THE BENEFITS OF BOOSTS AND ADD-INS

Daily Vitamin Boost
An excellent source of 22 essential vitamins and minerals, which your body uses to function and develop properly.

Soy Protein Boost
Great source of vegan protein to support cell growth and build muscle.

Lean Balance Boost
Combined with a healthy diet and exercise, this boost can improve weight management.

Whey Protein Boost
Assists with workout-recovery and muscle-building with 10g of protein.

3G Energy and Green Caffeine Boost
120mg caffeine (~1 ½ cups of coffee) from guarana, ginseng, and green tea invigorates the body and increases alertness.

Zinc and Antioxidant Boost
Great for your immune system and an excellent source of zinc.

Kale Add-In
Blend it into a smoothie to obtain benefits of vitamin A, C, K, and manganese. Counts as a vegetable serving.

Chia Seeds Add-In
Increases fiber, protein, and omega-3 fatty acids, which assist with heart health.

Peanut Butter Add-In
Increases your protein consumption to assist with muscle-building after exercising.

Greek Yogurt Add-In
Contains double the protein of regular yogurt, is rich in calcium for bone and teeth health, and has live cultures that support digestive health.

Seed Blend Add-In
A combination of chia and flaxseeds provides protein and omega-3 fatty acids for cardiac health.

Pumpkin Seeds Add-In
Creates a little crunch and provides iron for hemoglobin and red blood cell production.

THE BENEFITS OF MENU OFFERINGS

Fit-N-Fruitful
These smoothies offer 1-2 servings of fruit and include a Lean Balance Boost for improved weight management with exercise and healthy dieting.

Energy Bowls
Packed full of whole fruit, Greek yogurt and/or soy milk, organic granola, and your choice of toppings, Energy Bowls are a good source of vitamins, protein, fiber, fruit, grains, and dairy.

Fruit and Veggie Smoothies
Find it hard to get your daily serving of fruits and vegetables? Choose a Fruit and Veggie Smoothie for two servings of fruits and one serving of vegetables. Excellent for people who want to disguise the taste of vegetables while still reaping the benefits.

Make it Light Smoothies
Want to cut down on calories, sugar, and fat? Try a Make it Light Smoothie for 1/3 of the calories.

JAMBA JUICE OPTIONS AND IDEAS

Peach Mango (Fit-N-Fruitful)
Contains peach juice blend, peaches, mangoes, soymilk, Balance Boost, Lean Advantage Boost.

Island Pitaya Bowl (Energy Bowl)
Contains pineapple juice, frozen pineapples, fresh bananas, frozen pitaya, frozen strawberries, frozen mangoes, organic pumpkin flax seed granola, fresh blueberries, honey, chia seeds, coconut.

Berry UpBEET Smoothie (Fruit and Veggies)
Contains strawberries, blueberries, mixed berry juice blend, red vegetable juice blend (carrots, beets, broccoli, spinach, kale, lettuce), mangoes, ice.

Aloha Pineapple Smoothie (Make It Light)
Contains pineapple juice, lower calorie dairy base, strawberries, ice, bananas, Greek yogurt.

Decrease sugar, increase nutrients, and limit added sodium by substituting coconut water or 2% milk for juice bases and vanilla soymilk, or substituting Greek yogurt for frozen yogurt.

Choose boosts and add-ins that have protein and fiber to increase fullness and assist with blood sugar control.

CHECK OUT THE GRAB-N-GO AREA AT JAMBA JUICE

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