

PHUZA SMOOTHIES

CITRUS SMOOTHIES

Orange Squeeze™ 3.99
Orange Juice, strawberries, bananas, nonfat frozen yogurt ice.
Protein 4g, Fat 1g, Carbs. 69g, Cal 329

Citrus Sensation™ 3.99
Orange juice, pineapple juice, strawberries, bananas, orange sherbet, pineapple sherbet, ice.
Protein 4g, Fat 1g, Carbs. 94g, Cal 422

Citrus Zinger™ 3.99
Orange juice, strawberries, blueberries, pineapple sherbet, ice.
Protein 13g, Fat 3g, Carbs. 89g, Cal 429

TROPICAL SMOOTHIES

Island Passion™ 3.99
Passion fruit-mango juice, peaches, strawberries, orange & pineapple sherbet, ice.
Protein 3g, Fat 2g, Carbs. 84g, Cal 425

Girls Rule™ 3.99
Pineapple juice, peaches, bananas, pineapple sherbet, ice.
Protein 8g, Fat 2g, Carbs. 89g, Cal 449

SPECIALTY SMOOTHIES

Peanut Butter Blast™ 3.99
Nonfat milk and frozen yogurt, peanut butter, chocolate, bananas, ice.
Protein 20g, Fat 16g, Carbs. 32g, Cal 408

Mocha My Morning™ 3.99
Nonfat milk and frozen yogurt, coffee, chocolate, ice.
Protein 20g, Fat 1g, Carbs. 81g, Cal 307

Soy-Berry™ 3.99
Soy milk, strawberries, bananas, honey, ice. (non-dairy)
Protein 11g, Fat 2g, Carbs. 50g, Cal 290

PROTEIN SMOOTHIES

The Arnold™ 4.99
This is the Terminator of all protein shakes with peanut butter and protein.
Protein 38g, Fat 16g, Carbs. 11g, Cals. 310

Mocha You Buff™ 4.99
Melt fat away and get ripped while enjoying a creamy mocha shake made from coffee, nonfat milk, nonfat vanilla yogurt, chocolate and protein.
Pro. 30g, Fat 0g, Carbs 20g, Cals.254

PB&J™ 4.99
Insert mom's sandwich into blender, add a lot of protein and out comes Phuzza's version of peanut butter and jelly. Nonfat milk, nonfat vanilla yogurt, strawberries, peanut butter and protein.
Pro. 42g, Fat 16g, Carbs 35g, Cals 529

Ripped Zinger™ 4.99
A great tasting summer refresher! Pineapple juice, raspberries, blueberries and protein.
Protein 25g, Fat 0g, Carbs 30g, Cals 201

Bruiser Berry™ 4.99
Formulated to maximize your muscles with this nutritious and delicious blend of raspberries, blueberries and protein. (non-dairy)
Protein 24g, Fat 0g, Carbs. 15g, Cals. 152

Island Pump™ 4.99
A great after workout shake with passion fruit juice, strawberries, peaches, orange sherbet, protein and ice.
Protein 23g, Fat 1g, Carbs 57g, Cals 380

Oreo-up™ 4.99
Hit the cookie jar and build muscle, what could be better! A delicious blend of low fat oreo, nonfat milk, nonfat vanilla yogurt, and Protein.
Protein 34g, Fat 1g, Carbs 48g, Cals. 379

PHUZA POWER SMOOTHIES

MEAL REPLACEMENT SMOOTHIES

Hanz and Franz™ 6.50
This great tasting pineapple, banana smoothie will pump you up!
Protein 42g, Fat 2g, Carbs 38g, Cals. 350

Muscle Head™ 6.50
Whether you are one or trying to be one, this blend of peanut butter, bananas and Ultramet will help you get there.
Protein 50g, Fat 18g, Carbs 42g, Cals. 450

Peanut Butter Thunder™ 6.50
Get shocking results with this blend wof water, peanut butter, bananas, chocolate and a full packet of Ultramet.
Protein 62g, Fat 18g, Carbs. 54g, Cals. 350

Strawberry Shortcake™ 6.50
This strawberry, nonfat vanilla yogurt and Ultramet shake will get you results and taste great!
Protein 44g, Fat 2g, Carbs. 38g, Cals. 283

Workout Wonder™ 6.50
A great tasting way to end a workout! Orange juice, strawberries, bananas, and full packet of Ultramet.
Protein 48g, Fat 2g, Carbs 66g, Cals. 319

PHUZA BOOST-UPS™

Every Smoothie Includes 1 Free Boost-Up - Additional Boost-Ups are Only \$0.50 More.

Energy Boost-Up™
Taurine, Green tea, Guarana, L-Carnitine, Caffeine, B vitamins

Vitamin Boost-Up™
25% of your RDA of vitamins and minerals like A-K and Calcium

Protein Boost-Up™
10g of complete soy protein and amino acids to build muscle

Fiber Boost-Up™
Wheat, oat and rice fibers to support digestion & heart health

Fat Burner Boost-Up™
L-Carnitine Tartrate, Inulin, Garcinia Cambogia Carbs 3g Cal 12

PHUZA POWER BOOST-UPS

Protein 1.00
Whey protein that is especially formulated to promote significant muscle growth when combined with anaerobic exercise. 24g

Creatine Monohydrate 1.00
Creatine adds more water to your muscles which increases strength recuperation time between your workouts. This helps you get stronger and gain muscle quicker. 5g

L-Glutamine 1.00
L-glutamine has been shown to help prevent muscle breakdown and support the immune system. 5g

Meal Replacemnt 2.50
Ultramet adds 24g of carbs 42g of protein 0g of fat and 280 calories

Phuzza smoothies are a great way to get your 5 servings of fruit per day.

