

FUEL ZONE

Smoothies



20 oz.-\$6.50

32 oz.-\$8.50

House Protein is Dymatize. Upgrade to Syntha 6, VPRO, or ISO Pure 100 for an additional \$.50.



Very Berry

blueberries, strawberries and banana.

Kick Start*

coffee, almond milk, and banana.



Big and Jacked*

L-arginine, glutamine, creatine, peanut butter and banana.

Peanut Butter Cup*

egg whites, and peanut butter.



Green Machine

kiwi, pineapple, spinach and lime juice.

Peppermint Oatmeal*

almond milk, mint, and oatmeal.



Cinnamon Roll

vanilla and cinnamon

Almond Bliss

craisins, almonds, banana, and oats.



Pineapple Power

pineapple juice, banana, and strawberries.

Peanut Butter Power*

banana and peanut butter.



Fillings: Comes with TWO.
Each additional \$.50.

First Choose Base:

Build your Own:

- Water
- Almond Milk
- Coffee
- Milk
- Orange Juice
- Pineapple Juice

Next Choose Protein:

- Dymatize
- Syntha 6
- Isopure 100
- Vpro

- Almonds
- Bananas
- Blueberries
- Brown Sugar
- Cinnamon
- Craisins
- Kiwi
- Lime Juice

- Mango
- Oats
- Peanut Butter
- PB2 Powder
- Pineapples
- Raspberries
- Spinach
- Strawberries
- Yogurt

Suppliments:

Arginine \$.75
BCAA \$1.99

Creatine \$.75
Xtend BCAA \$4.15
Glutamine \$.75

Energy or multivitamins \$.75
Fat Loss \$1.99

*Smoothies available in chocolate or vanilla.

Chef Salad

Turkey, ham, cheddar cheese, egg, tomatoes, cucumber and bacon on a bed of spring mix. \$10



Gill's Keto Bowl

Egg whites, sausage, bacon, turkey, chicken, jalapenos, onions and cheddar cheese, on a bed of spring mix. Topped with chipotle mayo. \$12



Todrick's Oatmeal

Bowl of Oatmeal mixed with a scoop of protein, a scoop of peanut butter, and topped with fruit. \$7



Tuna Tini

Fresh, tuna salad, with a full avocado on a bed of spring mix. \$10

Healthy Start Wrap

Egg whites, turkey, cheddar cheese, avocado, tomatoes, and spring mix. With chipotle mayo \$10



Chipotle Chicken

Chicken, bacon, pepper jack cheese, tomatoes, onions, and spring mix with chipotle mayo. \$10

Renegade

turkey, feta, craisins, pecans, tomatoes, and spring mix, with honey mustard. \$10

The Batterbee

Egg whites, cheddar cheese, bacon or sausage on a bagel. \$7

Ben's Hot Pocket

Chicken, bacon, jalapenos, onions, pepper jack cheese, and chipotle mayo. \$10

Sweet Momma

Turkey, cheddar cheese, sweet peppers, onions, and spring mix with honey mustard. \$10



Build Your Own

First choose:

- Bagel
- Plain everything wheat Wrap
- Wheat Toast
- Pita
- Spring Mix

Next choose:

- Turkey
- Chicken
- Sausage
- Egg White
- Bacon

Cheese:

- Feta
- Cheddar
- Swiss
- Pepper Jack
- White American

Additions: Comes with THREE. Each addition \$.50.

- Spring mix
- Craisins
- Pecans
- Peppers
- Onions
- Turkey
- Banana Peppers

- Cucumbers
- Tomatoes
- Sausage
- Bacon
- ½ Avocado
- Jalapeños
- Egg whites
- Hard Boiled egg

Sides

- Bagel with cream cheese or peanut butter \$3
- Bowl of Oatmeal \$3
- Fruit Cup \$3

- Yogurt Parfait \$4
- 1 egg \$1
- Ahi Tuna \$6

Chef Salad

Ben's Hot Pocket

BatterBee (bacon)

BatterBee (sausage)

Renegade

Chipotle Chicken

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 375	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 9 g	45 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 304 mg	101 %
Sodium 2040 mg	85 %
Potassium 323 mg	9 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 1 g	2 %
Sugars 4 g	
Protein 46 g	92 %
Vitamin A	51 %
Vitamin C	78 %
Calcium	25 %
Iron	16 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 720	
% Daily Value *	
Total Fat 34 g	52 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1016 mg	42 %
Potassium 272 mg	8 %
Total Carbohydrate 39 g	13 %
Dietary Fiber 4 g	17 %
Sugars 8 g	
Protein 42 g	84 %
Vitamin A	0 %
Vitamin C	23 %
Calcium	14 %
Iron	10 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 384	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 39 mg	13 %
Sodium 859 mg	36 %
Potassium 297 mg	8 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 26 g	52 %
Vitamin A	5 %
Vitamin C	0 %
Calcium	22 %
Iron	16 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 509	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 12 g	60 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 29 mg	10 %
Sodium 714 mg	30 %
Potassium 297 mg	8 %
Total Carbohydrate 51 g	17 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 31 g	62 %
Vitamin A	5 %
Vitamin C	0 %
Calcium	22 %
Iron	16 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 620	
% Daily Value *	
Total Fat 84 g	130 %
Saturated Fat 23 g	115 %
Monounsaturated Fat 26 g	
Polyunsaturated Fat 13 g	
Trans Fat 0 g	
Cholesterol 100 mg	33 %
Sodium 1738 mg	72 %
Potassium 410 mg	12 %
Total Carbohydrate 62 g	21 %
Dietary Fiber 9 g	35 %
Sugars 42 g	
Protein 26 g	53 %
Vitamin A	25 %
Vitamin C	36 %
Calcium	43 %
Iron	19 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 688	
% Daily Value *	
Total Fat 35 g	53 %
Saturated Fat 9 g	45 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 1160 mg	48 %
Potassium 324 mg	9 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 3 g	13 %
Sugars 8 g	
Protein 47 g	93 %
Vitamin A	12 %
Vitamin C	33 %
Calcium	13 %
Iron	9 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Healthy Start Wrap

Tuna Tini

Todrick's Oatmeal

Gill's Keto Bowl

Sweet Momma

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 638	
% Daily Value *	
Total Fat 42 g	65 %
Saturated Fat 14 g	71 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 54 mg	18 %
Sodium 1617 mg	67 %
Potassium 244 mg	7 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 2 g	8 %
Sugars 4 g	
Protein 22 g	44 %
Vitamin A	25 %
Vitamin C	37 %
Calcium	31 %
Iron	11 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 665	
% Daily Value *	
Total Fat 45 g	68 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 24 mg	8 %
Sodium 1307 mg	54 %
Potassium 1292 mg	37 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 12 g	49 %
Sugars 4 g	
Protein 45 g	89 %
Vitamin A	37 %
Vitamin C	39 %
Calcium	8 %
Iron	21 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 551	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 140 mg	6 %
Potassium 0 mg	0 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 9 g	35 %
Sugars 8 g	
Protein 40 g	79 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	14 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 522	
% Daily Value *	
Total Fat 33 g	50 %
Saturated Fat 13 g	63 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 39 mg	13 %
Sodium 627 mg	26 %
Potassium 176 mg	5 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 2 g	7 %
Sugars 4 g	
Protein 38 g	76 %
Vitamin A	33 %
Vitamin C	22 %
Calcium	26 %
Iron	5 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 658	
% Daily Value *	
Total Fat 38 g	58 %
Saturated Fat 17 g	85 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 1377 mg	57 %
Potassium 471 mg	13 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 4 g	15 %
Sugars 21 g	
Protein 19 g	38 %
Vitamin A	27 %
Vitamin C	224 %
Calcium	34 %
Iron	12 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Very Berry

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 171	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 61 mg	3 %
Potassium 322 mg	9 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	10 %
Sugars 8 g	
Protein 25 g	50 %
Vitamin A	0 %
Vitamin C	23 %
Calcium	0 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Pineapple Power

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 277	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 65 mg	3 %
Potassium 595 mg	17 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 1 g	6 %
Sugars 35 g	
Protein 26 g	52 %
Vitamin A	10 %
Vitamin C	135 %
Calcium	4 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Cinnamon Roll

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 120	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 60 mg	3 %
Potassium 180 mg	5 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 25 g	50 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Peanut Butter Power

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 521	
% Daily Value *	
Total Fat 34 g	52 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 340 mg	14 %
Potassium 266 mg	8 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	18 %
Sugars 10 g	
Protein 39 g	79 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	0 %
Iron	8 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Green Machine

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 163	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 71 mg	3 %
Potassium 385 mg	11 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	8 %
Sugars 8 g	
Protein 26 g	52 %
Vitamin A	42 %
Vitamin C	76 %
Calcium	11 %
Iron	2 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Peppermint Oatmeal

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 302	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 220 mg	9 %
Potassium 365 mg	10 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 5 g	20 %
Sugars 2 g	
Protein 31 g	62 %
Vitamin A	10 %
Vitamin C	0 %
Calcium	47 %
Iron	10 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Almond Bliss

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 582	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 19 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 101 mg	3 %
Total Carbohydrate 64 g	21 %
Dietary Fiber 12 g	49 %
Sugars 27 g	
Protein 17 g	34 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	19 %
Iron	21 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Big and Jacked

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 361	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 200 mg	8 %
Potassium 265 mg	8 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 3 g	10 %
Sugars 13 g	
Protein 32 g	64 %
Vitamin A	0 %
Vitamin C	253 %
Calcium	0 %
Iron	4 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Kick Start

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 141	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 91 mg	4 %
Potassium 189 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	2 %
Sugars 3 g	
Protein 26 g	51 %
Vitamin A	3 %
Vitamin C	0 %
Calcium	11 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Peanut Butter Cup

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 511	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 377 mg	16 %
Potassium 216 mg	6 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 4 g	16 %
Sugars 7 g	
Protein 41 g	83 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Meal Prep

Turkey Heat and Eat

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 288	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 88 mg	4 %
Potassium 50 mg	1 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 4 g	16 %
Sugars 2 g	
Protein 26 g	51 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	3 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Blackened Salmon Heat and Eat

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 464	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 529 mg	22 %
Potassium 50 mg	1 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 6 g	23 %
Sugars 0 g	
Protein 40 g	79 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	18 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Chicken Heat and Eat

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 534	
% Daily Value *	
Total Fat 31 g	48 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 403 mg	17 %
Potassium 50 mg	1 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 3 g	10 %
Sugars 6 g	
Protein 33 g	66 %
Vitamin A	10 %
Vitamin C	0 %
Calcium	0 %
Iron	5 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.