

HELP ME LOSE WEIGHT



- Energizer**
24oz. 345 Cal/0/20 | 32oz. 440 Cal/0/20
Strawberry, Banana, Whey Protein, Nonfat Milk, Multi-Vitamin, Energy, Fiber
- Fruity Supreme**
24oz. 270 Cal/0/8 | 32oz. 360 Cal/0/8
Strawberry, Banana, Nonfat Milk
- Island Breeze**
24oz. 240 Cal/0/2 | 32oz. 300 Cal/0/2
Strawberry, Papaya, Banana
- Just Peachy**
24oz. 230 Cal/0/8 | 32oz. 260 Cal/0/8
Peach, Strawberry, Papaya, Whey Protein
- Lean Body**
330 Cal/2.5/40 (24 oz only)
Choose One Flavor: Vanilla, Chocolate, Strawberry or Chocolate Peanut Butter

- Lean Out**
24oz. 600 Cal/5/56 | 32oz. 900 Cal/9/67
Banana, Peanut Butter, Whey Protein, Nonfat Milk
- Low Carb**
Choose a Flavor, Whey Protein, Banana w/Flax
24oz. 480 Cal/2/48 | 32oz. 515 Cal/2/48 w/ Peanut butter
24oz. 680 Cal/5/59 | 32oz. 715 Cal/5/59
- Orange Twister**
24oz. 130 Cal/0/8 | 32oz. 130 Cal/0/8
Orange, Banana, Whey Protein, Energy
- Pacific Splash**
24oz. 240 Cal/0/3 | 32oz. 300 Cal/0/3
Strawberry, Orange, Banana
- Pineapple Bliss**
24oz. 185 Cal/0/1 | 32oz. 185 Cal/0/1
Pineapple, Papaya, Orange, Banana
- Slim N Fit**
24oz. 350 Cal/0/28 | 32oz. 420 Cal/0/28
Choose a Flavor, Banana, Nonfat Milk, Whey Protein, Fat Burner

BULK ME UP



- The Builder**
1240 Cal/14/61 (32 oz only)
Whey Protein, Peanut Butter, Banana, Chocolate, Gainer, Ice Cream, Nonfat Milk

- Mega Mass**
24oz. 585 Cal/6/28 | 32oz. 680 Cal/6/28
Choose a Flavor, Banana, Whey Protein, Ice Cream, Gainer
- Mini Mass**
24oz. 470 Cal/6/21 | 32oz. 565 Cal/6/21
Choose a Flavor, Banana, Whey Protein, Ice Cream
- Nutty Banana**
24oz. 715 Cal/4/30 | 32oz. 1,100 Cal/8/40
Banana, Peanut Butter, Whey Protein, Nonfat Milk

NOURISH MY BODY



- Berry Berry**
24oz. 390 Cal/0/9 | 32oz. 430 Cal/0/9
Strawberry, Blueberry, Raspberry, Whey Protein
- Coconut Passion**
24oz. 600 Cal/13/26 | 32oz. 660 Cal/13/26
Coconut, Pineapple, Banana, Almonds, Whey Protein, Nonfat Milk
- Guava Sunrise**
24oz. 388 Cal/0/14 | 32oz. 390 Cal/0/14
Guava, Strawberry, Raspberry, Orange, Whey Protein
- Mango Mania**
24oz. 290 Cal/0/7 | 32oz. 345 Cal/0/7
Pineapple, Mango, Whey Protein
- Mocha Bliss**
24oz. 525 Cal/1/34 | 32oz. 535 Cal/1/34
Mocha, Chocolate, Almond Milk, Whey Protein, Nonfat Milk

- PB&J**
24oz. 620 Cal/4/19 | 32oz. 960 Cal/8/30
Strawberry, Peanut Butter, Blueberry, Marionberry, Raspberry, Whey Protein
- Peanut Passion**
24oz. 550 Cal/4/19 | 32oz. 950 Cal/8/30
Strawberry, Peanut Butter, Banana, Whey Protein
- Power Fuel**
24oz. 525 Cal/1/42 | 32oz. 620 Cal/1/42
Strawberry, Banana, Recovery, Whey Protein
- Rejuvenator**
24oz. 335 Cal/0/20 | 32oz. 430 Cal/0/20
Strawberry, Banana, Whey Protein, Nonfat Milk, Multi-Vitamin

- South Pacific**
24oz. 520 Cal/17/8 | 32oz. 610 Cal/17/9
Banana, Strawberry, Pineapple, Coconut, Nonfat Milk
- Tropical Paradise**
24oz. 345 Cal/0/12 | 32oz. 345 Cal/0/12
Pineapple, Kiwi, Orange, Banana, Nonfat Milk, Whey Protein
- Zesty Lemon**
24oz. 420 Cal/6/17 | 32oz. 600 Cal/6/17
Lemon, Strawberry, Ice Cream, Whey Protein

16 OZ. OPTIONS

- Berry Berry** 250 Cal/0/8
- Blueberry Blast** 210 Cal/0/7
- Fruity Supreme** 240 Cal/0/4
- Guava Sunrise** 200 Cal/0/7
- Island Breeze** 175 Cal/0/1
- Just Peachy** 190 Cal/0/7
- Low Carb w/ Flax** 275 Cal/1/24
- Low Carb w/ Peanut Butter** 375 Cal/3/30
- Mango Mania** 160 Cal/0/6
- Nutty Banana** 515 Cal/4/21
- Pacific Splash** 170 Cal/0/2
- PB&J** 550 Cal/4/19
- Peanut Passion** 310 Cal/2/13
- Pineapple Bliss** 110 Cal/0/1
- Raspberry Dream** 225 Cal/0/8

Calories / Saturated Fat / Protein

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

GO GREEN



- The Emerald**
24oz. 290 Cal/1/21 | 32oz. 360 Cal/1/21
Strawberry, Banana, Kale/Spinach, Blueberry, Whey Protein
- w/ Peanut butter**
24oz. 525 Cal/4/29 | 32oz. 595 Cal/4/29

BOOST MY IMMUNE SYSTEM



- Acai Fusion**
24oz. 360 Cal/0/9 | 32oz. 410 Cal/0/9
Strawberry, Pineapple, Orange, Acai, Whey Protein
- Blueberry Blast**
24oz. 360 Cal/0/9 | 32oz. 400 Cal/0/9
Blueberry, Strawberry, Whey Protein
- Immunity Nectar**
24oz. 375 Cal/0/8 | 32oz. 495 Cal/0/8
Banana, Strawberry, Mango, Whey Protein, Multi-Vitamin
- Mango Berry**
24oz. 410 Cal/0/14 | 32oz. 410 Cal/0/14
Banana, Strawberry, Mango, Whey Protein, Multi-Vitamin.

- Green Goddess**
24oz. 200 Cal/0/3 | 32oz. 225 Cal/0/3
Pineapple, Spinach, Apple, Banana, Soy Milk, Immunity
- Peaches & Greens**
24oz. 510 Cal/0/10 | 32oz. 540 Cal/0/10
Peach, Spinach, Banana, Almonds, Chia
- Vegan Dream**
24oz. 330 Cal/0/12 | 32oz. 430 Cal/0/12
Strawberry, Banana, Spinach, Vegan Protein, Chia
- Zip Zip**
24oz. 230 Cal/0/23 | 32oz. 265 Cal/0/23
Apple, Banana, Bee Sure, Soy Milk, Whey Protein

- Marionberry Fuel**
24oz. 370 Cal/0/9 | 32oz. 415 Cal/0/9
Marionberry, Strawberry, Whey Protein
- Quick Start**
24oz. 270 Cal/0/14 | 32oz. 375 Cal/0/14
Strawberry, Orange, Whey Protein
- Raspberry Dream**
24oz. 320 Cal/0/15 | 32oz. 390 Cal/0/15
Raspberry, Strawberry, Whey Protein

- Sambazon™**
24oz. 420 Cal/1/8 | 32oz. 460 Cal/1/8
Acai, Strawberry, Cranberry, Almond Milk, Whey Protein
- Zone Zinger**
24oz. 375 Cal/1/24 | 32oz. 475 Cal/1/24
Strawberry, Papaya, Cranberry, Lemon, Whey Protein, Multi-Vitamin, Flax

AÇAÍ BOWLS



Organic, Non GMO, gluten-free, and vegan, Açaí Bowls are packed full of powerful antioxidants that fight free radicals and contain healthy omegas 3, 6, and 9 to promote brain and body health.

Choose Your Açaí Bowl

- Banana Berry Crunch** - Açaí, Strawberry, Blueberry, and Banana smoothie...
Topped with: Granola, Blackberries, Blueberries, Banana, and Agave Nectar.
- Chia Power** - Açaí, Dragon Fruit, Banana, Strawberry, and Spinach smoothie...
Topped with: Granola, Banana, and Chia Seeds.
- Health Nut** - Açaí, Strawberry, Blueberry, and Banana smoothie...
Topped with: Granola, Peanut Butter, Goji Berries, Almonds, and Agave Nectar.
- Tropical Sunrise** - Açaí, Mango, Pineapple, and Strawberry smoothie...
Topped with: Granola, Banana, Goji Berries, and Coconut.
- Vegan Berry Blast** - Açaí, Dragon Fruit, Mango, and Pineapple smoothie...
Topped with: Granola, Banana, and Coconut.

ABOUT US

Since 1996 we have been a leader in the health revolution. It's simple, great tasting smoothies made with the highest quality ingredients. Each one created with the goal of serving our customer superior nourishment for active healthy living. Looking for a meal that fuels your lifestyle? Look no further.

ABOUT OUR PRODUCTS

Our smoothies, lean snacks and health products are organized to make the choice easy. Whether you want to boost your immune system or energy levels, to lose weight or build muscle, or if your goal is to maintain your health – we can help. Our smoothies are the perfect quick and energizing meal for people on the go.



For Locations, Hours and
Online Orders, Visit us at
emeraldcitysmoothie.com

emerald city smoothie

**FUEL
YOUR
LIFESTYLE**
(delicious healthy smoothies)



BOOSTERS

Give your smoothie an extra healthy boost by adding these premium quality ingredients.*

- Açaí** – Superfruit full of powerful antioxidants and healthy omegas. **110 cal**
- Amino Acids** – Builds cells, repairs tissue and helps fight viruses. **15 cal**
- Antioxidants** – Deactivates free radicals to help reduce risk of disease. **10 cal**
- B12** – Boosts energy and helps with red blood cell formation and supports vital nerve cells. **0 cal**
- Bee Sure** – Superfood that promotes total wellness. **25 cal**
- Caffeine** – Boosts brain health and increases energy and focus. **0 cal**
- Chia Seeds** – Packed with Omega 3's, protein, antioxidants and fiber. **60 cal**
- Collagen** – Supports healthy hair, skin and nail growth, plus hyaluronic acid to keep joints and cartilage flexible and strong. **70 cal**
- Creatine** – Enhances hydration for nutrient absorption. **0 cal**
- Energy** – Vitamins, minerals and ginseng to increase stamina and endurance. **0 cal**
- Fat Burner** – Boosts metabolism and curbs appetite. **5 cal**
- Fiber** – Promotes healthy digestion and lowers cholesterol. **20 cal**
- Flax Oil** – Increases metabolism, boosts immunity and helps stabilize blood-sugar. **110 cal**
- Gainer** – Nutrients to help add pounds and develop a strong physique. **105 cal**
- Ginger** – Digestive support, nausea relief and boosts immunity. **5 cal**
- Glutamine** – Improves exercise endurance, brain function and reduces fatigue. **0 cal**
- Greens** – Kale/Spinach support healthy skin, bones and tissue. **20 cal**
- Immunity** – Enhances the body's resistance to infections and disease. **15 cal**
- Lipodrene/Stimerex** – Boosts energy to help burn fat, control cravings, and curb appetite. **0 cal**
- Maca Root** – Rich in vitamin C, copper and iron, and helps improve mood and libido. **30 cal**
- MCT Oil** – Helps the body achieve Ketosis to fuel the brain and burn fat for energy. **80 cal**
- Multi-Vitamin** – Supports metabolic pathway for optimum efficiency and performance. **10 cal**
- Probiotic** – Increases absorption of nutrients in the digestive tract. **20 cal**
- Protein** – High quality proteins to help support muscle function and repair. (Whey and Plant-based) **55–95 cal**
- Recovery** – Accelerates post-workout recovery and muscle growth. **200 cal**
- Spirulina** – Rich in protein, vitamins and antioxidants to protect cells and tissues from damage. **30 cal**
- Tumeric** – Potent anti-inflammatory and antioxidant that helps prevent disease. **25 cal**
- Vitamin C** – Supports blood vessels, connective tissue and bone. **10 cal**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.