

SHAKE OPTIONS

POWERHOUSE

Coconut Water, Banana, Pure Carbs,
Peanut Butter, Protein, Honey, Ice

HOUSE BLEND

Coconut Water, Banana, Nutella,
Peanut Butter, Protein, Honey, Ice

MANGO MOTION

Coconut Water, Mango, Vanilla Protein, Honey, Ice

BERRY STRONG

Coconut Water, Mixed Berries, Protein, Honey, Ice

LEAN MACHINE

Protein, Coconut Water, Ice

HOUSE HORIZON

Coconut Water, Blueberry,
Pineapple, Vanilla Protein, Ice

BLUE CRUSH

Coconut Water, Blueberry,
Protein, Honey, Ice

THE DAILY GRIND

Milk Or Water, Protein, Caramel and
(Possibly Nuts or Nut-Flavour)

ADD ONS: CREATINE/COLLAGEN/EXTRA PROTEIN/L-CARNITINE



Fuel Bar Shakes – Macros Chart

POWERHOUSE

Calories: 521 kcal

Protein: 32 g

Carbohydrates: 46 g

Fat: 14 g

HOUSE BLEND

Calories: 573 kcal

Protein: 33 g

Carbohydrates: 35 g

Fat: 23 g

MANGO MOTION

Calories: 458 kcal

Protein: 28 g

Carbohydrates: 60 g

Fat: 3 g

BERRY STRONG

Calories: 363 kcal

Protein: 27 g

Carbohydrates: 34 g

Fat: 3 g

LEAN MACHINE

Calories: 199 kcal

Protein: 26 g

Carbohydrates: 18 g

Fat: 2 g

HOUSE HORIZON

Calories: 351 kcal

Protein: 28 g

Carbohydrates: 30 g

Fat: 4 g

BLUE CRUSH

Calories: 357 kcal

Protein: 29 g

Carbohydrates: 30 g

Fat: 4 g

THE DAILY GRIND

Calories: 398 kcal

Protein: 28 g

Carbohydrates: 33 g

Fat: 8 g

HOUSED