

Check out  
our website!



[www.nutritionfixny.com](http://www.nutritionfixny.com)



INSTAGRAM



### Can I order ahead?

Yes! Call (315) 870-1100. Place your order and pay with credit card over the phone so that we can prepare your order. Call when you get here so that we can bring your order out to you.

### Frequently Asked Questions

**Why is it called a "nutrition club" and what does it mean to have a "membership"?**

We call the store a "nutrition club" and customers "members" simply to let you know that when you order a tea, aloe and shake you have full access to everything else that we have to offer including our wellness profile.

**What is a wellness profile?**

A wellness profile is something that we offer as a free service to you through our team of wellness coaches. This is a 1-on-1 appointment with your wellness coach that typically lasts about 20 minutes where we discuss your health goals, weigh and measure you, and create a customized fitness and nutrition plan to help you achieve those goals.

**Why do you need my contact information?**

*Because we are considered a private club, we keep all of our customers contact information on file. Your information is kept confidential and will not be sold to a third party.*

**How do I get these products for home?**

*You can purchase all of the products featured here at the club through your wellness coach. Your bartender today will be able to help connect you with a coach.*

**I have dietary restrictions, do you have a shake for my needs?**

*Absolutely! Be sure to inform your bartender of any dietary restrictions you might have before ordering. We provide gluten-free and dairy-free shakes for sensitive stomachs and can substitute these formulas in almost any flavor.*

**How much sugar is in the shakes?**

*Our shakes have about 9g of fructose sugar, a naturally occurring sugar the same as you'd find in a piece of fruit. The shakes are considered to have a low glycemic index.*

NUTRITION *Fix*

8395 Oswego Rd  
Liverpool, NY 13090  
(315) 870-1100

## Beginner's Guide

to our Nutrition Club



Monday-Saturday 730a-3p  
Saturdays & Sundays  
900a to 200p

[www.NutritionFixNY.com](http://www.NutritionFixNY.com)





# What is this place?

Welcome to the club! We are a Herbalife nutrition club for everyone. We provide healthy meal options to our community, free body composition testing, community events and you'll even get paired up with your very own personal wellness coach who can help you to work towards your health and nutrition goals!

Our shake bar here provides you the convenience of eating healthy on the go with the option of a full plan at home.

## Step 1

Choose your flavor of ENERGIZING TEA which helps boost your metabolism, burn calories and keep you alert



Raspberry

Lemon

Peach

Original



Chai Pomegranate Cinnamon Guarana

## Step 2

Choose your flavor of SOOTHING ALOE which helps with your digestion and nutrient absorption



Mango

Mandarine

Cranberry

## Step 3

Choose your flavor of HEALTHY MEAL REPLACEMENT SHAKE

*Shakes have on average 24g of protein, 21 vitamins and minerals, 15-18 g of carbs, 3g of fiber, 9g of sugar derived from fruit and 250 calories*

Amaretto  
Almond Biscotti  
Almond Joy  
Apple Cobbler \*  
Apple Crisp \*  
Apple Caramel \*  
Apple Jax \*  
Apple Pie \*  
Banana  
Banana Caramel Pie  
Banana Cinnamon  
Banana's Foster  
Banana Nut Bread  
Banana Things Cheesecake  
Banana Split  
Blueberry  
Blueberry Cheesecake  
Blueberry Coffee Cake  
Blueberry Lemon Pound Cake  
Blueberry muffin  
Brookie Cookie  
Brownie Batter  
Butterfinger  
Captain Crunch  
Captain Crunch Berry  
Caramel Latte  
Caramel Nut French Toast  
Caramel Nut Latte  
Carrot Cake  
Chai Tea Latte  
Chocolate Banana  
Chocolate Chip Cookie  
Chocolate Fudge  
Chocolate Strawberry  
Chocolate PB Cheesecake  
Chocolate Pecan Pie  
Chocolate Therapy  
Chunky Monkey  
Cider Donut  
Cinnamon Blueberry Pancake  
Cinnamon Bun  
Cinnamon Toast Crunch  
Craisin Nut Bread  
Coconut Cream Pie

Coffee  
Coffee Cake  
Coffee Oreo  
Cookie Dough  
Cookies 'n Cream  
Craisin Nut Bread  
Cranberry Citrus Crisps  
Cranberry Orange Muffin  
Dulce de Leche  
Dolce & Gabanna  
French Toast  
French Toast Crunch  
Funny Bone  
German Chocolate Cake  
Ginger Snap Cookie  
Glazed Donut  
Hazelnut Truffle  
Kettle Corn  
Kit Kat  
Key Lime Pie  
Lemonades  
Lemon Poppyseed Muffin  
Lemon Pound Cake  
Maple Walnut  
Merry Mint  
Milky Way  
Mint Chip  
Mint Chocolate  
Mint Oreo  
Mocha Latte  
Moose Trax  
Mudslide  
Neapolitan  
Nature Valley Bar  
No Bake Cookie  
Nutter Butter  
Orange Creamsicle  
Orange Berry Blast  
Orange Cranberry Muffin  
Oatmeal Cookie  
Oatmeal Craisin Cookie  
Pay Day  
Pralines n Cream  
PB Bliss  
PB Blondie

PB Cheesecake  
PB Cookie  
PB&J  
PB Oreo  
PB Patties  
Pecan Pie  
Peppermint Mocha  
Pistachio  
Pistachio Cannoli  
Pina Colada  
Pineapple Upside Down Cake  
Red Velvet Cake  
Reese's PB Cup  
Rocky Road  
Salted Caramel  
Samoas  
Shamrock Shake  
Shortbread  
S'mores  
Snickerdoodle  
Snickers  
Strawberry  
Strawberry Banana  
Strawberry Shortcake  
Strawberry Lemonade  
Sugar Cookie  
The Elvis  
Thin Mint  
Thanks A Lot  
Tiramisu  
Trix Cereal  
Tropical Gangster  
Turtle Cheesecake  
Twix  
Vanilla Bean  
Wedding Cake  
W. Choc. Cranberry Nut  
Cookie  
White Chocolate Raspberry  
White Chocolate Reese's  
Wild Berry  
York Peppermint Patty