

## The Importance of Protein

The protein in our shakes will keep you full and satisfied for hours. Protein helps our bodies to build and maintain muscle and recover faster.

## Natural Sugar vs Added Sugar?

The sugar in our shakes is natural from whole fruits and is not added artificial sugar. The majority of our ingredients are unsweetened.



# The Fresh Monkee

## dietary guide

to help navigate our menu with different dietary restrictions

## Shakes with <20 g sugar in 32 oz:

- Banana Split
- Caramel Coffee Buzz
- Chocolate Coconut
- Chocolate-Dipped Strawberry Moon
- Chunkee Monkee
- Coffee Buzz
- Dirty Monkee
- Filthy Monkee
- Nutmeg State
- Strawberry Moon

## Shakes with >35 g protein in 32 oz:

- Antioxidant Berry
- Banana Split
- Chunkee Monkee
- Crave
- Dirty Monkee
- Dirty Filthy Monkee
- Filthy Monkee
- Mass PB Cookie
- Mass Strawberry Oats
- PB Jelly Time

## KETO

### Chocolate Coconut

NO banana, ADD peanut butter, almond butter, coconut oil, almonds or cacao nibs

### Coffee Buzz

ADD peanut butter, almond butter or coconut oil

### Filthy Monkee

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## WHOLE 30

### Lime Green Mango

### Ultimate Green

ADD almonds or coconut oil

## VEGAN

Sub almond or coconut milk and vegan protein.

Nutella, chocolate cookies, sugar free syrups and protein bars contain milk.

Graham crackers contain honey.

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## GLUTEN FREE

Graham crackers and chocolate cookies contain gluten. Sub chia seeds or flax seeds.



**Contact us  
for more info!**

[thefreshmonkee.com](http://thefreshmonkee.com)