

nutrition station®

supporting healthy lifestyles

* All Protein "Shakes" available in Chocolate, Strawberry, Banana & Vanilla

Protein "Shakes"

Kick Start



Protein, Protein Frozen Yoghurt, Water, Caffeine
R \$5.95 L \$6.95

Recovery



Protein, Protein Frozen Yoghurt, Water, L- Glutamine, Vitamin C Powder
R \$6.95 L \$7.95

Shredder



Protein, Protein Frozen Yoghurt, Water, Thermogenic tablet, L-Carnatine, Vitamin C Powder, Chia Seeds
R \$7.95 L \$8.95

Muscle Maker



Protein, Protein Frozen Yoghurt, Full Cream Milk, Dextrose, Flaxseed Oil, Creatine Monohydrate
R \$8.95 L \$9.95

Liquid Lunch



Protein, Protein Frozen Yoghurt, Water, LSA Mix, Superfine Oats
R \$7.95 L \$8.95

Energizer



Protein frozen yoghurt, water and a shot of coffee available in either mocha or latte
R \$5.95 L \$6.95

Protein Super Smoothies

Berry Sweet



Strawberries and Cream Protein Powder, Mixed Berries, Acai Powder, Organic Coconut, Ice, Goji Berries, Cranberries, Shredded Coconut
R \$9.95 L \$10.95

Honey Nutter



Chocolate Protein Powder, Natural Peanut Butter, Chia Seeds, Manuka Honey, Ice, Cocoa Nibs
R \$9.95 L \$10.95

Banana Bliss



Banana Protein Powder, Fresh Banana, Cocoa Nibs, Manuka Honey, Ice, Chia Seeds, Walnuts, Cinnamon
R \$9.95 L \$10.95

Mango Oxidant



Vanilla Protein Powder, Mango, Almond Flakes, Organic Honey, Ice, Chia Seeds
R \$9.95 L \$10.95

Forever Energy



Vanilla Protein Powder, Coconut Water, Almond Flakes, Avocado, Chia Seeds, Banana, Dates, Ice, Cocoa Nibs, Acai Berry Powder
R \$9.95 L \$10.95

Protein Frozen Yoghurt

Our unique Protein Frozen Yoghurt is a Delicious Low Calorie Snack, with over 10 grams of Protein per 100 gram serving.

S \$4.50 M \$6.00 L \$7.50

The Diet Doctor 'SMOOTH-IT-YOURSELF' MENU

Building blocks

Water \$5.95

Coconut water \$6.95

Almond milk \$6.95

Choose your protein

Chocolate, Vanilla, Strawberry or Banana

Choose your fruit \$1 each

Banana

Strawberries

Blueberries

Mango

Avocado

Choose your antioxidant \$1 each

Goji berries

Acai Dates

Manuka honey

Choose your fat fighter \$1 each

Chia seeds

Cocoa

Almonds

Walnuts

Shredded coconut

Peanut butter

Our Menu is proudly developed by leading Nutritionist

Moodi
DENNAOUI
The Diet Doctor