



Complete Weight Loss & Wellness Centers

the new well SMOOTHIES

12oz 20oz

the new well and The Juice Co. have partnered to offer plan-compliant Real Fruit smoothies!

BANANA

\$3.95 \$5.95

Bananas and almond milk. (12 oz Counts as: 1 dairy and 1 fruit. 20 oz Counts as: 2 dairy and 1½ fruit)*

MANGO

\$3.95 \$5.95

Mango and almond milk. (12 oz Counts as: 1 dairy and 1 fruit. 20 oz Counts as: 2 dairy and 1 ½ fruit)*

PEACH

\$3.95 \$5.95

Peaches and almond milk. (12 oz Counts as: 1 dairy and 1 fruit. 20 oz Counts as: 2 dairy and 1 ½ fruit)*

STRAWBERRY

\$3.95 \$5.95

Strawberries and almond milk. (12 oz Counts as: 1 dairy and 1 fruit. 20 oz Counts as: 2 dairy and 1 ½ fruit)*

RASPBERRY

\$3.95 \$5.95

Raspberries and almond milk. (12 oz Counts as: 1 dairy and 1 fruit. 20 oz Counts as: 2 dairy and 1 ½ fruit)*

BLUEBERRY

\$3.95 \$5.95

Blueberries and almond milk. (12 oz Counts as: 1 dairy and 1 fruit. 20 oz Counts as: 2 dairy and 1 ½ fruit)*

**Other dairy options: Skim milk or Soy milk.*

PROTEIN & BOOSTERS

2 TBS OF GROUND FLAX

\$2.00

(Counts as: 1 starch)

1 SCOOP PROTEIN POWDER

\$2.00

(Counts as: 1/2 protein)

