

# BALANCED SMOOTHIES

● **FATS**  
Avocado & Chia Seeds  
Support brain & heart health

● **CARBOHYDRATES**  
Berries, Citrus, & Spinach  
Boost energy & keep you full



● **PROTEIN**  
Protein Powder & Greek Yogurt  
Build + repair muscle

# REAL INGREDIENTS. REAL SMOOTHIES.

Crafted with heart-healthy fats, natural carbs, and high-quality protein to fuel your life.



“At fit-flavors, we only create what I’d serve in my own home. Our smoothies are no exception! I hope you love them as much as I do.”

- Jillian Tedesco  
Founder of fit-flavors

**Available at Select Locations**  
CREVE COEUR | DES PERES | SUNSET HILLS

fit  flavors<sup>®</sup>  
Healthy. Convenient. Crave-Worthy.

## SMOOTHIE MENU



Online • In-Store • Delivery  
[www.fit-flavors.com](http://www.fit-flavors.com)

 FIT\_FLAVORS\_STL  FIT-FLAVORS

# SIZES

**Snack**  
16 ounces (oz) | **\$8**

**Meal**  
24 ounces (oz) | **\$10**

# BOOSTERS

Add any to your smoothie for extra benefits!

**Protein Booster | \$2**  
• Collagen Peptides  
• Whey Protein  
• Vegan Protein

**Superfood Powder | \$1.50**  
20+ servings of fruits & veggies

**Chamomile-Infused Raw Honey | \$1**  
Natural sweetener with added calming benefits

**Flax Seeds | \$1**  
Packed with Omega-3s

**Chia Seeds | \$1**  
Antioxidants, fiber, protein

**Glutamine | \$1**  
Aids muscle recovery & digestion

**Matcha | \$1**  
Boosts metabolism & energy

**Creatine | \$1**  
Hydration & pre-workout boost

**Fresh Spinach or Kale | \$1**  
Easy veggie add-in

**House-Made Granola | \$1**  
Blend in or add on top!

Ask about  
the monthly  
smoothie  
special!

Happy  
Hour

**\$3 OFF**  
**Thursdays from 2-6pm**

# PLANT-BASED PROTEIN

**Pomaberry Protein Punch (GF, DF, NF, VG)**  
Pomegranate juice, lemon juice, vegan protein powder, strawberry, blueberry, raspberry, blackberry, banana, chia & flax seeds  
**16 oz** – 320 cal | **23g protein** | 7g fat | 45g carbs (28g sugar)  
**24 oz** – 480 cal | **35g protein** | 12g fat | 61g carbs (36g sugar)

**Green Monster (GF, DF, VG)**  
Coconut milk, vegan protein, banana, pineapple, avocado, spinach, kale  
**16 oz** – 250 cal | **21g protein** | 8g fat | 26g carbs (14g sugar)  
**24 oz** – 360 cal | **32g protein** | 10g fat | 39g carbs (22g sugar)  
*Add matcha for extra antioxidants + energy!*

**Vegan Chocolate Peanut Butter Cup (GF, DF, VG)**  
Almond milk, vegan protein, powdered peanut butter, banana  
**16 oz** – 200 cal | **18g protein** | 6g fat | 20g carbs (11g sugar)  
**24 oz** – 280 cal | **26g protein** | 7g fat | 30g carbs (16g sugar)

# COLLAGEN PROTEIN

**Caribbean Sunrise (GF, DF, NF)**  
Orange juice, lime juice, collagen peptides, mango, pineapple, avocado, banana, kale  
**16 oz** – 270 cal | **21g protein** | 4g fat | 41g carbs (31g sugar)  
**24 oz** – 350 cal | **31g protein** | 4g fat | 52g carbs (40g sugar)

**Strawberry Banana (GF, NF)**  
Orange juice, collagen peptides, strawberry, banana, Greek yogurt  
**16 oz** – 270 cal | **23g protein** | 1.5g fat | 40g carbs (27g sugar)  
**24 oz** – 370 cal | **35g protein** | 3g fat | 50g carbs (34g sugar)

**Açaí Berry Blast (GF, NF)**  
Pomegranate juice, collagen peptides, blueberry, raspberry, açai, banana, Greek yogurt, chia & flax seeds  
**16 oz** – 320 cal | **23g protein** | 7g fat | 45g carbs (31g sugar)  
**24 oz** – 470 cal | **37g protein** | 12g fat | 58g carbs (38g sugar)  
*Top with granola + honey for the ultimate açai experience!*

# WHEY PROTEIN

**Strawberry Shortcake (GF, V)**  
Almond milk, whey protein, strawberry, house-made granola  
**16 oz** – 260 cal | **28g protein** | 8g fat | 18g carbs (10g sugar)  
**24 oz** – 390 cal | **42g protein** | 11g fat | 25g carbs (14g sugar)

**Banana Bread (GF, V)**  
Coconut milk, whey protein, banana, house-made granola, cinnamon, vanilla extract  
**16 oz** – 310 cal | **28g protein** | 9g fat | 26g carbs (17g sugar)  
**24 oz** – 450 cal | **42g protein** | 13g fat | 36g carbs (23g sugar)

**Blueberry Cake Batter (GF, V)**  
Almond milk, whey protein, blueberry, Greek yogurt, house-made granola  
**16 oz** – 260 cal | **30g protein** | 7g fat | 17g carbs (12g sugar)  
**24 oz** – 360 cal | **43g protein** | 9g fat | 22g carbs (16g sugar)

**Chocolate Peanut Butter Cup (GF, V)**  
Almond milk, whey protein, powdered peanut butter, cocoa, banana  
**16 oz** – 260 cal | **33g protein** | 6g fat | 18g carbs (10g sugar)  
**24 oz** – 370 cal | **48g protein** | 8g fat | 23g carbs (14g sugar)  
*For lower carb/sugar, skip the banana!*

**Butter Finger (GF, V)**  
Almond milk, whey protein, powdered peanut butter, fit-flavors brownie, mango  
**16 oz** – 340 cal | **36g protein** | 12g fat | 20g carbs (15g sugar)  
**24 oz** – 530 cal | **56g protein** | 21g fat | 29g carbs (21g sugar)  
*For lower carb, skip the brownie + add cocoa powder!*

**Fit-Mocha (GF, V)**  
Coffee, whey protein, powdered peanut butter, vanilla extract, fit-flavors brownie  
**16 oz** – 260 cal | **29g protein** | 9g fat | 12g carbs (7g sugar)  
**24 oz** – 430 cal | **45g protein** | 17g fat | 21g carbs (13g sugar)

**GF - Gluten Free**   **V - Vegetarian**  
**DF - Dairy Free**   **VG - Vegan**  
**NF - Nut Free**