



RECIPES

Signature BodyFuel

12 Ounces Natural Pineapple Juice
 ½ Banana
 2 Scoops BodyFuel Protein Powder
 Ice & Blend
 (You may substitute ¾ water, ¼ juice)

Berry Version

6 Ounces Natural Strawberry Juice
 6 Ounces Filtered Water
 20 Blueberries, 10 Raspberries,
 2 Strawberries
 2 Scoops BodyFuel Protein Powder
 Ice & Blend

Kim Kardashian Version

12 Ounces Filtered Water
 ½ Banana
 1 Tablespoon Natural Peanut Butter
 2 Scoops BodyFuel Protein Powder
 Ice & Blend

RECOMMENDATIONS

We recommend one scoop, twice a day between meals. Make sure to always eat three meals a day in addition to the smoothies. It will keep your metabolism working and assist in weight loss.

Remember - Juice contains natural sugar. Natural sugar is much better than processed sugar. If you want to cut down on the sugar amount, simply substitute more water and less juice.

FRUITS & VEGGIES



BROCCOLI



SPINACH



APRICOT



KALE



GARLIC



TOMATO



PINEAPPLE



CABBAGE



BANANA



GREEN TEA



ORANGE



STRAWBERRY



MUSHROOM



ONION



CARROT



PARSNIP



CAYENNE



PEACH



FENUGREEK



POMEGRANATE



BLUEBERRY

NUTRITIONAL INFORMATION

Nutrition Facts	
Serving Size 1 (66g)	
Amount Per Serving	
Calories 230	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 32g	
Vitamin A 35%	Vitamin C 150%
Calcium 10%	Iron 10%
Vitamin D 25%	Vitamin E 70%
Thiamin 130%	Riboflavin 130%
Niacin 35%	Vitamin B6 100%
Folate 30%	Vitamin B12 270%
Biotin 20%	Pantothenic acid 60%
Phosphorus 10%	Magnesium 6%
Zinc 10%	Selenium 6%
Manganese 6%	Chromium 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: Colostrum, BodyFactory Exclusive Protein Blend: (Calcium Caseinate, Whey Protein Concentrate, Microfiltered Whey Protein Isolate, Milk Protein Concentrate, Non-GMO Isolated Soy Protein), Fructose, Medium Chain Triglycerides (M.C.T), Canola Oil, Sunflower EFA Powder, Corn Starch, Gum Acacia, Maltodextrin, Coconut Triglycerides & Flavors, Natural flavors. Pea Protein, Tomato, Xanthan Gum, Lecithin, Chlorophyllin. Broccoli, Cabbage, Carrot, Spinach, Ascorbic Acid, Spirulina, L-Carnitine L-Tartrate, Vitamin E Acetate (dl-alpha tocopherol), Magnesium, Calcium Carbonate, Potassium Chloride, L-Glutamine, L-Taurine, Salt, Sucralose, Potassium AA Chelate. Zinc, Bee Pollen, Calcium Pantothenate, Niacinamide, D-Biotin, Choline Bitartrate, Bioflavonoid Blend, Vitamin A (as Beta Carotene). Vitamin A Palmitate, Calcium Aminoate, Rice Polishing Powder, Iron, Ginseng (Korean), Black Currant, Bromelain, Acesulfame-K (Potassium), Pyridoxin Hydrochloride, Riboflavin, Vitamin B-1 (Thiamine hydrochloride), Betaine HCL, Papain, Rutin, Quercetin Dihydrate, Cyanocobalamin, Inositol, Apple Pectin, Hesperidan Complex, Selenium AA Chelate, Copper, PABA, Thyme, Irish Moss, Echinacea Root, Barley Leaves (Young), Schizandra, Ligustrum. Astragalus Root, Vitamin B-12, Vitamin D2 (Ergocalciferol), Folic Acid, Chromium, Kelp, Octacosanol, Lipase, Amylase, Acerola Extract, Alfalfa Herb, Barley Grass Leaves, Reishi Mushroom, Cayenne, Celery, Garlic, Onion, Parsley, Shitake Mushroom, Alfalfa Sprout, Barley juice, Beet Green, Olive leaves, Green Oats, Kale, Chicory, Artichoke, Collards, Parsnips, Zucchini, Dandelion Greens, Turnip Greens, Peas, Mustard Greens, Green Tea, Apple, Apricot, Banana, Camu-Camu, Cranberry, Orange, Peach, Red Raspberry, Strawberry, Papaya, Pineapple, Red Wine Grape, Acai, Noni, Goji, S-Elderberry, Mangosteen, Pomegranate, Turmeric, Wild Blueberry, Fenugreek, Ginkgo Biloba Leaf, Lutein, Milk Thistle Silymarin, Flax Seed.

