

# NUTRITION — HUB —

INDIANAPOLIS

**Meal Replacement Shake**  
\$7 (Choices on the back)

**Tea + Liftoff or Booster**  
\$3

**Aloe Shot**  
\$1

## COMBOS

**STEP 1 - PICK YOUR SHAKE**  
(Choices on the back)

**STEP 2 - PICK YOUR TEA LEVEL**

### LEVEL 1 COMBO \$9

Meal Replacement Shake  
Level 1 Tea - 16 oz.  
1 Tea + 1 Aloe

### LEVEL 2 COMBO \$11

Meal Replacement Shake  
Level 2 Tea - 16 oz.  
1 Tea + 1 Aloe + 1 Booster  
OR 1 Liftoff

### LEVEL 3 COMBO \$12

Meal Replacement Shake  
Level 3 Tea - 24 oz.  
1 Tea + 1 Booster + 1 Liftoff

### FUN SIZE COMBO \$8

Half Size Shake  
Pre-workout Tea

### POST-WORKOUT COMBO \$14

Rebuild Shake  
Electrolytes (CR7) Sport Drink  
with Aloe

### LEVEL 1 TEAS (\$3)

16 oz. | 5 calories | 185mg of caffeine | herbal or green tea with aloe | Energizing, boosts metabolism and burns calories

CHOOSE YOUR COMBINATION OF  
1 TEA + 1 ALOE

### LEVEL 2 TEAS (\$4)

16 oz. | 20 calories | 1160mg of caffeine | herbal or green tea with aloe and Liftoff **OR** a booster | Energizing, boosts metabolism and burns calories

CHOOSE YOUR COMBINATION OF  
1 TEA + 1 ALOE + 1 BOOSTER  
OR 1 LIFTOFF

### LEVEL 3 TEAS (\$6)

24 oz. | 20-70 calories | 1160mg of caffeine | herbal or green tea with a Liftoff **AND** a booster | Energizing, boosts metabolism, and burns calories

CHOOSE YOUR COMBINATION OF  
1 TEA + 1 BOOSTER + 1 LIFTOFF

### TEAS

Chai  
Cinnamon  
Lemon  
Peach  
Pomegranate  
Raspberry

### ALOES

Cranberry  
Mandarin  
Mango

### BOOSTERS

Collagen Beauty Booster  
Beverage Drink Mix  
Immune Booster  
Niteworks  
Probiotic

### LIFTOFFS

Lemon Lime  
Orange  
Pomegranate  
Tropical Fruit

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## SHAKES (\$7)

200-250 calories, 24g of protein, 21 vitamins and minerals

### TOP 10

Banana Nut Bread\*  
Birthday Cake\*  
Blueberry Muffin\*  
Caramel Latte\*  
Elvis  
Mint Chocolate Chip  
Oatmeal Cookie  
Peanut Butter Pancake  
Reese's\*  
S'mores

### CHOCOLATE

Brownie Batter  
Butterfinger  
Chocolate Covered Strawberry  
Cookies 'n Cream  
Fudgesicle  
Orange Tootsie Pop  
Snickers  
Thin Mint

### FRUITY

Bahama Breeze\*  
Banana Caramel\*  
Captain Crunch\*  
Fruity Pebbles\*  
Orange Dreamsicle\*  
Pina Colada\*  
Strawberry Banana\*  
Strawberry Cheesecake\*  
Strawberry Orange Refresher\*  
Strawberry Scone\*

### VANILLA

Birthday Cake\*  
Caramel Apple Pie\*  
Cinnamon Roll Captain Crunch\*  
Cinnamon Toast Crunch\*  
Dulce de Leche\*  
Pecan Pie\*  
Salted Caramel\*  
Snickerdoodle  
Sugar Cookie  
Turtle Cheesecake\*  
White Chocolate Snickers

### PEANUT BUTTER

Elvis  
No Bake Cookie  
Nutter Butter  
PB&J\*  
Peanut Brittle\*  
Peanut Butter Banana\*  
Peanut Butter Pie

### COFFEE LOVERS

Cafe Latte\*  
Cafe Mocha  
Caramel Latte\*  
Maple Pecan Latte\*  
Maple Pecan Mocha

**\*GLUTEN FREE**

## SHOTS

### \$1 ALOE (Choose your flavor)

Supports healthy digestion and nutrient absorption

### \$3 COLLAGEN BEAUTY BOOSTER

Supports strong nails, healthy hair, and skin

### \$3 FAT BURNER

Helps control hunger and reduce body fat

### \$3 NITWORKS

Nitric oxide booster, supports healthy function of heart & brain

### \$3 IMMUNE BOOSTER

Vitamin C, zinc and Echinacea, supports immune health

### \$3 PRE-WORKOUT

Promotes healthy blood flow and nutrient delivery to muscles

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## BOOSTERS AND UPGRADES

### \$2 BEVERAGE MIX

15g protein, 70 calories

### \$3 COLLAGEN BEAUTY BOOSTER

Supports strong nails, healthy hair, and skin

### \$1 EXTRA FIBER

5g fiber, 15 calories | Supports regularity

### \$2 EXTRA PROTEIN

7.5g protein, 55 calories | Helps satisfy hunger and maintain lean muscle mass

### \$4 FAT BURNER

Helps control hunger and reduce body fat

### \$3 IMMUNE BOOSTER

Vitamin C, zinc and Echinacea | Supports immune health

### \$3 LIFTOFF (Choose your flavor)

15 calories, 75mg caffeine | Supports brain function, increases metabolism

### \$3 NITWORKS

Nitric oxide booster | Supports healthy function of heart and brain

### \$2 PROBIOTIC

Supports gut and digestive health

### \$2 WHEY

24g protein, 190 calories | Helps rebuild fatigued muscles

## SNACKS

### 24 ACHIEVE PROTEIN BAR

20g protein, 230 calories, 4g sugar

\$4

### DELUXE PROTEIN BAR

10g protein, 140 calories

\$2

### EXPRESS MEAL BAR

15g protein, 200 calories, 5g fiber, 21 vitamins & minerals

\$4

### PROTEIN BITES

4g protein, 60 calories/piece

\$2/2

## OTHER DRINKS

### ALOE WATER (Choose your flavor)

0 calories, supports healthy digestion and nutrient absorption

\$3

### ELECTROLYTES (CR7) SPORT DRINK

Supports hydration, enhances metabolism

\$3

### ICED COFFEE

House Blend or Mocha  
15g protein, 100 calories, 80mg caffeine, 2g sugar

\$5

### PRE-WORKOUT TEA

700 mg caffeine, 70 calories  
Promotes healthy blood flow and nutrient delivery to muscles

\$3