

# NATURAL FITNESS FOOD

## BUILD YOUR OWN

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### 1. PICK YOUR BASE

#### ALKALIME

Avocado, kale, cashew nuts, lime juice, banana

#### BANANA BREAD

Banana, oats, dates, cinnamon

#### BERRY BLAST

Mixed berries, currants, cherries

#### BLUEBERRY ALMOND

Blueberries, almond butter

#### BREAKFAST BEAT

Gluten free oats, banana, mulberries, peanut butter

#### CHERRY GARCIA

Cherries, vegan chocolate, dates

#### CHOCOLATE CHIEF

Raw cacao, dates, Himalayan pink salt, banana

#### NUTTER BUTTER

Banana, almond butter

#### PB & J

Peanut butter, strawberry compote

#### SNICKERS

Vegan chocolate, dates, peanut butter

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### 2. PICK YOUR PROTEIN

#### WHEY

Vanilla, chocolate,  
coconut

#### VEGAN

Vanilla, chocolate,  
coconut

### 3. PICK YOUR LIQUID

Almond milk

Coconut milk

Coconut water

Cow's milk

Whole & Semi skimmed

Oat milk

### ADD ONS?

Protein scoop

Nut butter

Espresso shot

Additional base

Creatine

Oats

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## SIGNATURE SHAKES

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### CLEAN

#### MOCHA

Chocolate protein,  
espresso shot,  
almond milk

#### REVENGE BOD

Vanilla protein,  
almond milk, cinnamon

### LEAN

#### MANGO MAGIC

Coconut protein,  
mango, coconut milk,  
coconut yogurt

#### OREO

Vanilla protein,  
almond milk, NFF cookie

### FUEL

#### SUPERMAN

Vanilla protein, coconut  
milk, berries, banana,  
almond butter

#### BISCOFF

Vanilla protein,  
NFF biscuit, oat milk,  
banana

### FUEL +

#### BEASTED OREO

Double chocolate protein,  
double NFF cookie, oats,  
banana, oat milk

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