

Hot Chai/Cinnamon Tea

Regular – ½ tsp tea in 12 oz hot cup

Tall –HEAPING ½ tsp tea in 16 oz hot cup

**you may choose to only carry Tall hot teas to cut down on cost of carrying 2 sizes of cups*

Regular Iced Coffee

8 oz water in shaker cup

2 scoops Iced Coffee

Shake well

Pour into 16 oz cup full of ice

Tall Iced Coffee

12 oz water in shaker cup

3 scoops Iced Coffee

Shake well

Pour into 20 oz cup full of ice

Rebuild Post-Workout Recovery Shake

10 oz water in shaker cup

2 scoops Rebuild

Shake well

Pour into 20 oz cup full of ice

Making the herbal concentrate tea for your energy drinks (Raspberry, Lemon, Peach)

Pour out 2 cups of water from a full gallon

Mix 1 cup HOT water and 1 HLF F1 white scooper of herbal concentrate tea

Make sure the tea is completely dissolved

Pour tea mixture into gallon of water

Fill the gallon to the top with cold water – make sure thoroughly mixed

Making the aloe for your energy drinks (Mango)

1 cup Aloe Concentrate to 1 gallon water

mix well – add to your aloe pourer and refrigerate

Additional items added to your menu after you've been open 3-6 months:

Donut Hole aka "Fat Burner Shot"

Shake all ingredients thoroughly and serve in 5.5 oz condiment cup with lid
2 oz COLD water, 1 scoop Prolessa, 1 pump caramel syrup, dash of cinnamon

Mega Energy Drinks

Exact same recipe for regular/tall energy drinks except
Use Mega Cup completely filled to the top with ice
Add more tea & more ice

*Mega Energy Drinks are served in 32oz cup – you will need to order cups, lids
and tall straws:

Cups – Dart 32AC

Lids – Dart L32C

Straws – Karat 10 ¼" Jumbo Wrapped Straws #C9095

Tall Shakes

Exact same recipe used for regular shake except:

Increase to 10 oz water

Add 1 extra scoop of F1 (whichever flavor is used in the recipe)

Extra 4 oz ice

*Tall shakes are served in 24 oz cup with a dome lid – you will need to order tall
straws - Karat 10 1/4 "Jumbo Wrapped Straws #C9095