola, Banana, Pepita.

Energy Drinks

All day long "Feel Great Fuel"

1. **Pom-Lemon Drop**
Pomegranate, Mango, Lemon
2. **Peachy Keen**
Peach, Mango, Orange
3. **Pom-Berry Buzz**
Pomegranate, Mango, Raspberry
4. **Razzle Berry Punch**
Pomegranate, Cranberry, Raspberry
5. **Mango Tango**
Orange, Mango, Lemon
6. **Firecracker**
Pomegranate, Cranberry, Cinnamon
7. **Orange Chai-Tai**
Orange, Mango, Chai
8. **Island Sunset**
Pineapple, Mango, Lemon
9. **Citrus Zing**
Mandarin, Lemon, Lime
10. **Limon-Berryade**
Cranberry, Lemon, Lime
11. **Tropical Sunrise**
Pineapple, Cranberry, Raspberry
12. **Moxie Juice**
Orange, Mango, Raspberry

Sides & Boosters

- | | |
|---|--|
| <ul style="list-style-type: none"> • Extra Protein-
5g protein, 20 calories • Extra Fiber-
5g fiber, 25 calories • Fat Burner (Prolessa)-
Hunger control, fat reduction • Liftoff-
Mental energy, focus, B Vitamins • Healthy Heart-
Nitric Oxide boost, Antioxidants • Probiotic & Prebiotic-
Supports gut & digestive health • Meal Bar-
15g protein, 5g fiber, 200 cal. • Achieve Bar-
20g protein, 12g Fiber, 4g Sugar • Protein Snack Bar-
10g protein, 140 calories | <ul style="list-style-type: none"> • Total Control Tablets-
Metabolism Booster, 3 tab pack • Pre-Workout-
Caffeine, Nitric Oxide, Creatine • Post-Workout-
24g protein, BCAAs, carb blend • Electrolyte Drink-
Carbs, bioavailable Electrolytes • Lean Proteinade-
Sugar-free fruity drink,
15 g protein, 70 calories • Immune Booster-
Echinacea, Vitamin C, Zinc • Collagen Booster-
Hair, skin, nail rejuvenation • Protein Coffee-
100 Calories, 15g Protein,
2g Sugar |
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Mocktails

Alcohol-free, Nutrition-packed, Flavor-full

1. **Strawberry Fuze-arita-**
- Strawberry flavor
2. **Fuze Sunrise-**
- Orange flavor
3. **Bikini in a Cup-**
- Cran-Raspberry flavor
4. **Raspberry Spritzer-**
- Raspberry Mango flavor
5. **Rocket Fuel-**
- Effervescent Citrus flavor
6. **Fuze Pom-Bomb-**
- Effervescent Pomegranate flavor
7. **Protein Burst-**
- Peaches N Cream / Berries N Cream

Herbal Teas

16 oz & 24 oz

Energy, Metabolism boost

Chai	Raspberry
Lemon	Cinnamon
Peach	Green Tea

Aloe 2 oz Shot
16 oz & 24 oz
Glasses

Refreshing, Soothes digestion

Cranberry
Mandarin
Mango