

Our shakes are simply the product of the most pure and natural ingredients that this good old Earth can give us.



Fruit Shakes

We start each fruit shake with nutrient-dense fruit purees made from the skins, seeds and pulp of vine ripened fruit. We then personalize your shake by adding additional whole fruits, Synergistic Nutraceuticals and/or Natural Proteins designed to help you achieve your performance goals.

Our fruit shakes are Lactose Free and Low in Calories. They are the perfect blend of whole-foods, energy producing carbohydrates replete with Vitamins, Minerals and rich in Antioxidants.

Coffee & Chocolate Shakes

We start each coffee and chocolate shake with Organic Soy Milk or Skim Milk and blend in only Natural Colombian Roasted Coffees and/or defatted Antioxidant rich Ghirardelli Chocolate.

Our coffee/chocolate shakes are also the healthiest and lowest in calories found anywhere. They are only lightly sweetened with fructose and beet sugar, so they make a great beverage before a workout or as a Meal Replacement especially—when combined with Protein.

Proteins & Synergistic Nutes

Our Proteins and Synergistic Nutritional are also made from only Natural ingredients; rare in this industry. They are free of Lactose, Sugar and Fat.

Proteins - BIO-WHEY and BIO-SOY are both made from the purest form of Proteins – Isolates. We combine only natural flavors and digestive Enzymes to yield a Nutritional Powerhouse that is the most bio-available anywhere, which means your body absorbs virtually all of it.

Synergistic Nutes – We scientifically and synergistically combine Herbs, Minerals, Organic Plant Matter and Vitamins to create the most usable form of Nutrients made to enhance specific performance goals.

913.837.1400
401 S. Metcalf Road
Louisburg, KS 66053
www.louisburgathleticclub.com

PFC
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**LOSE
FAT**



RECOVERY
WHEN YOU'RE ON EMPTY
YOU ONLY HAVE 30 MINUTES



NATURAL SHAKES

PERFORMANCE SHAKES

- Banana Nut Blast** 5.00
One Big Banana blended with natural Peanut Butter, Skim or Soy Milk, 40g Vanilla Whey Protein Isolate and our 'Daily Essentials.'
- Java Jolt** 5.00
Dark roast Colombian Coffee, a hint of rich Ghirardelli Chocolate, Vanilla Whey Protein Isolate and our 'Energizer' formula.
- Cardio Freeway** 5.75
Soy Milk, low-fat Vanilla Cream, 20g Soy Protein, Flax Seed Oil, Strawberries and a shot of Honey.
- Green Machine** 6.00
Crushed Pineapple, ripe Banana, 20g Vanilla Whey Protein Isolate and our very own 'Veggie Meal for Real.'
- Peanut Butter Cup** 5.25
Ghirardelli Chocolate and natural Peanut Butter blended with 40g Chocolate Whey Protein Isolate, Organic Vanilla Soy Milk and our 'Fiber Blend.'
- Chocolate Thinny Mint** 5.75
Organic Chocolate Soy Milk blended with Ghirardelli Chocolate, Pure Mint, 30g Chocolate Whey Protein Isolate and our 'Burn Fat Burn.'
- Body Builder** 5.75
Skim or Soy Milk blended with Banana, Ultimate Recovery and 40g Vanilla or Chocolate Whey Protein Isolate.
- Berry Lean** 5.25
Burn Fat & build lean Muscle. Raspberries, Strawberries, Blackberries and Blueberries blended together with Flax Seed Oil and 'Burn Fat Burn.'
- Energy Elixir** 5.50
Energize your body naturally! Organic Soy Milk, Vanilla Whey Protein Isolate, Colombian Coffee and our 'Energizer Blend.'
- Sweet Indulgence** 5.75
Crushed sun-ripened Strawberries blended with Chocolate Protein Isolate, Banana and our own 'Daily Essentials.'

ICED COFFEES & TEAS

- Mocha Java** 4.50
Colombian Coffee blended with rich Ghirardelli Chocolate with your choice of Skim Milk or Soy Milk.
- Chocolate Espresso Crunch** 5.50
Colombian Coffee and Ghirardelli Chocolate blended with Skim or Soy Milk, 20g Vanilla Whey Protein Isolate and Espresso Beans.

RECOVERY SHAKES

- The Strawberry Classic** 4.50
Sun-drenched Strawberries, Strawberries and more Strawberries blended with ripe Banana.
- Piña Colada** 4.50
A taste of the islands. Mouth watering Pineapple, ripe Banana and fresh fallen Coconut.
- Berries A'more** 4.50
Antioxidant-rich Raspberries, Strawberries, Blueberries and Blackberries with potassium-rich Banana.
- Mango Tango** 4.50
Big juicy Mangoes crushed and blended in harmony with Banana, Strawberries and a hint of Hawaiian Pineapple.
- Peach Paradise** 4.50
Tree ripened Georgia Peaches, golden Apricots and luscious Pears all blended together with a pinch of Banana.

MEAL REPLACEMENT SHAKES

- Strawberries N' Cream** 5.25
Sun-drenched Strawberries blended with 15g Vanilla Whey Protein Isolate, Flax Seed Oil and 'Fiber Blend.'
- Heavenly Chocolate** 5.25
Organic Chocolate Soy Milk blended with Ghirardelli Chocolate, 15g Chocolate Whey Protein Isolate, Flax Seed Oil and 'Fiber Blend.'
- Thrilla in Vanilla** 5.75
Organic Vanilla Soy Milk blended with 30g pure Vanilla Whey Protein Isolate, 5g Fiber, Flax Seed Oil, Banana and real Vanilla Bean Extract.

KID'S SHAKES

- Cookie Monster** 3.50
Low-fat Oreo Cookies blended with Ghirardelli Chocolate, Organic Vanilla Soy Milk and 10g Chocolate Whey Protein Isolate.
- Junior Chocolate Frosty** 3.50
Rich Ghirardelli Chocolate and Organic Vanilla Soy Milk blended with 20g Chocolate Whey Protein Isolate.
- Strawberry Shortcake** 3.50
A nutrient dense blend of Strawberries, Banana and 10g Vanilla Whey Protein Isolate, mixed to a smooth creamy perfection.

CREATE-A-SHAKE

- Liquids:** Skim Milk, Soy Milk, Water, Fruit Puree 2.50
Fruits: Strawberries, Blueberries, Bananas 1.00
Adds: PB, Oatmeal, Coconut, Flax Seed Oil50
Flavors: Mocha Java, Latte, Vanilla or Chocolate 2.00

ADD-INS

- Protein - Whey or Soy** 1.00
20g Pure natural Protein Isolate. Vanilla, Chocolate, Wild Berry, Banana or Strawberry. Essential Amino Acids to rebuild a better body.
- Ultimate Recovery**75
The perfect Recovery nutes to maximize your workout. Antioxidants - A, C and E combined with 750mg of L-Glutamine.
- Daily Essentials**50
Keep your body running on all cylinders with the Micros the RDA recommends. 5g Multi-vitamin and Minerals.
- Burn Fat Burn**75
Watch the fat MELT away. 108mcg of Chromium Picolinate, 50mg of Garcinia, 50mg of L-Carnitine and 250mg of Inulin.
- Fiber Blend**50
Keep your pipes clean! A proprietary blend of 5g Wheat, Oat and Rice Bran Fibers.
- Energizer**50
Give your bod a dose of nature's natural zing. Eleuthero, Ginkgo, Bee Pollen, Gotu Kola, Cola Nut and White Willow Bark.
- Veggie Meal for Real** 1.25
NEVER miss a meal! 5g of an Organic blend of Pumpkin & Flax Seed, Alfalfa, Barley, Wheat Grass, Chlorella, Spirulina and Blue Green Algae.
- Flax Seed Oil** 1.00
Feed your Body the Omega 3 Fatty Acids it needs. Improve Cardio, Circulation, Immune System and Joints.
- Extra Fruit** 1.00
Banana, Strawberries, Blueberries.
- Peanut Butter**50
Our 100% all natural nutty Peanut Butter. Zero Trans Fats.

