

| ITEM                   | SERVING SIZE | CALORIES | PROTEIN (G) | CARBS (G) | FAT (G) | SAT FAT (G) | FIBER (G) | NATURAL SUGAR (G) |
|------------------------|--------------|----------|-------------|-----------|---------|-------------|-----------|-------------------|
| PB Chocolate Love      | 24 oz        | 645      | 45          | 57        | 24      | 5.2         | 9         | 33                |
| Monkey Business        | 16 oz        | 390      | 28          | 29        | 15      | 1.5         | 5         | 15                |
| Monkey Business        | 24 oz        | 585      | 42          | 44        | 22.5    | 2.2         | 7.5       | 22                |
| Aloha                  | 16 oz        | 360      | 27          | 26        | 14      | 1.2         | 4         | 14                |
| Aloha                  | 24 oz        | 540      | 40          | 39        | 21      | 1.8         | 6         | 21                |
| PB&J                   | 16 oz        | 370      | 9           | 43        | 12      | 2           | 6         | 28                |
| PB&J                   | 24 oz        | 555      | 14          | 64        | 18      | 3           | 9         | 42                |
| Vanilla Whey Protein   | 1 scoop      | 120      | 24          | 4         | 2       | 1           | 0         | 2                 |
| Chocolate Whey Protein | 1 scoop      | 130      | 24          | 5         | 2.5     | 1.2         | 1         | 3                 |
| Plant-Based Protein    | 1 scoop      | 120      | 20          | 8         | 2       | 0.5         | 3         | 1                 |
| Creatine               | 1 scoop      | 0        | 0           | 0         | 0       | 0           | 0         | 0                 |
| Peanut Butter          | 1 oz         | 190      | 7           | 7         | 16      | 3           | 2         | 3                 |
| Almonds                | 1 oz         | 164      | 6           | 6         | 14      | 1.1         | 3.5       | 1                 |
| Sunflower Seed         | 1 tbsp       | 165      | 3           | 3         | 8       | 0.9         | 2         | 1                 |
| Flax Seed              | 1 tbsp       | 55       | 2           | 3         | 4       | 0.4         | 3         | 0                 |

**WARRIOR**  
E A T E R Y



**Yokosuka**

**NUTRITION  
INFORMATION**



**SCAN QR CODE**  
Store Menu and Hours

| Item                    | Serving Size | Calories | Protein (g) | Carbs (g) | Fat (g) | Sat Fat (g) | Fiber (g) | Natural Sugar (g) |
|-------------------------|--------------|----------|-------------|-----------|---------|-------------|-----------|-------------------|
| Caribbean Surf          | 16 oz        | 300      | 3           | 72        | 1.5     | 0.2         | 4         | 61                |
| Caribbean Surf          | 24 oz        | 450      | 4           | 108       | 2.2     | 0.3         | 6         | 92                |
| Tropical Paradise       | 16 oz        | 287      | 3           | 69        | 1.1     | 0.2         | 4         | 56                |
| Tropical Paradise       | 24 oz        | 430      | 4           | 104       | 1.7     | 0.3         | 6         | 84                |
| Strawberry Banana Angel | 16 oz        | 320      | 8           | 57        | 4       | 0           | 5         | 46                |
| Strawberry Banana Angel | 24 oz        | 480      | 12          | 86        | 6       | 0           | 7.5       | 69                |
| Hang Ten                | 16 oz        | 295      | 3           | 71        | 1.4     | 0.2         | 4         | 60                |
| Hang Ten                | 24 oz        | 442      | 4           | 106       | 2.1     | 0.3         | 6         | 90                |
| Berry Blendz            | 16 oz        | 313      | 11          | 71        | 1       | 0.2         | 6         | 54                |
| Berry Blendz            | 24 oz        | 470      | 16          | 107       | 1.5     | 0.3         | 9         | 81                |
| Lean Strawberry         | 16 oz        | 210      | 25          | 20        | 1       | 0.3         | 4         | 13                |
| Lean Strawberry         | 24 oz        | 315      | 38          | 30        | 1.5     | 0.4         | 6         | 20                |
| Chocolate Trim          | 16 oz        | 250      | 27          | 28        | 2.4     | 0.8         | 4         | 18                |
| Chocolate Trim          | 24 oz        | 375      | 40          | 42        | 3.6     | 1.2         | 6         | 27                |
| Mango Tango             | 16 oz        | 240      | 24          | 31        | 1.6     | 0.3         | 4         | 24                |
| Mango Tango             | 24 oz        | 360      | 36          | 46        | 2.4     | 0.4         | 6         | 36                |
| Peach Slice             | 16 oz        | 212      | 1.5         | 0.5       | 0       | 0           | 2.3       | 30                |
| Peach Slice             | 24 oz        | 318      | 2.3         | 0.8       | 0       | 0           | 3.5       | 45                |
| Lean Peach              | 16 oz        | 218      | 23          | 1.5       | 0.7     | 0.7         | 2.3       | 21                |
| Lean Peach              | 24 oz        | 327      | 35          | 2.3       | 0.2     | 0.1         | 3.5       | 32                |
| Going Green             | 16 oz        | 180      | 3           | 39        | 0.6     | 0.1         | 5         | 29                |
| Going Green             | 24 oz        | 270      | 4           | 58        | 0.9     | 0.2         | 7.5       | 44                |
| Wild Strawberry Peach   | 16 oz        | 270      | 16          | 42        | 3.5     | 0           | 6         | 29                |
| Wild Strawberry Peach   | 24 oz        | 405      | 24          | 63        | 5.2     | 0           | 9         | 44                |
| Strawberry Banana Whirl | 16 oz        | 300      | 16          | 45        | 4       | 0           | 6         | 31                |
| Strawberry Banana Whirl | 24 oz        | 450      | 24          | 68        | 6       | 0           | 9         | 46                |
| PB Chocolate Love       | 16 oz        | 430      | 30          | 38        | 16      | 3.5         | 6         | 22                |