

Mega Tea energy.

- Fall Like Fusion
- Fireball
- Grateful Green Apple
- Black Friday
- Thankful Lifesaver
- Golden Gobbler
- Cranberry Jam
- Blessed with Blackberry

thankful

halebhall protein sacks

- gluten free
- dairy free
- no added sugar
- 225 calories per ball

no need to refrigerate. good for at least 3 weeks.

grab and go healthy snacks that fill you up!

almond butter, sunflower butter, chocolate
amaretto, chocolate, PB, chocolate PB, coffee,

pumpkin-spice, pumpkin spice coffee

supply & flavors vary per week while supplies last.

Ask how to place orders for your specific needs!

563-886-4400

FIT HUB NUTRITION

November

MENU...

ENERGY
BEAUTY
STRENGTH
HYDRATION
HAPPINESS

blessed



ORDER NOW

116 E 5TH STREET, TIPTON

Protein Shake meal

- Cinnamon Toast Crunch
- Fruity Pebbles
-  Pecan Pie
- Salted caramel mocha latte
- Apple Pie

Protein coffee

iced or hot

- cinnamon mocha latte
- salted caramel latte



JOIN OUR FIT HUB
NUTRITION VIP TEXT CLUB
TEXT: FITHUB
TO: 563:287:1478

WWW.FITHUBNUTRITION.COM

Mega Teas (32oz)

Pomegranate

Raspberry Burst - Sangria
Captain America - Bomb Pop
Pink Starburst

Lemon Lime

Bad and Boujee

Juiced

Baja Blast

Skittles

Pineapple

Tiger Twist

Coconut Cooler

Pineapple Punch

Sassy Pineapple

Tropical

Bob Marley - Warhead

Tropical Sunrise

Watermelon Jolly Rancher

BlackBerry

Blackberry Splash - Yellowstone

Berrylishious - Mojito

Orange Citrus

Gusher - Sunny D

Tigers Blood - Unicorn

Razzles

Caffeine Free Drinks

**Protein Powder Shot*

Wild Berry Beverage Mix
Peach Mango Beverage Mix

**Hydration Bomb*

H3o + Vascular support Niteworks

**Beauty Bomb*

Collegan + Strawberry + CR7

**Skinny Shot*

Prolessa + fat reducer packet

**Happy Belly*

aloe + probiotic + cucumber lime

**Kids Water*

Aloe Water + One Flavor

Shakes

Salted caramel cheesecake

Cherry dilly bar

Chocolate caramel cheesecake

Strawberry banana

Citrus blast

Brownie batter

Elvis

Oreo, snickers, butterfinger

PB chocolate

Caramel Macchiato

Active Nutrition

**Prepare*

Pre-workout, caffeine, nitric oxide & creatine

**CR7 & H3O*

Carbs & Electrolytes

(During or after activities electrolyte replacement)

**Rebuild Strength Shake 24 G*

Immediate & sustained muscle recovery

**24 Achieve Bar*

Pre-Post Workout Snack- 20 G protein
chocolate brownie & chocolate chip cookie dough

**Protein Bars*

10 G protein- caramel almond, lemon, & chocolate peanut

BUILD YOUR OWN MEGA TEA

CHOOSE A BASE

- Pom
- Lemon/Lime
- Orange
- Pineapple
- Blackberry
- Tropical

CHOOSE A TEA

- Original
- Lemon
- Peach
- Raspberry
- Cinnamon
- Chai

CHOOSE YOUR BOOSTER (2)

- Collagen
- Wild Berry Protein
- Peach Mango Protein
- H3O
- Immunity Essentials
- Probiotic

CHOOSE YOUR FLAVORS (4)

- Margarita
- Coconut
- Orange Pineapple
- Orange
- Melon
- Mango
- Peach
- Peach Papaya
- Passion Fruit
- Kiwi Strawberry
- Pina Colada
- Pineapple
- Lemonade
- Cucumber Lime
- Sour Apple
- Limeade
- Blue Blast
- Blue Raspberry
- Rainbow
- Raspberry
- Watermelon
- Strawberry
- Cotton Candy
- Dragon Fruit
- Cherry Limeade
- Tropical Fruit
- Blackberry
- Cherry
- Pomegranate
- Grape

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BUILD YOUR OWN SHAKE

CHOOSE A PROTEIN

- Vanilla Chocolate Peanut Butter

CHOOSE A FORMULA 1 FLAVOR

- Vanilla Pina Colada
 Chocolate Mango Pineapple
 Dulce De Leche Pralines
 Banana Caramel Orange
 Cookies n Cream Mint Chocolate
 Cafe Pralines
 Peanut Butter Strawberry
 Wild Berry Cheesecake

CHOOSE A BOOSTER

- Fiber
 Protein PPP
 Collagen
 Immunity
 Digestive Health
 Greens

CHOOSE YOUR FLAVORS (3)

- Vanilla Sweet Coffee
 Chocolate Brownie Batter
 White Chocolate Vanilla Ice Cream
 Cheesecake Marshmallow
 Strawberry Dark Chocolate
 Banana Cookie
 Peanut Caramel
 Raspberry Butterscotch
 Pistachio Blueberry
 Salted Caramel Birthday Cake

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