



Wraps, Bowls & Meals

Carb Smart Wrap with Chicken 40g Protein!

Choice Of Grilled, Blackened or Teriyaki on a White or Wheat Wrap — 4oz Chicken Breast, Mixed Greens with Sliced Cherry Tomatoes. Add Choice of Dressing — Honey Mustard, Buffalo, Balsamic, Caesar, or Sugar Free Teriyaki

\$11.49

Add Feta \$0.69 / Cassava Chips Add \$0.99

Chicken & Spinach Wrap — 4oz Grilled Chicken Breast, Fresh Spinach, Cranberries, Feta and Balsamic Dressing

\$11.49

Add Sliced Almonds \$0.69 /Cassava Chips Add \$0.99

Hawaiian Wrap — 4oz Teriyaki Chicken Breast, Mixed Greens, Diced Pineapple & Sugar Free Teriyaki Dressing

\$11.49

Add Diced Mango \$0.99/Cassava Chips Add \$0.99

Acai Bowls

Sunrise Bowl — Organic Acai blended with Almond Milk, Strawberries and Banana. Topped with Granola, Fresh Sliced Strawberries, Sliced Banana, Mango & Pineapple. **\$11.99**

Antioxidant Bowl — Organic Acai blended with Almond Milk, Local Honey, Banana & Blueberries. Topped with Granola, Fresh Sliced Strawberries, Sliced Banana, Shredded Coconut & Chocolate Chips. **\$12.49**

Grab -N- Go Meal Prep

In-store Purchase Only, Meals Change Weekly, NO Contracts

1-4 Meals	\$14.00 ea.
5-8 Meals	\$13.50 ea.
9-12 Meals	\$12.50 ea.
13-16 Meals	\$11.75 ea.
17-20 Meals	\$11.50 ea.

For special dietary needs, just let us know.
See an associate for special orders or preordering.



Donuts & Protein Poppers

House Made Baked Pronuts (Protein Donuts) 15g Protein

Chocolate Cake

Chocolate Whey Isolate Glaze or
Vanilla Whey Isolate Glaze

Vanilla Cake

Vanilla Whey Isolate Glaze or
Chocolate Whey Isolate Glaze

See Store for additional assorted flavors and Toppings
(Changes daily)

\$3⁷⁵ each • 2 For \$7⁰⁰ • 3 For \$10⁰⁰
Best Value: 6 For \$18⁰⁰ (Only \$3 each)
6 or more \$3 each

Plain Cake Pronuts as Low as 105 calories
See Website for Nutrition information.

House Made Baked Flourless Protein Poppers by The Pound

Almond Flour GF (Square)

Vanilla Almond, Chocolate Almond
Peanut Butter, Peanut Butter Chocolate Chip

Chewy Oatmeal (Round)

Chocolate Brownie (Contains Almond Butter)
Peanut Butter Chocolate, Vanilla Almond
Almond Joyful (Chocolate, Almond Butter, Shredded Coconut)

Each Popper contains 5g Protein, \$6.99
1/4lb Approximately 5pcs, Mix n Match.

See Website for Nutrition information.



Cold Brew Coffee and Nitro Coffee

Cold Brew Coffee	16oz \$3.99	20oz \$4.99
Nitro Coffee	16oz \$4.99	20oz \$5.99

Add Flavor \$0.49 Caramel, French Vanilla or Mocha
Also Available in Sugar Free Option
Add Almond Milk or Oat Milk (No Charge)



www.madnutritionandsmoothies.com

8461 Heritage Green Way | Bradenton, Florida 34212
See Website for Current Hours of Operation
Phone 941-201-9155

MAD NUTRITION & Smoothies

What makes our Smoothies Nutritious?

Our Fruit Smoothies are made with Quality IQF Fruit, picked at the peak of ripeness. Each 20oz Fruit Smoothie contains at least one full 8oz serving of whole fruit. Premium **Gluten Free** Whey Isolate Protein is included in our Smoothies, Lean Meal Replacements and Weight Gainers.

Home of the "Original" Nutty Monkey!



Serving A Variety Of Nutritional Fruit Smoothies, Meal Replacements, Protein Packed Coffee Frappe's, and Reduced Calorie Smoothies.

Nutritional Fruit Smoothies



Banana Berry Supreme

Strawberries, Blueberries, Banana, Apple Juice, Strawberry Isolate Protein & Smoothie Mix

Strawberry Fields

Strawberries, Spinach, Banana, Apple Juice, Strawberry Isolate Protein & Smoothie Mix

Tropical Treasures

Strawberries, Pineapple, Mango, Banana, Apple Juice, Coconut Isolate Protein & Smoothie Mix

Twisted Mango

Mango, Pineapple, Banana, Almond Milk, Vanilla Isolate Protein & Smoothie Mix

Green Monkey

Spinach, Banana, Granola, Almond Milk, Vanilla Isolate Protein & Smoothie Mix

Nutty Monkey

Banana, Peanut Butter, Granola, Chocolate Almond Milk, Chocolate Isolate Protein & Smoothie Mix

Orange Creamsicle

Pineapple, Banana, Orange juice, Almond Milk, Orange Cream Isolate Protein & Smoothie Mix

20oz \$8.99 (26g Protein)
32oz \$10.29 (52g Protein)



NO Fruit Smoothies

Peanut Butter Cup

Peanut Butter, Granola, Chocolate Almond Milk, Chocolate Isolate Protein & Smoothie Mix

Toasted Coconut Bar

Shredded Coconut (Optional), Granola, Chocolate Almond Milk, Coconut Isolate Protein & Smoothie Mix

Cookie Butter

Cookie Butter, Granola, Sweetened Vanilla Almond Milk, Vanilla Isolate Protein & Smoothie Mix

Peanut Butter Lover

Peanut Butter, Granola, Sweetened Vanilla Almond Milk, Vanilla Isolate Protein & Smoothie Mix

20oz \$8.99 (26g Protein)
32oz \$10.29 (52g Protein)

Pro Athlete



20oz

4oz Egg Whites, ½ Cup Blueberries, 1 Scoop Isolate Protein, ¼ Cup Raw Oat, Truvia

\$10.49 (40g Protein)

32oz

6oz Egg Whites, ½ Cup Blueberries, 2 Scoops Isolate Protein, ½ Cup Raw Oats, Truvia

\$12.99 (75g Protein)



Lean Meal Replacements

Vanilla, Chocolate, Strawberry, Cinnamon Roll or Birthday Cake
Made with Vanilla Unsweetened Almond Milk and Granola
(Substitute Oats No Charge)

20oz \$9.49 (37g Protein)
32oz \$10.49 (55g Protein)

Exotic Super Fruits from The Amazon



Acai Berry (Boost Energy)

Acai, Strawberries, Banana, Apple Juice, Granola, Strawberry Isolate Protein & Smoothie Mix

Acerola (Boost Immune)

Acerola, Pineapple, Mango, Apple Juice, Coconut Isolate Protein & Smoothie Mix

GOIABA

(Guava) Strawberries, Banana, Apple Juice, Coconut Isolate Protein & Smoothie Mix

Graviola / Sour Sop

(Promotes Cardiovascular Health)

Graviola, Spinach, Banana, Almond Milk, Vanilla Isolate Protein & Smoothie Mix

Dragon Berry

PITAYA (Dragon Fruit), Strawberries, Banana, Vanilla Almond Milk, Strawberry Isolate Protein & Smoothie Mix

20oz \$9.99 (26g Protein)
32oz \$11.49 (52g Protein)

Kids' Corner



Strawberry Banana

Strawberries, Banana, Apple Juice & Smoothie Mix

Strawberries & Chocolate

Chocolate Almond Milk, Strawberries & Smoothie Mix

Chocolate Dipped Banana

Chocolate Almond Milk, Banana & Smoothie Mix

Little Chimp

Chocolate Almond Milk, Banana, Granola, Peanut Butter & Smoothie Mix

16oz \$5.99 (No Protein)
20oz \$6.79 (No Protein)

Get the Skinny

(Reduced Calorie & Reduced Sugar)



Skinny Strawberry

Strawberries, Unsweet Almond Milk, Strawberry Isolate Protein, Truvia

Skinny Blueberry

Blueberries, Unsweet Almond Milk, Vanilla Isolate Protein, Truvia

Skinny Twinberry

Strawberries, Blueberries, Unsweet Almond Milk, Strawberry Isolate Protein, Truvia

20oz \$8.99 (26g Protein)
32oz \$10.29 (52g Protein)

Skinny Nutty Monkey

Unsweet Almond Milk, Banana, PB Fit, Cocoa, Oats, Chocolate Isolate Protein, Truvia

Skinny Peanut Butter Cup

Unsweet Almond Milk, PB Fit, Cocoa, Oats, Chocolate Isolate Protein, Truvia

Skinny Peanut Butter Lover

Unsweet Almond Milk, PB Fit, Oats, Vanilla Isolate Protein, Truvia

20oz \$9.49 (26g Protein)
32oz \$10.99 (52g Protein)

Weight Gainer Meal Replacements



The Bulking Maniac

Vanilla, Chocolate, or Strawberry
Made with Isolate Protein & Cluster Dextrin, a complexed carbohydrate, Almond Milk & Granola

Optional
Peanut Butter: +\$0.79
Fruit: +\$0.99
Almond Butter: +\$1.49
Sub Oats: No Charge

32oz \$11.49 (69g Protein)
(one size only)



Protein Coffee Frappe's

Choice of Coffee Latte', Vanilla or Mocha
Cold Brew Coffee, Isolate Protein, Almond Milk & Smoothie Mix

1 Size 16oz (26g Protein) \$6.99