

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
1	Lucky Charms							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	105	318	338	343	363
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	24.5	45.5	45.5	51.5	51.5
	Sugar	9	1	3	0	0	19	32	32	32	32
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	0	4	4	4	4
2	Banana Foster							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	15	228	248	253	273
	Protein	9	15	0	5	0	0.5	24.5	29.5	24.5	29.5
	Carbs	13	5	3	0	6	4	25	25	31	31
	Sugar	9	1	3	0	0	2	15	15	15	15
	Fiber	3	0	0	0	5	0.5	3.5	3.5	8.5	8.5
	Fat	1	3	0	0	0	0	4	4	4	4
3	Froty Pebbles							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	10	223	243	248	268
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	2	23	23	29	29
	Sugar	9	1	3	0	0	1	14	14	14	14
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	0	4	4	4	4
4	Butter Pecan							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	36	249	269	274	294
	Protein	9	15	0	5	0	0.5	24.5	29.5	24.5	29.5
	Carbs	12	5	3	0	6	4.5	24.5	24.5	30.5	30.5
	Sugar	7	1	3	0	0	4	15	15	15	15
	Fiber	4	0	0	0	5	0.25	4.25	4.25	9.25	9.25
	Fat	1	3	0	0	0	2	6	6	6	6

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
5	StrawNana							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	38	251	271	276	296
	Protein	9	15	0	5	0	0.5	24.5	29.5	24.5	29.5
	Carbs	13	5	3	0	6	9	30	30	36	36
	Sugar	9	1	3	0	0	5	18	18	18	18
	Fiber	3	0	0	0	5	0.5	3.5	3.5	8.5	8.5
	Fat	1	3	0	0	0	0	4	4	4	4
6	Cookie Dough							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	80	293	313	318	338
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	12	5	3	0	6	10	30	30	36	36
	Sugar	7	1	3	0	0	6	17	17	17	17
	Fiber	4	0	0	0	5	0	4	4	9	9
	Fat	1	3	0	0	0	4	8	8	8	8
7	Birthday Cake							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	20	233	253	258	278
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	12	5	3	0	6	3	23	23	29	29
	Sugar	7	1	3	0	0	2	13	13	13	13
	Fiber	4	0	0	0	5	0	4	4	9	9
	Fat	1	3	0	0	0	1	5	5	5	5
8	Thin Mint							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	20	233	253	258	278
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	2.25	23.25	23.25	29.25	29.25
	Sugar	9	1	3	0	0	2	15	15	15	15
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	1.25	5.25	5.25	5.25	5.25

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
9	Blast-oBerry							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	81	294	314	319	339
	Protein	9	15	0	5	0	1	25	30	25	30
	Carbs	13	5	3	0	6	20	41	41	47	47
	Sugar	9	1	3	0	0	14	27	27	27	27
	Fiber	3	0	0	0	5	5	8	8	13	13
	Fat	1	3	0	0	0	0	4	4	4	4
10	French Silk Pie							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	35	248	268	273	293
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	4	25	25	31	31
	Sugar	9	1	3	0	0	0	13	13	13	13
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	1	5	5	5	5
11	Sugar Cookie							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	0	213	233	238	258
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	0	21	21	27	27
	Sugar	9	1	3	0	0	0	13	13	13	13
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	0	4	4	4	4
12	Cherry Bounce							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	54	267	287	292	312
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	10	31	31	37	37
	Sugar	9	1	3	0	0	6	19	19	19	19
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	2	6	6	6	6

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
13	Brownie Batter							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	80	293	313	318	338
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	12	5	3	0	6	9	29	29	35	35
	Sugar	7	1	3	0	0	6	17	17	17	17
	Fiber	4	0	0	0	5	0	4	4	9	9
	Fat	1	3	0	0	0	4	8	8	8	8
14	Nutella							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	195	408	428	433	453
	Protein	9	15	0	5	0	3	27	32	27	32
	Carbs	13	5	3	0	6	13.5	34.5	34.5	40.5	40.5
	Sugar	9	1	3	0	0	11	24	24	24	24
	Fiber	3	0	0	0	5	2	5	5	10	10
	Fat	1	3	0	0	0	14.5	18.5	18.5	18.5	18.5
15	Apple Crumble							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	91	304	324	329	349
	Protein	9	15	0	5	0	1	25	30	25	30
	Carbs	12	5	3	0	6	21.25	41.25	41.25	47.25	47.25
	Sugar	7	1	3	0	0	16	27	27	27	27
	Fiber	4	0	0	0	5	0.5	4.5	4.5	9.5	9.5
	Fat	1	3	0	0	0	0.5	4.5	4.5	4.5	4.5
16	Peanut Butter Cookie							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	50	263	283	288	308
	Protein	9	15	0	5	0	6	30	35	30	35
	Carbs	11	5	3	0	6	4	23	23	29	29
	Sugar	5	1	3	0	0	2	11	11	11	11
	Fiber	5	0	0	0	5	2	7	7	12	12
	Fat	1	3	0	0	0	2	6	6	6	6

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
17	Salted Caramel Cashew							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	97	310	330	335	355
	Protein	9	15	0	5	0	2.5	26.5	31.5	26.5	31.5
	Carbs	13	5	3	0	6	8.5	29.5	29.5	35.5	35.5
	Sugar	9	1	3	0	0	5	18	18	18	18
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	6.5	10.5	10.5	10.5	10.5
18	White Chocolate Raspberry							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	63	276	296	301	321
	Protein	9	15	0	5	0	1	25	30	25	30
	Carbs	13	5	3	0	6	13	34	34	40	40
	Sugar	9	1	3	0	0	10	23	23	23	23
	Fiber	3	0	0	0	5	5	8	8	13	13
	Fat	1	3	0	0	0	1.5	5.5	5.5	5.5	5.5
19	Green Goddess							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	39	252	272	277	297
	Protein	9	15	0	5	0	1	25	30	25	30
	Carbs	13	5	3	0	6	8.5	29.5	29.5	35.5	35.5
	Sugar	9	1	3	0	0	6	19	19	19	19
	Fiber	3	0	0	0	5	1	4	4	9	9
	Fat	1	3	0	0	0	0	4	4	4	4
20	Coffee Toffee Crunch							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	97	310	330	335	355
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	12	5	3	0	6	13	33	33	39	39
	Sugar	7	1	3	0	0	13	24	24	24	24
	Fiber	4	0	0	0	5	0	4	4	9	9
	Fat	1	3	0	0	0	5	9	9	9	9

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
21	PB&J Strawberry							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	118	331	351	356	376
	Protein	9	15	0	5	0	3.5	27.5	32.5	27.5	32.5
	Carbs	13	5	3	0	6	8	29	29	35	35
	Sugar	9	1	3	0	0	4.5	17.5	17.5	17.5	17.5
	Fiber	3	0	0	0	5	1	4	4	9	9
	Fat	1	3	0	0	0	8	12	12	12	12
21	PB& J Raspberry							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	132	345	365	370	390
	Protein	9	15	0	5	0	4.5	28.5	33.5	28.5	33.5
	Carbs	13	5	3	0	6	13	34	34	40	40
	Sugar	9	1	3	0	0	8.5	21.5	21.5	21.5	21.5
	Fiber	3	0	0	0	5	6	9	9	14	14
	Fat	1	3	0	0	0	8	12	12	12	12
22	White Chocolate Snickerzz							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	121	334	354	359	379
	Protein	9	15	0	5	0	3.5	27.5	32.5	27.5	32.5
	Carbs	11	5	3	0	6	6	25	25	31	31
	Sugar	5	1	3	0	0	4.5	13.5	13.5	13.5	13.5
	Fiber	5	0	0	0	5	1	6	6	11	11
	Fat	1	3	0	0	0	9.5	13.5	13.5	13.5	13.5
23	Strawberry Cheesecake							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	48	261	281	286	306
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	9.5	30.5	30.5	36.5	36.5
	Sugar	9	1	3	0	0	4.5	17.5	17.5	17.5	17.5
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	0.5	4.5	4.5	4.5	4.5

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
23	Raspberry Cheesecake							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	62	275	295	300	320
	Protein	9	15	0	5	0	1	25	30	25	30
	Carbs	13	5	3	0	6	14.5	35.5	35.5	41.5	41.5
	Sugar	9	1	3	0	0	8.5	21.5	21.5	21.5	21.5
	Fiber	3	0	0	0	5	5	8	8	13	13
	Fat	1	3	0	0	0	0.5	4.5	4.5	4.5	4.5
24	Lemon Blueberry Cheesecake							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	46	259	279	284	304
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	9.5	30.5	30.5	36.5	36.5
	Sugar	9	1	3	0	0	5.5	18.5	18.5	18.5	18.5
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	0.5	4.5	4.5	4.5	4.5
25	Turtle Cheesecake							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	104	317	337	342	362
	Protein	9	15	0	5	0	1	25	30	25	30
	Carbs	11	5	3	0	6	16.5	35.5	35.5	41.5	41.5
	Sugar	5	1	3	0	0	12.5	21.5	21.5	21.5	21.5
	Fiber	5	0	0	0	5	0.25	5.25	5.25	10.25	10.25
	Fat	1	3	0	0	0	4	8	8	8	8
26	Oreo Nutter Fluffer							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	148	361	381	386	406
	Protein	9	15	0	5	0	4	28	33	28	33
	Carbs	13	5	3	0	6	11	32	32	38	38
	Sugar	9	1	3	0	0	6	19	19	19	19
	Fiber	3	0	0	0	5	1	4	4	9	9
	Fat	1	3	0	0	0	10	14	14	14	14

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
27	PB Cup							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	95	308	328	333	353
	Protein	9	15	0	5	0	3.5	27.5	32.5	27.5	32.5
	Carbs	13	5	3	0	6	3	24	24	30	30
	Sugar	9	1	3	0	0	1.5	14.5	14.5	14.5	14.5
	Fiber	3	0	0	0	5	1	4	4	9	9
	Fat	1	3	0	0	0	8	12	12	12	12
28	Cookies N Cream							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	53	266	286	291	311
	Protein	9	15	0	5	0	0.5	24.5	29.5	24.5	29.5
	Carbs	11	5	3	0	6	8	27	27	33	33
	Sugar	5	1	3	0	0	4.5	13.5	13.5	13.5	13.5
	Fiber	5	0	0	0	5	0	5	5	10	10
	Fat	1	3	0	0	0	2	6	6	6	6
29	Carrot Cake							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	54	267	287	292	312
	Protein	9	15	0	5	0	1.5	25.5	30.5	25.5	30.5
	Carbs	13	5	3	0	6	7.5	28.5	28.5	34.5	34.5
	Sugar	9	1	3	0	0	6.5	19.5	19.5	19.5	19.5
	Fiber	3	0	0	0	5	0.75	3.75	3.75	8.75	8.75
	Fat	1	3	0	0	0	2	6	6	6	6
30	Orange Mango							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25	27	240	260	265	285
	Protein	9	15	0	5	0	0	24	29	24	29
	Carbs	13	5	3	0	6	7	28	28	34	34
	Sugar	9	1	3	0	0	6	19	19	19	19
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	3	0	0	0	0	4	4	4	4

Shake #	Shake Name	Fm1	PDM	Pud'ng Pwdr	PPP	Fiber	Extras	Classic Shake	Classic+ Protein	Classic +Fiber	Classic Loaded
31-39	Naked Shakes							Totals	Totals	Totals	Totals
	Calories	90	110	13	20	25		213	233	238	258
	Protein	9	15	0	5	0		24	29	24	29
	Carbs	13	5	3	0	6		21	21	27	27
	Sugar	9	1	3	0	0		13	13	13	13
	Fiber	3	0	0	0	5		3	3	8	8
	Fat	1	3	0	0	0		4	4	4	4
FB 1.0	Fat-Blast 1.0							Totals	Totals	Totals	Totals
	Calories	90	0	0	20	25	50	140	160	165	185
	Protein	9	0	0	5	0	6	15	20	15	20
	Carbs	13	0	0	0	6	4	17	17	23	23
	Sugar	9	0	0	0	0	2	11	11	11	11
	Fiber	3	0	0	0	5	2	5	5	10	10
	Fat	1	0	0	0	0	2	3	3	3	3
FB 2.0	Fat-Blast 2.0							Totals	Totals	Totals	Totals
	Calories	0	110	0	0	25	70	180	110	135	135
	Protein	0	15	0	0	0	15	30	15	15	15
	Carbs	0	5	0	0	6	2	7	5	11	11
	Sugar	0	1	0	0	0	0	1	1	1	1
	Fiber	0	0	0	0	5	0	0	0	5	5
	Fat	0	3	0	0	0	0	3	3	3	3
	Muscle Shake							Totals	Totals	Totals	Totals
	Calories	90	0	0	20	25	230	320	340	345	365
	Protein	9	0	0	5	0	34	43	48	43	48
	Carbs	13	0	0	0	6	18	31	31	37	37
	Sugar	9	0	0	0	0	14	23	23	23	23
	Fiber	3	0	0	0	5	0	3	3	8	8
	Fat	1	0	0	0	0	1.5	2.5	2.5	2.5	2.5

~Addition Items~					
Herbalife Express Meal Bar		Immune Booster		Happy Gut	
Calories	200	Calories	5	Calories	4
Protein	15	Protein	0	Protein	0
Carbs	28	Carbs	3	Carbs	0
Sugar	11	Sugar	0	Sugar	0
Fiber	5	Fiber	0	Fiber	0
Fat	5	Fat	0	Fat	0
Prolessa Duo		Collagen Booster		Lift Off	
Calories	70	Calories	20	Calories	15
Protein	0	Protein	2	Protein	0
Carbs	5	Carbs	2	Carbs	4
Sugar	0	Sugar	0	Sugar	0
Fiber	0	Fiber	0	Fiber	0
Fat	6	Fat	0	Fat	0
Heart Health		Protein Drink		Prepare	
Calories	30	Calories	70	Calories	66
Protein	0	Protein	15	Protein	0
Carbs	0	Carbs	3	Carbs	10
Sugar	0	Sugar	0	Sugar	0
Fiber	0	Fiber	0	Fiber	0
Fat	0	Fat	0	Fat	0

CR7		Protein Bar		Rebuild Strength (post-workout)	
Calories	50	Calories	140	Calories	190
Protein	0	Protein	10	Protein	24
Carbs	13	Carbs	16	Carbs	18
Sugar	9	Sugar	11	Sugar	14
Fiber	0	Fiber	0	Fiber	0
Fat	0	Fat	4.5	Fat	1.5

~Mocktails~

Strawberry Fuze-Arita		Fuze Sunrize		Bikini In a Cup	
Calories	90	Calories	50	Calories	103
Protein	17	Protein	2	Protein	15
Carbs	5	Carbs	9	Carbs	9
Sugar	0	Sugar	6	Sugar	0
Fiber	0	Fiber	0	Fiber	5
Fat	0	Fat	0	Fat	0
Mojito Spritzer		Rocket Fuel		Fuze Pom-Bom	
Calories	8	Calories	81	Calories	65
Protein	0	Protein	0	Protein	0
Carbs	0	Carbs	14	Carbs	17
Sugar	0	Sugar	0	Sugar	9
Fiber	0	Fiber	0	Fiber	0
Fat	0	Fat	0	Fat	0
Fuze-Bucha		ALL Energy Drinks			
Calories	9	Calories	23		
Protein	0	Protein	0		
Carbs	3	Carbs	4		
Sugar	0	Sugar	0		
Fiber	0	Fiber	0		
Fat	0	Fat	0		