



731-336-7856

<http://www.takeout2unow.com>

# Planet Smoothie Murray

## Protein

Small Big Bang	\$7.07
<i>Strawberries, bananas, vanilla, whey protein.</i>	
Medium Big Bang	\$9.43
<i>Strawberries, bananas, vanilla, whey protein.</i>	
Large Big Bang	\$10.61
<i>Strawberries, bananas, vanilla, whey protein.</i>	
Small Chocolate Chimp	\$7.07
<i>Cocoa, bananas, vanilla, honey, whey protein.</i>	
Medium Chocolate Chimp	\$9.43
<i>Cocoa, bananas, vanilla, honey, whey protein.</i>	
Large chocolate Chimp	\$10.61
<i>Cocoa, bananas, vanilla, honey, whey protein.</i>	
Small Lean Green Extreme	\$7.07
<i>Pineapple, mango, bananas, leafy greens, orange juice, lemon, plant-based protein.</i>	
Medium Lean Green Extreme	\$9.43
<i>Pineapple, mango, bananas, leafy greens, orange juice, lemon, plant-based protein.</i>	
Large Lean Green Extreme	\$10.61
<i>Pineapple, mango, bananas, leafy greens, orange juice, lemon, plant-based protein.</i>	
Small Peanut Butter Power Up	\$7.07
<i>Peanut butter, bananas, whole grain oats, chia seeds, frozen yogurt.</i>	
Medium Peanut Butter Power Up	\$9.43
<i>Peanut butter, bananas, whole grain oats, chia seeds, frozen yogurt.</i>	
Large Peanut Butter Power Up	\$10.61
<i>Peanut butter, bananas, whole grain oats, chia seeds, frozen yogurt.</i>	
Small Mr. Mongo	\$7.07
<i>Strawberries, bananas, frozen yogurt, nonfat, milk, vanilla, whey protein.</i>	
Medium Mr. Mongo	\$9.43
<i>Strawberries, bananas, frozen yogurt, nonfat, milk, vanilla, whey protein.</i>	
Large Mr. Mongo	\$10.61
<i>Strawberries, bananas, frozen yogurt, nonfat, milk, vanilla, whey protein.</i>	
Small Power Protein	\$7.07
<i>Blueberries, bananas, peanut butter, frozen yogurt, nonfat milk, whey protein.</i>	
Medium Power Protein	\$9.43
<i>Blueberries, bananas, peanut butter, frozen yogurt, nonfat milk, whey protein.</i>	
Large Power Protein	\$10.61
<i>Blueberries, bananas, peanut butter, frozen yogurt, nonfat milk, whey protein.</i>	

## Energy

Small Road Runner	\$6.48
<i>Blueberries, raspberries, strawberries, orange juice, energy blast.</i>	
Medium Road Runner	\$8.25
<i>Blueberries, raspberries, strawberries, orange juice, energy blast.</i>	
Large Road Runner	\$9.43
<i>Blueberries, raspberries, strawberries, orange juice, energy blast.</i>	
Small Java The Nut	\$6.48
<i>Coffee, cocoa, peanut butter, bananas, frozen yogurt, nonfat milk.</i>	
Medium Java The Nut	\$8.25
<i>Coffee, cocoa, peanut butter, bananas, frozen yogurt, nonfat milk.</i>	
Large Java The Nut	\$9.43
<i>Coffee, cocoa, peanut butter, bananas, frozen yogurt, nonfat milk.</i>	
Small Mango Passion	\$6.48
<i>mango, passion fruit, strawberries, energy blast</i>	
Medium Mango Passion	\$8.25
<i>mango, passion fruit, strawberries, energy blast</i>	
Large Mango Passion	\$9.43
<i>mango, passion fruit, strawberries, energy blast</i>	
Small Chocoalte Elvis	\$6.48
<i>Cocoa, peanut butter, bananas, frozen yogurt, nonfat milk, energy blast</i>	
Medium Chocolate Elvis	\$8.25
<i>Cocoa, peanut butter, bananas, frozen yogurt, nonfat milk, energy blast</i>	
Large Chocoalte Elvis	\$9.43
<i>Cocoa, peanut butter, bananas, frozen yogurt, nonfat milk, energy blast</i>	
Small Grape Ape	\$6.48
<i>Grape juice, strawberries, energy blast</i>	
Medium Grape Ape	\$8.25
<i>Grape juice, strawberries, energy blast</i>	
Large Grape Ape	\$9.43
<i>Grape juice, strawberries, energy blast</i>	

## Superfood

Small Pineapple Tropi-Kale Twist	\$7.66
<i>Leafy greens, passion fruit, pineapple, almond milk.</i>	
Medium Pineapple Tropi-Kale Twist	\$9.43
<i>Leafy greens, passion fruit, pineapple, almond milk.</i>	
Large Pineapple Tropi-Kale Twist	\$10.61
<i>Leafy greens, passion fruit, pineapple, almond milk.</i>	
Small Dragon Fruit Lemonade	\$7.66

## Planet Favorites

Small The Last Mango	\$6.48
<i>Mango, Peaches, bananas, orange sherbet.</i>	
Medium The Last Mango	\$8.25
<i>Mango, Peaches, bananas, orange sherbet.</i>	
Large The Last Mango	\$9.43
<i>Mango, Peaches, bananas, orange sherbet.</i>	
Small Captain Kid	\$6.48
<i>Strawberries, orange sherbet</i>	
Medium Captain Kid	\$8.25
<i>Strawberries, orange sherbet</i>	
Large Captain Kid	\$9.43
<i>Strawberries, orange sherbet</i>	
Small Twig & Berries	\$6.48
<i>Strawberries, bananas, frozen yogurt</i>	
Medium Twig & Berries	\$8.25
<i>Strawberries, bananas, frozen yogurt</i>	
Large Twig & Berries	\$9.43
<i>Strawberries, bananas, frozen yogurt</i>	
Small Vinnie Del Rocco	\$6.48
<i>Raspberries, blueberries, strawberries, orange sherbet.</i>	
Medium Vinnie Del Rocco	\$8.25
<i>Raspberries, strawberries, blueberries, orange sherbet</i>	
Large Vinnie Del Rocco	\$9.43
<i>Raspberries, blueberries, strawberries, orange shervet</i>	
Small PBJ	\$6.48
<i>Peanut butter, strawberries, bananas, frozen yogurt, nonfat milk, vanilla</i>	
Medium PBJ	\$8.25
<i>peanut butter, strawberries, bananas, frozen yogurt, nonfat milk, vanilla</i>	
Large PBJ	\$9.43
<i>Peanut butter, strawberries, bananas, frozen yogurt, nonfat milk, vanilla,</i>	
Small Shag-A-Delic	\$6.48
<i>Blueberries, strawberries, bananas, frozen yogurt.</i>	
Medium Shag-A-Delic	\$8.25
<i>Blueberries, strawberries, bananas, frozen yogurt.</i>	
Large Shag-A-Delic	\$9.43
<i>Blueberries, strawberries, bananas, frozen yogurt.</i>	
Small Mountain Man Crunch	\$6.48
<i>Peanut butter, bananas, granola, honey, frozen yogurt.</i>	
Medium Mountain Man Crunch	\$8.25
<i>Peanut butter, bananas, granola, honey, frozen yogurt.</i>	
Large Mountain Man Crunch	\$9.43
<i>Peanut butter, bananas, granola, honey, frozen yogurt.</i>	

## Meal Replacement

## Panet Lite

Small Lunar Lemonade	\$6.48
----------------------	--------

Small Chocolate Gains	\$7.07
<i>Cocoa, bananas, whey MR protein</i>	
Medium Chocolate Gains	\$9.43
<i>Cocoa, bananas, whey MR protein</i>	
Large Chocolate Gains	\$10.61
<i>Cocoa, bananas, whey MR protein</i>	
Small Peanut Butter Punch	\$7.07
<i>Peanut butter, bananas, whey MR protein</i>	
Medium Peanut Butter Punch	\$9.43
<i>Peanut butter, bananas, whey MR protein</i>	
Large Peanut Butter Punch	\$10.61
<i>Peanut butter, bananas, whey MR protein</i>	
Small Strawberry Super Squeeze	\$7.07
<i>Strawberries, bananas, whey MR Protein</i>	
Medium Strawberry Super Squeeze	\$9.43
<i>Strawberries, bananas, whey MR Protein</i>	
Large Strawberry Super Squeeze	\$10.61
<i>Strawberries, bananas, whey MR Protein</i>	
Small Passion Berry Flex	\$7.07
<i>Strawberries, passion fruit, whey MR protein</i>	
Medium Passion Berry Flex	\$9.43
<i>Strawberries, passion fruit, whey MR protein</i>	
Large Passion Berry Flex	\$10.61
<i>Strawberries, passion fruit, whey MR protein</i>	
Small Cookie Crusher	\$7.07
<i>Oreo cookies, frozen yogurt, whey MR protein</i>	
Medium Cookie Crusher	\$9.43
<i>Oreo cookies, frozen yogurt, whey MR protein</i>	
Large Cookie Crusher	\$10.61
<i>Oreo cookies, frozen yogurt, whey MR protein</i>	
Small PB Blues	\$7.07
<i>peanut butter, blueberries, bananas, whey MR protein.</i>	
Medium PB Blues	\$9.43
<i>peanut butter, blueberries, bananas, whey MR protein.</i>	
Large PB Blues	\$10.61
<i>peanut butter, blueberries, bananas, whey MR protein.</i>	

Splash	
<i>Dragon fruit, lemon, strawberries, pineapple</i>	
Medium Dragon Fruit Lemon	\$9.43
<i>Dragon fruit, lemon, strawberries, pineapple</i>	
Large Dragon Fruit Lemon	\$10.61
<i>Dragon fruit, lemon, strawberries, pineapple</i>	
Small Rio Berry Bliss	\$7.66
<i>Coconut water, acai, strawberries, raspberries, pineapple.</i>	
Medium Rio Berry Bliss	\$9.43
<i>Coconut water, acai, strawberries, raspberries, pineapple.</i>	
Large Rio Berry Bliss	\$10.61
<i>Coconut water, acai, strawberries, raspberries, pineapple.</i>	
Small Muscle Up Buttercup	\$7.66
<i>Almond butter, cocoa, bananas, frozen yogurt, whey protein, sea salt</i>	
Medium Muscle Up Buttercup	\$9.43
<i>Almond butter, cocoa, bananas, frozen yogurt, whey protein, sea salt</i>	
Large Muscle Up Buttercup	\$10.61
<i>Almond butter, cocoa, bananas, frozen yogurt, whey protein, sea salt</i>	
Small PB Dragon Fruit Riptide	\$7.66
<i>Dragon fruit, bananas, peanut butter, strawberries, chia seeds, whole grain oats, frozen yogurt.</i>	
Medium PB Dragon Fruit Riptide	\$9.43
<i>Dragon fruit, bananas, peanut butter, strawberries, chia seeds, whole grain oats, frozen yogurt.</i>	
Large PB Dragon Fruit Riptide	\$10.61
<i>Dragon fruit, bananas, peanut butter, strawberries, chia seeds, whole grain oats, frozen yogurt.</i>	
Small Amazon Kick	\$7.66
<i>Acai, blueberries, strawberries, bananas.</i>	
Medium Amazon Kick	\$9.43
<i>Acai, blueberries, strawberries, bananas.</i>	
Large Amazon Kick	\$10.61
<i>Acai, blueberries, strawberries, bananas.</i>	
Small Almond Mocha Jolt	\$7.66
<i>Almond butter, coffee, cocoa, bananas, frozen yogurt, nonfat milk</i>	
Medium Almond Mocha Jolt	\$9.43
<i>Almond butter, coffee, cocoa, bananas, frozen yogurt, nonfat milk</i>	
Large Almond Mocha Jolt	\$10.61
<i>Almond butter, coffee, cocoa, bananas, frozen yogurt, nonfat milk</i>	

### Whole Food Add-Ins

Peanut Butter	\$1.18
Leafy Greens	\$1.48
Almond Milk	\$1.48
Whole Grain Oats	\$0.89
Almond Butter	\$1.48
Chia Seeds	\$1.48
Dragon Fruit	\$2.35
Acai	\$1.48

<i>Strawberries, lemon, bananas</i>	
Medium Lunar Lemonade	\$8.25
<i>Strawberries, lemon, bananas</i>	
Large Lunar Lemonade	\$9.43
<i>Strawberries, lemon, bananas</i>	
Small Strawberry Colada	\$6.48
<i>Pineapple coconut, strawberries, nonfat milk, vanilla</i>	
Medium Strawberry Colada	\$8.25
<i>Pineapple coconut, strawberries, nonfat milk, vanilla</i>	
Large Strawberry Colada	\$9.43
<i>Pineapple coconut, strawberries, nonfat milk, vanilla</i>	
Small Fiji Island Breeze	\$6.48
<i>Coconut water, leafy greens, passion fruit, pineapple, mango, bananas.</i>	
Medium Fiji Island Breeze	\$8.25
<i>Coconut water, leafy greens, passion fruit, pineapple, mango, bananas.</i>	
Large Fiji Island Breeze	\$9.43
<i>Coconut water, leafy greens, passion fruit, pineapple, mango, bananas.</i>	
Small 2 Piece Bikini	\$6.48
<i>Strawberries, bananas, vanilla, nonfat milk</i>	
Medium 2 Pieces Bikini	\$8.25
<i>Strawberries, bananas, vanilla, nonfat milk</i>	
Large 2 Piece Bikini	\$9.43
<i>Strawberries, bananas, vanilla, nonfat milk</i>	
Small Leapin' Lizard	\$6.48
<i>Peaches, strawberries.</i>	
Medium Leapin' Lizard	\$8.25
<i>Peaches, strawberries.</i>	
Large Leapin' Lizard	\$9.43
<i>Peaches, strawberries.</i>	
Small Mediterranean Monster	\$6.48
<i>Strawberries, bananas, orange juice</i>	
Medium Mediterranean Monster	\$8.25
<i>Strawberries, bananas, orange juice</i>	
Large Mediterranean Monster	\$9.43
<i>Strawberries, bananas, orange juice</i>	
Small Caribbean Citrus Splash	\$6.48
<i>Coconut water, strawberries, orange juice, mango, lemon</i>	
Medium Caribbean citrus splash	\$8.25
<i>Coconut water, strawberries, orange juice, mango, lemon</i>	
Large Caribbean Citrus Splash	\$9.43
<i>Coconut water, strawberries, orange juice, mango, lemon</i>	

### Blasts

Fat Burner	\$1.18
Immunity	\$1.18
Multivitamin	\$1.18
Energy	\$1.18
<u>Protein Blasts</u>	
Whey Protein	\$1.77
Plant-Based Protein	\$1.77
Meal Replacement	\$2.07