

# SHAKES

*Hot or Cold*

*24 grams protein*

*21 vitamins/minerals*

*300 calories or less*

*Shakes can be made allergy friendly*

1. Grasshopper
2. Peanut Butter Cookie
3. Butterthinger
4. Banana Cream Pie
5. Birthday Cake
6. Nutterbutter
7. Lemon Cookie
8. French Toast
9. Cherry Almond Crunch
10. Oatmeal Cookie
11. Chocolate Extreme
12. Chocolate Covered Cherry
13. White Chocolate Peanut Butter
14. Chocolate Peanut Butter
15. Turtle Cheesecake
16. Oreo Fluff
17. Snickerz
18. S'mores
19. Berry Cheesecake (strawberry, raspberry, blueberry, cherry or combination)
20. White Chocolate Raspberry
21. Straw-nana
22. Banana Split
23. Cherry Chilly Dilly
24. Caramel Latte
25. Cafe Mocha
26. Cookies N Cream
27. Vanilla
28. Chocolate
29. Cafe Latte
30. Pina Colada
31. Banana Caramel
32. Orange Dream
33. FLAVOR OF THE WEEK

# Grab & Go SNACKS

## Express Meal Bars

### Protein Bars Deluxe

*10 gram protein snack*

- Vanilla Almond
- Chocolate Peanut
- Citrus Lemon

### Protein Bites

*8 gram protein snack*

- Crunchy Caramel Vanilla
- Crunchy Caramel Lemon

### Protein Balls and Pies

Ask for available flavors

### Individual Tea Packets

- Lemon
- Raspberry

### Individual Lift Off



## ASK ABOUT

### 3 Day Weight Loss / Nutrition Trial Pack

Test drive a program at home!

### Online Weight Loss Challenge

Lose weight! Win Prizes! Free Wellness Profiles

### One-on-One Coaching

Weight control, fitness, nutrition

### Income Opportunity

Supplement or control your income!

HEALTHY  FAST  NUTRITION



915 E Main St • Suite 200  
Winneconne WI 54986  
(Next to Hometown Pharmacy)

## HOURS

Monday-Friday 6:30am-2pm  
Saturday 8am-1pm



@anchornutrition\_winneconne

**(920) 706-0067**

We Welcome  
**CALL AHEAD ORDERS**

# ENHANCERS/EXTRAS

## Herbalife 24

*ask about Sport healthy meal, enhanced protein power, CR7 Drive, and BCAAs*

## Personalized Protein Powder

*adds 5 grams of protein*

## Active Fiber Complex

*(unflavored apple, tropical)  
adds 5 grams of fiber*

## Simply Probiotic

*increases good bacteria for a healthy gut*

## Prolessa duo ('the donut shot')

*reduces belly fat & control hunger*

## Liftoff

*(pomegranate, orange, lemon lime, tropical) extra energy boost, Vitamin C and energy-supporting B Vitamins*

## Collagen Beauty Booster

*drinkable collagen for healthy hair, skin & nails*

## Beverage Mix (wild berry)

*adds 15 grams protein*

## Best Defense Vitamin C, Echinacea, Zinc

## Immunity Essentials

*strengthens your immune system  
Zinc, Vitamins C and D*

## The Cup of Aloe

*(cranberry, mango, or mandarin)  
drinkable, soothes your digestive system,  
assists in nutrient absorption*

# TEAS

## BASIC TEA

### Hot or Cold

*high in antioxidants, metabolism & energy boosting*

- Lemon
- Raspberry
- Peach
- Chai
- Cinnamon
- Pomegranate
- N-R-G

## BOOSTED TEA

### Hot or Cold

*high in antioxidants, metabolism & energy boosting*

*EXTRA energy, B vitamins, digestive health*

- Black Cherry Chiller
- Fruit Punch
- Mandarin Sunrise
- Tropical Paradise
- Hot Tamale
- Sunny Drop
- Razorback
- Peach Wave
- Anchors Away
- Cranberry Limeade
- Orange Chai

## MEGA TEA

### Hot or Cold

*high in antioxidants, increasing metabolism,*

*EXTRA energy, B vitamins, digestive health,  
collagen, hydration, immune boost*

- Reef
- Candy Crush
- Purple Passion
- Tang-O
- Aloha
- Hocus Pocus
- Beach Bum
- Fruit Mash Up
- The Wave
- Immuni-tea
- FLAVOR OF THE WEEK

## NO CAFFEINE OPTIONS

- Starburst
- Relaxer

# COFFEE CORNER

*Energy & protein*

*100 calories - 15 grams protein*

*1-2 grams of sugar*

*Prolessa Duo Shot*

*make any coffee fat reducing!*

- House Blend
- Mocha
- English Toffee
- Hazelnut Mocha
- Vanilla Bean
- Salted Caramel
- White Chocolate
- SEASONAL FLAVORS

## COFFEE CHILLER

*Meal replacement, Satisfies your hunger  
and a boost of energy - 24 grams protein*

- Double Chocolate Chip
- Peppermint Mocha
- White Chocolate Reeses
- S'mores
- Fun Fetti
- Caramel Cookie Crumble
- Mocha Cookie Crumble
- White Chocolate Caramel
- White Chocolate Mocha
- Salted Caramel Pretzel
- Caramel Crunch

