

Eat-Well Menu

SMOOTHIES

berry muscle builder.....	\$50/\$65
<i>Calories - 280, Carbs - 41g, Protein - 25g, Total fat - 3g</i>	
mango muscle builder.....	\$50/\$65
<i>Calories - 290, Carbs - 52g, Protein - 19g, Total fat - 2.5g</i>	
pre-work out delight	\$50/\$65
<i>Calories - 360, Carbs - 43g, Protein - 25g, Total fat - 6g</i>	
pick-me-up	\$50/\$65
<i>Calories - 230, Carbs - 26g, Protein - 30g, Total fat - 2g</i>	
injury elixir	\$50/\$65
<i>Calories - 310, Carbs - 63g, Protein - 7g, Total fat - 8g</i>	
meal-in-itself detox.....	\$75/\$90
<i>Calories - 380, Carbs - 62g, Protein - 16g, Total fat - 3g</i>	
guava gulp.....	\$50/\$65
<i>Calories - 220, Carbs - 51g, Protein - 8g, Total fat - 1g</i>	
sunrise sipper	\$50/\$65
<i>Calories - 180, Carbs - 42g, Protein - 7g, Total fat - 0.5g</i>	

