



Blue Garden
Wellness

FIT SHAKES

FREE WITH
TUESDAY & THURSDAY
MEDITATION CLASS
9 AM-9:30 AM

PROTEIN SHAKES

\$8
Meal Replacement
& Workout Fuel

COOKIE CRUNCH

VANILLA PROTEIN, YOGURT, ORGANIC COCOA NIBS, OREO
Probiotic • Anti-inflammatory • Appetite Suppresses 37g protein • 410cal

JAVA JOLT

CHOCOLATE PROTEIN, ESPRESSO BEANS & MOCHA LATTE
Boosts Metabolism • Ideal for recovery • 28g protein • 470cal

PB CUP LITE

CHOCOLATE PROTEIN, PEANUT BUTTER POWDER
Low calories + High protein • Satisfy your sweet tooth • 33g protein • 280cal

BANANA NUT BLAST

VANILLA PROTEIN, BANANA, PB POWDER
Boost Energy • Great source of Potassium, Vitamin E, Fiber • 55g protein • 570cal

STRAWBERRY SLAM

STRAWBERRY PROTEIN WITH BANANAS & MORE STRAWBERRIES
High in antioxidants • Helps lower blood pressure • 21g • 350cal

**SUMMER
SPECIAL**
LIMITED TIME

PORT-O-CALL PINK LEMONADE

ORGANIC
LEMONADE &
STRAWBERRY
PROTEIN

Light & Refreshing
Boost Energy & Immunity
Great source of Vitamin C
20g protein • 220cal

ORDER ONLINE!
BLUEGARDENWELLNESS.COM