



MEAL REPLACEMENT 24 oz

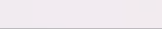
Customize Your Shake

All shakes are custom made to order. The nutritional content of your shake may vary from information provided

INCLUDED INGREDIENT
CHOOSE ONE

INCLUDED INGREDIENT CHOOSE ONE	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Whey Protein Vanilla	160	0	0	0	0	16	384	0	0	0	40
Whey Protein Chocolate	176	0	0	0	0	16	384	2	0	0	40

CHOOSE A BASE

Vanilla Non-Fat Yogurt	157	0	0	0	0	0	116	33	0	28	5
Chocolate Non-Fat Yogurt 	160	0	0	0	0	0	97	33	1	25	5
Vanilla Soft Serve	280	160	17	17	0	0	47	28	0	21	4
Chocolate Low-Fat Ice Cream 	192	54	6	4	0	24	67	30	1	23	4
Coconut Milk	23	20	2	2	0	0	8	1	1	0	0
Almond Milk	15	9	1	0	0	0	55	1	1	0	1
Oat Milk	60	27	3	0	0	0	48	8	1	3	2
Soy Milk	50	18	2	0	0	0	55	4	1	3	4
Juice (Orange)	55	0	0	0	0	0	5	13	0	11	1

CHOOSE FLAVORS

CHOOSE ANY TWO REAL FRUIT PUREES

One Stop Nutrition real fruit purees contain, no artificial colors, flavors, preservatives or HFCS. Just all-natural ingredients. Sourced from the best growing regions for the highest flavor burst.

Strawberry	87	0	0	0	0	0	0	21	1	19	0
Mango	87	0	0	0	0	0	0	22	0	21	0
Peach	93	0	0	0	0	0	0	23	0	22	0
Raspberry	99	0	0	0	0	0	0	25	1	24	0
Piña Colada	113	23	3	3	3	0	47	23	1	22	0
Wildberry Acai Pomegranate	99	0	0	0	0	0	0	23	0	22	0

CHOOSE ONE REAL FRUIT

Pineapple	28	0	0	0	0	0	1	7	1	3	0
Blueberries	32	0	0	0	0	0	1	8	2	5	0
Banana	50	0	0	0	0	0	1	12	2	6	1
Strawberries	18	0	0	0	0	0	1	4	1	3	0
Peaches	22	0	0	0	0	0	0	5	1	4	1
Mango	37	0	0	0	0	0	1	9	1	8	0

OTHER FLAVOR OPTIONS (EXCLUDES FRUITS AND PUREES)*

Vanilla	0	0	0	0	0	0	0	0	0	0	0
Chocolate	50	0	0	0	0	0	0	13	1	11	0
Cappuccino	228	72	8	5	0	32	117	33	0	25	5
Cotton Candy	277	81	9	8	0	0	142	47	1	39	1
Dreamsicle	270	72	8	7	0	0	180	48	0	42	2

*Calorie counts are based on each individual flavor. Adding ingredients like real fruit or real fruit puree may alter the nutritional values.

The Vanilla and Chocolate flavors require two bases. Vanilla is made with a sugar-free syrup.

OPTIONS

PROTEIN

[illegible]

OPTIONAL ADD-INS

[illegible]

Customize Your Smoothie

INCLUDED INGREDIENT
CHOOSE ONE

CHOOSE A BASE

***Not recommended for a low carb meal replacement.**

CHOOSE TWO REAL FRUIT

OTHER FLAVOR OPTIONS (EXCLUDES FRUITS AND PUREES)*

*Calorie counts are based on each individual flavor. Adding ingredients like real fruit or real fruit puree may alter the nutritional values.

The Vanilla and Chocolate flavors require two bases. Vanilla is made with a sugar-free syrup.

OPTIONS

PROTEIN

OPTIONAL ADD-INS

[illegible]



POST WORKOUT 24 oz

Customize Your Smoothie

All shakes are custom made to order. The nutritional content of your shake may vary from information provided

INCLUDED INGREDIENTS

[illegible]

CHOOSE ONE OPTION

Whey Protein Vanilla	160	0	0	0	0	16	384	0	0	0	40
Whey Protein Chocolate	176	0	0	0	0	16	384	2	0	0	40

CHOOSE A BASE

Vanilla Non-Fat Yogurt	157	0	0	0	0	0	116	33	0	28	5
Chocolate Non-Fat Yogurt 	160	0	0	0	0	0	97	33	1	25	5
Vanilla Soft Serve	280	160	17	17	0	0	47	28	0	21	4
Chocolate Low-Fat Ice Cream 	192	54	6	4	0	24	67	30	1	23	4
Coconut Milk	23	20	2	2	0	0	8	1	1	0	0
Almond Milk	15	9	1	0	0	0	55	1	1	0	1
Oat Milk	60	27	3	0	0	0	48	8	1	3	2
Soy Milk	50	18	2	0	0	0	55	4	1	3	4
Juice (Orange)	55	0	0	0	0	0	5	13	0	11	1

CHOOSE FLAVORS

CHOOSE ANY TWO REAL FRUIT PUREES

One Stop Nutrition real fruit purees contain, no artificial colors, flavors, preservatives or HFCS. Just all-natural ingredients. Sourced from the best growing regions for the highest flavor burst.

Strawberry	87	0	0	0	0	0	0	21	1	19	0
Mango	87	0	0	0	0	0	0	22	0	21	0
Peach	93	0	0	0	0	0	0	23	0	22	0
Raspberry	99	0	0	0	0	0	0	25	1	24	0
Piña Colada	113	23	3	3	3	0	47	23	1	22	0
Wildberry Acai Pomegranate	99	0	0	0	0	0	0	23	0	22	0

CHOOSE ONE REAL FRUIT

Pineapple	28	0	0	0	0	0	1	7	1	3	0
Blueberries	32	0	0	0	0	0	1	8	2	5	0
Banana	50	0	0	0	0	0	1	12	2	6	1
Strawberries	18	0	0	0	0	0	1	4	1	3	0
Peaches	22	0	0	0	0	0	0	5	1	4	1
Mango	37	0	0	0	0	0	1	9	1	8	0

OTHER FLAVOR OPTIONS (EXCLUDES FRUITS AND PUREES)*

Vanilla	0	0	0	0	0	0	0	0	0	0	0
Chocolate	50	0	0	0	0	0	0	13	1	11	0
Cappuccino	228	72	8	5	0	32	117	33	0	25	5
Cotton Candy	277	81	9	8	0	0	142	47	1	39	1
Dreamsicle	270	72	8	7	0	0	180	48	0	42	2

*Calorie counts are based on each individual flavor. Adding ingredients like real fruit or real fruit puree may alter the nutritional values.

The Vanilla and Chocolate flavors require two bases. Vanilla is made with a sugar-free syrup.

OPTIONS

PROTEIN

[illegible]

OPTIONAL ADD-INS

[illegible]



LOW CARB POST WORKOUT 24 oz

Customize Your Smoothie

All shakes are custom made to order. The nutritional content of your shake may vary from information provided

INCLUDED INGREDIENTS

[illegible]

CHOOSE ONE OPTION

Whey Protein Vanilla	160	0	0	0	0	16	384	0	0	0	40
Whey Protein Chocolate	176	0	0	0	0	16	384	2	0	0	40

CHOOSE A BASE

Vanilla Non-Fat Yogurt*	157	0	0	0	0	0	116	33	0	28	5
Chocolate Non-Fat Yogurt* 	160	0	0	0	0	0	97	33	1	25	5
Coconut Milk	23	20	2	2	0	0	8	1	1	0	0
Almond Milk	15	9	1	0	0	0	55	1	1	0	1
Oat Milk	60	27	3	0	0	0	48	8	1	3	2
Soy Milk	50	18	2	0	0	0	55	4	1	3	4
Juice (Orange)	55	0	0	0	0	0	5	13	0	11	1

***Not recommended for a low carb meal replacement.**

CHOOSE FLAVORS

CHOOSE TWO REAL FRUIT

Pineapple	28	0	0	0	0	0	1	7	1	3	0
Blueberries	32	0	0	0	0	0	1	8	2	5	0
Banana	50	0	0	0	0	0	1	12	2	6	1
Strawberries	18	0	0	0	0	0	1	4	1	3	0
Peaches	22	0	0	0	0	0	0	5	1	4	1
Mango	37	0	0	0	0	0	1	9	1	8	0

OTHER FLAVOR OPTIONS (EXCLUDES FRUITS AND PUREES)*

Vanilla	0	0	0	0	0	0	0	0	0	0	0
Chocolate	50	0	0	0	0	0	0	13	1	11	0

*Calorie counts are based on each individual flavor. Adding ingredients like real fruit or real fruit puree may alter the nutritional values.

The Vanilla and Chocolate flavors require two bases. Vanilla is made with a sugar-free syrup.

OPTIONS

PROTEIN

[illegible]

OPTIONAL ADD-INS

[illegible]



MASS GAINER 24 oz

Customize Your Smoothie

All shakes are custom made to order. The nutritional content of your shake may vary from information provided

INCLUDED INGREDIENTS

INCLUDED INGREDIENTS	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
	Fat Burner	0	0	0	0	0	0	0	0	0	0
	Glutamine	0	0	0	0	0	0	0	0	0	0
	Carb Powder	80	0	0	0	0	15	20	0	1	0

CHOOSE ONE OPTION

Whey Protein Vanilla	160	0	0	0	0	16	384	0	0	0	40
Whey Protein Chocolate	176	0	0	0	0	16	384	2	0	0	40

CHOOSE A BASE

Vanilla Non-Fat Yogurt	157	0	0	0	0	0	116	33	0	28	5
Chocolate Non-Fat Yogurt 	160	0	0	0	0	0	97	33	1	25	5
Vanilla Soft Serve	280	160	17	17	0	0	47	28	0	21	4
Chocolate Low-Fat Ice Cream 	192	54	6	4	0	24	67	30	1	23	4
Coconut Milk	23	20	2	2	0	0	8	1	1	0	0
Almond Milk	15	9	1	0	0	0	55	1	1	0	1
Oat Milk	60	27	3	0	0	0	48	8	1	3	2
Soy Milk	50	18	2	0	0	0	55	4	1	3	4
Juice (Orange)	55	0	0	0	0	0	5	13	0	11	1

CHOOSE FLAVORS

CHOOSE ANY TWO REAL FRUIT PUREES

One Stop Nutrition real fruit purees contain, no artificial colors, flavors, preservatives or HFCS. Just all-natural ingredients. Sourced from the best growing regions for the highest flavor burst.

Strawberry	87	0	0	0	0	0	0	21	1	19	0
Mango	87	0	0	0	0	0	0	22	0	21	0
Peach	93	0	0	0	0	0	0	23	0	22	0
Raspberry	99	0	0	0	0	0	0	25	1	24	0
Piña Colada	113	23	3	3	3	0	47	23	1	22	0
Wildberry Acai Pomegranate	99	0	0	0	0	0	0	23	0	22	0

CHOOSE ONE REAL FRUIT

Pineapple	28	0	0	0	0	0	1	7	1	3	0
Blueberries	32	0	0	0	0	0	1	8	2	5	0
Banana	50	0	0	0	0	0	1	12	2	6	1
Strawberries	18	0	0	0	0	0	1	4	1	3	0
Peaches	22	0	0	0	0	0	0	5	1	4	1
Mango	37	0	0	0	0	0	1	9	1	8	0

OTHER FLAVOR OPTIONS (EXCLUDES FRUITS AND PUREES)*

Vanilla	0	0	0	0	0	0	0	0	0	0	0
Chocolate	50	0	0	0	0	0	0	13	1	11	0
Cappuccino	228	72	8	5	0	32	117	33	0	25	5
Cotton Candy	277	81	9	8	0	0	142	47	1	39	1
Dreamsicle	270	72	8	7	0	0	180	48	0	42	2

*Calorie counts are based on each individual flavor. Adding ingredients like real fruit or real fruit puree may alter the nutritional values.

The Vanilla and Chocolate flavors require two bases. Vanilla is made with a sugar-free syrup.

OPTIONS

[illegible]

OPTIONAL ADD-INS

[illegible]



THE STACK 24 oz

Customize Your Smoothie

All shakes are custom made to order. The nutritional content of your shake may vary from information provided

INCLUDED INGREDIENTS

INCLUDED INGREDIENTS	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
	Creatine	0	0	0	0	0	0	0	0	0	0
	Carb Powder	80	0	0	0	0	0	15	20	0	1
	Peanut Butter	180	130	15	3	0	0	125	8	2	4
	Oatmeal	75	14	1.5	0	0	0	0	13	2	0

CHOOSE ONE OPTION

Whey Protein Vanilla	160	0	0	0	0	16	384	0	0	0	40
Whey Protein Chocolate	176	0	0	0	0	16	384	2	0	0	40

CHOOSE A BASE

Vanilla Non-Fat Yogurt	157	0	0	0	0	0	116	33	0	28	5
Chocolate Non-Fat Yogurt 	160	0	0	0	0	0	97	33	1	25	5
Vanilla Soft Serve	280	160	17	17	0	0	47	28	0	21	4
Chocolate Low-Fat Ice Cream 	192	54	6	4	0	24	67	30	1	23	4
Coconut Milk	23	20	2	2	0	0	8	1	1	0	0
Almond Milk	15	9	1	0	0	0	55	1	1	0	1
Oat Milk	60	27	3	0	0	0	48	8	1	3	2
Soy Milk	50	18	2	0	0	0	55	4	1	3	4
Juice (Orange)	55	0	0	0	0	0	5	13	0	11	1

CHOOSE FLAVORS

CHOOSE ANY TWO REAL FRUIT PUREES

One Stop Nutrition real fruit purees contain, no artificial colors, flavors, preservatives or HFCS. Just all-natural ingredients. Sourced from the best growing regions for the highest flavor burst.

Strawberry	87	0	0	0	0	0	0	21	1	19	0
Mango	87	0	0	0	0	0	0	22	0	21	0
Peach	93	0	0	0	0	0	0	23	0	22	0
Raspberry	99	0	0	0	0	0	0	25	1	24	0
Piña Colada	113	23	3	3	3	0	47	23	1	22	0
Wildberry Acai Pomegranate	99	0	0	0	0	0	0	23	0	22	0

CHOOSE ONE REAL FRUIT

Pineapple	28	0	0	0	0	0	1	7	1	3	0
Blueberries	32	0	0	0	0	0	1	8	2	5	0
Banana	50	0	0	0	0	0	1	12	2	6	1
Strawberries	18	0	0	0	0	0	1	4	1	3	0
Peaches	22	0	0	0	0	0	0	5	1	4	1
Mango	37	0	0	0	0	0	1	9	1	8	0

OTHER FLAVOR OPTIONS (EXCLUDES FRUITS AND PUREES)*

Vanilla	0	0	0	0	0	0	0	0	0	0	0
Chocolate	50	0	0	0	0	0	0	13	1	11	0
Cappuccino	228	72	8	5	0	32	117	33	0	25	5
Cotton Candy	277	81	9	8	0	0	142	47	1	39	1
Dreamsicle	270	72	8	7	0	0	180	48	0	42	2

*Calorie counts are based on each individual flavor. Adding ingredients like real fruit or real fruit puree may alter the nutritional values.

The Vanilla and Chocolate flavors require two bases. Vanilla is made with a sugar-free syrup

OPTIONS

PROTEIN

[illegible]

OPTIONAL ADD-INS

[illegible]



KIDS SHAKE 16 oz

Customize Your Shake

All shakes are custom made to order. The nutritional content of your shake may vary from information provided

INCLUDED INGREDIENT CHOOSE ONE

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Whey Protein Vanilla	40	0	0	0	0	4	96	0	0	0	10
Whey Protein Chocolate	44	0	0	0	0	4	96	1	1	0	10

CHOOSE A BASE

Vanilla Non-Fat Yogurt	118	0	0	0	0	0	87	25	0	21	4
Chocolate Non-Fat Yogurt 	120	0	0	0	0	0	73	25	1	19	4
Vanilla Soft Serve	210	120	13	13	0	0	35	21	0	16	3
Chocolate Low-Fat Ice Cream 	144	41	3	3	0	18	50	23	1	17	3
Coconut Milk	17	15	2	2	0	0	6	1	1	0	0
Almond Milk	11	7	1	0	0	0	41	1	1	0	1
Oat Milk	45	20	2	0	0	0	36	6	1	2	2
Soy Milk	38	14	2	0	0	0	41	3	1	2	3
Juice (Orange)	41	0	0	0	0	0	4	10	0	8	1

CHOOSE FLAVORS

CHOOSE ANY TWO REAL FRUIT PUREES

One Stop Nutrition real fruit purees contain, no artificial colors, flavors, preservatives or HFCS. Just all-natural ingredients. Sourced from the best growing regions for the highest flavor burst.

Strawberry	65	0	0	0	0	0	0	16	1	14	0
Mango	65	0	0	0	0	0	0	17	0	16	0
Peach	70	0	0	0	0	0	0	17	0	17	0
Raspberry	74	0	0	0	0	0	0	19	1	18	0
Piña Colada	85	17	2	2	2	0	35	17	1	17	0
Wildberry Acai Pomegranate	74	0	0	0	0	0	0	17	0	17	0

CHOOSE ONE REAL FRUIT

Pineapple	28	0	0	0	0	0	1	7	1	3	0
Blueberries	32	0	0	0	0	0	1	8	2	5	0
Banana	50	0	0	0	0	0	1	12	2	6	1
Strawberries	18	0	0	0	0	0	1	4	1	3	0
Peaches	22	0	0	0	0	0	0	5	1	4	1
Mango	37	0	0	0	0	0	1	9	1	8	0

OTHER FLAVOR OPTIONS (EXCLUDES FRUITS AND PUREES)*

Vanilla	0	0	0	0	0	0	0	0	0	0	0
Chocolate	50	0	0	0	0	0	0	13	1	11	0
Cappuccino	171	54	6	4	0	24	89	25	0	19	4
Cotton Candy	277	81	9	8	0	0	142	47	1	39	1
Dreamsicle	270	72	8	7	0	0	180	48	0	42	2

*Calorie counts are based on each individual flavor. Adding ingredients like real fruit or real fruit puree may alter the nutritional values.

The Vanilla and Chocolate flavors require two bases. Vanilla is made with a sugar-free syrup.

OPTIONS

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
OPTIONAL ADD-INS											
Peanut Butter	180	130	15	3	0	0	125	8	2	4	7
PB2	60	16	1.5	0	0	0	90	5	1	2	6
Oatmeal	75	14	1.5	0	0	0	0	13	2	0	3
Carb Powder	80	0	0	0	0	0	15	20	0	1	0
Oreo's	160	63	7	2	0	0	135	25	1	14	1
Fiber	17	0	0	0	0	0	5	4	4	0	0
Multi-Vitamin	16	0	0	0	0	2	38	0	0	0	4

This nutrition information and allergen information for the nine major allergens identified by the FDA (milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame) is based on One Stop Nutrition's standard food and beverage products using information available from ingredient manufacturers or suppliers. However, variations may occur without notice due to changes in ingredient formulation or substitution, regional or seasonal differences, differences in preparation techniques, or other factors. In addition, please be aware that during normal operations ingredients may come in direct contact with shared preparation areas, equipment, utensils, and instances of contact with allergen-containing ingredients. Accordingly, we are unable to guarantee that all One Stop Nutrition products are free of allergens.